

# Reimagining Healthy Aging

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# Faculty Disclosure

- Faculty: Dr. Roger Wong
- Relationships with interests in past 5 years:
  - Grants/Research Support: None
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  - Board of Directors: Alzheimer Society of Canada

# By attending, you will:

- List the strategic ways to reimagine healthy aging. #informed
- Internalize stories of how supporting and protecting older adults add to healthy aging. #inspired
- Commit to take action that contributes to healthy aging. #action



# Decade of Healthy Ageing

2020-2030

*“Healthy Aging is the process of developing and maintaining the functional ability that enables wellbeing in older age. Functional ability is about having the capabilities that enable all people to be and do what they have reason to value..”*

# Intersecting Determinants of Health

- Age
- Indigeneity
- Ethnicity
- Sexual and gender identity
- Socio-economic status
- Disability
- Immigration status
- Geography (e.g., postal code)
- Social relationships





*geriatrics*



*Editorial*

# **A New Strategic Approach to Successful Aging and Healthy Aging**

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*“This article highlights the four pillars of a new strategic approach to healthy aging.”*



# Strategies of Healthy Aging

- Emergence of geroscience
  - Inter-professional approach to aging
- Age friendly environment
  - Physical environment and technology
- Transformative health systems
  - Primary care geriatrics and continuity of care
- Innovative long-term care
  - Aging in place





# Culturally Sensitive Health Care

*“For many older adults who grew up outside of Canada, their cultural views of health and aging have been formed in the preceding decades and often reinforced by healthcare experiences in their places of origin. Health care services should focus on respecting and reconciling these cultural views, rather than trying to fundamentally alter or eradicate them at a time when older adults and their families are stressed during an illness.”*

*Dr. Roger Wong*





# Barriers to Health Care

- Language
- Cultural practice
- Affordability (or perceived affordability) of health care
- Availability of practitioner
- Wait time

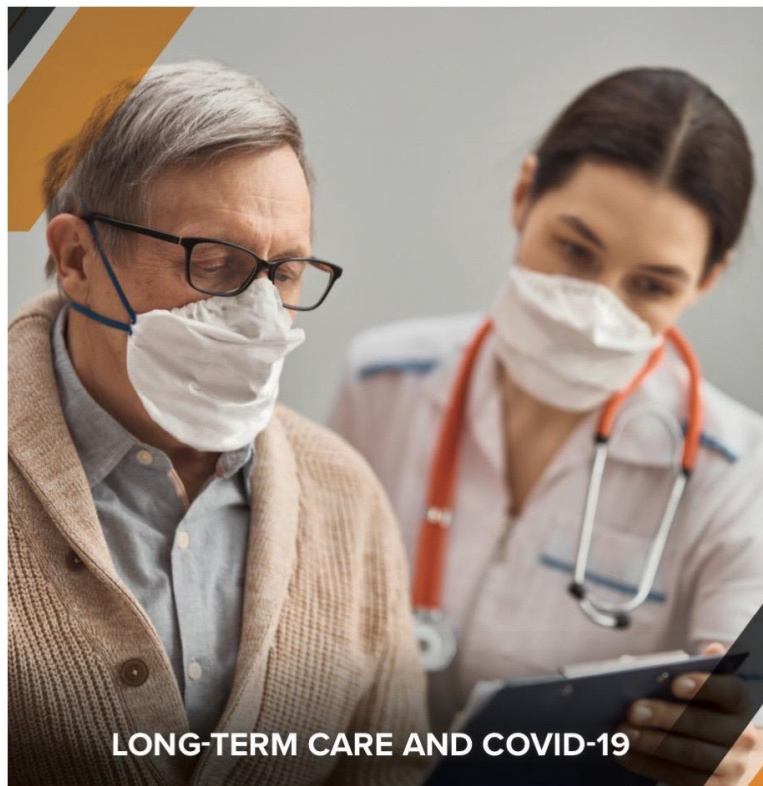
# Cultural Strategies of Healthy Aging

- Culturally sensitive seniors' care is good seniors' care.
- Communicate in culturally meaningful ways
- Engage local community
- Establish meaningful partnership
  - Government and non-governmental organizations
- Adopt a cross-sectoral approach
  - Health, education, policy, technology

# Actions to Reimagine Healthy Aging

- Eliminate ageism in practices, settings and policies
- Promote health and wellbeing by acting on social and physical determinants of healthy aging
- Increase person-centred, integrated health care
- Improve services (community/long-term care)
  - Best practice guidelines, human resources and funding, standards, disaggregated data

# COVID-19 Health Systems Expert Group: Task Force on Long Term Care



## LONG-TERM CARE AND COVID-19

REPORT OF A SPECIAL TASK FORCE PREPARED  
FOR THE CHIEF SCIENCE ADVISOR OF CANADA

Summer 2020



Office of the Chief  
Science Advisor of Canada

Bureau du conseiller  
scientifique en chef du Canada

Canada

## TASK FORCE MEMBERSHIP

- Alan Forster MD, University of Ottawa (**chair**)
- Irfan Dhalla MD, University of Toronto
- William Ghali MD, University of Calgary
- Rejean Hebert MD, Université de Montréal
- Jerome Leis MD, University of Toronto
- Joanne Liu MD, Université de Montréal
- Andrea Moser MD, University of Toronto
- Paula Rochon MD, Women's College Hospital, University of Toronto
- Cara Tannenbaum MD, Université de Montréal and Health Canada Departmental Science Advisor
- Roger Wong MD, University of British Columbia
- Abby Hoffman, Health Canada (**observer**)
- Vivian Tam, University of Toronto (**support**)
- Alexandre Bourque-Viens, Office of the Chief Science Advisor (**support**)

## ADDITIONAL MEMBERS THAT HAVE JOINED FOR PART 2

- Carole Estabrooks PhD, University of Alberta
- Janice Keefe PhD, Mount Saint Vincent University
- Tom Noseworthy MD, University of Calgary

# LTC Lessons from COVID-19

- Compassion and communication
- Staffing and service provision
- PPE, testing, non COVID-19 treatments, vaccination
- Cross-sectoral support
- Training (immediate and ongoing)
- Data-driven improvement opportunities
- Health system transformation

# KTE: Enabler of Healthy Aging



## The Province

Opinion / Op-Ed

### **Dr. Roger Wong: You or your loved one has been diagnosed with dementia. Now what?**

*Opinion: As a geriatrics doctor, I'm often reminded that language and culture matter, as careful consideration of terminology when speaking about the disease can help reduce the stigma*

**Dr. Roger Wong**

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# By now, I hope you are

- #informed about the strategic ways to reimagine healthy aging.
- #inspired by stories of how supporting and protecting older adults add to healthy aging.
- ready to take #action that contributes to healthy aging.