

HEALTHY SENIORS PILOT PROJECT – LIST OF PROJECTS

FEB. 2021

IMPROVING SOCIAL AND BUILT ENVIRONMENTS TO FOSTER HEALTHY AGING

Project Name	Brief Description	Location	Impact
Intergenerational (IG) Action Plan	Improving social health, reducing isolation and loneliness of seniors through respectful, empathetic and purposeful intergenerational activities with 7-13+/- year olds in the greater Moncton area (En/Fr).	Greater Moncton area	Reduce social isolation and loneliness among seniors, capacity building in the delivery of IG training.
Neqotkuk Elder Advisor Program	A community level approach which will create a bridge between Elders and the Community, increase socialization of Elders, enable Elders to provide input into policy and programs that affect them, identify opportunities in services such as housing and health and measure the success of the program	Tobique First Nation	Increase socialization among youth and elders; increase elder participation in community.
Nursing Homes Without Walls	Extend nursing home services to older adults in their homes to ensure that seniors and their caregivers living in rural New Brunswick can age in place with access to appropriate supports and services. Project also address social isolation and loneliness among seniors and caregivers and will result in seniors staying at home longer.	Lamèque, Inkerman, Paquetville and Port Elgin	Improve seniors' capacity to age in place with access to appropriate supports and services; Reduce social isolation and loneliness among seniors and caregivers.
Madawaska's Elders Initiatives	Use of a mobile application to empower and improve wellness of the Madawaska Maliseet First Nation (MMFN) elder population. The mobile app will serve as a liaison between Elders and health services inside and outside of the community by reducing medical transportation and language barriers.	Madawaska Maliseet First Nation	Reduction of barriers to access medical services for Madawaska Maliseet First Nation (MMFN) elders.
iGenNB: Intergenerational Living for Community Wellbeing	Intergenerational living that combines co-housing and community-based social activities	Fredericton Area	Seniors remain in home. Decrease social isolation. Reduce ageism.
Operation Growing Strong Together (OGST)	This project will create a garden/programs specifically designed for seniors. OGST will produce food from an accessible garden designed to respond to the needs of the aging population with different levels of cognitive and physical ability. This program will promote healthy eating and healthy aging through increased social interactions across different age groups and cultures.	Fredericton	Improving Social and Built Environments to Foster Healthy Aging communities
Creative Pathways to Healthy Aging: Seniors and Youth Engage	An intergenerational project using arts to provide an opportunity for knowledge exchange, artistic expression, enhanced social wellness, and community building between seniors and youth.	North End and Waterloo Village, Saint John	Better mental and social wellness, reduced negative perception of ageing, promote independent living for physical and psychological wellbeing among seniors.



Government
of Canada

Gouvernement
du Canada

HEALTHY SENIORS PILOT PROJECT – LIST OF PROJECTS

FEB. 2021

INCREASING INDEPENDENCE, QUALITY OF LIFE, AND PROMOTING HEALTHY LIFESTYLES

Project Name	Brief Description	Location	Impact
Participatory Arts for Older Adults: Benefits of Creative Aging	Demonstrate the positive impact of regular participation in arts-based activities on the health and well-being of seniors.	Greater Saint John Area	An improvement in physical, emotional and mental health, reduced usage of the healthcare system.
Zoomers for all	Expanding the “Zoomers on the Go” exercise program in the regions of the Horizon Health Network and the Réseau de santé Vitalité to evaluate if participating in the program translates into long-term impacts on public health outcomes (improving physical function, maintenance of independence).	Across the province of NB	Seniors become and remain physically active; long term evaluation of the program's health benefits through an established database.
Danser vers la santé	Improving and expanding the current « Grouille ou Rouille » exercise dance program to integrate seniors who have mild cognitive impairment into this physical activity program to evaluate the physical, cognitive and changes in the general well-being of seniors participating in the program.	South-eastern of New Brunswick	Improving physical and cognitive function, as well as independence of seniors; Overcome participation obstacles and make the program more inclusive; Allow the analysis of the long-term health effects of participation in the program
The New Brunswick Brain Health Initiative: Preventing Alzheimer's by Lessening Modifiable Risk (NB-PALM)	Identify people at risk of Dementia; and develop community programs to address modifiable risk factors	Province-wide	Increased participation in brain health activities with long term impact of postponement or prevention of dementia. Inform future programming.
The Band-Frail Study: A Provincial Intervention to Outweigh Diabetes and Frailty in New Brunswick	Implementation of a program which combines exercise using elastic bands, diet and education components to determine how it affects functionality among adults aged 65 and above living with diabetes and frailty across the province.	Across the province of NB	Participants in the program will find improvements in aspects of their psychological, social and physical health; Long-term health benefits for participants of the Band-Frail program.
Introducing Gentle Persuasiveness Approaches (GPA) in Dementia Care to Informal and Formal Caregivers in the Community Setting	Implementation GPA to strengthen the basic knowledge that informal and formal caregivers have with respect to caring for seniors with dementia. Homes of persons with dementia and special care homes	Greater Moncton Area	Improved ability of formal and informal caregivers to care for persons with Dementia
Direct-to-patient Health Promotion to Reduce Sedative-hypnotic Use	Implement direct-to-patient health promotion interventions that share information to reduce the need for sleeping pills to combat insomnia.	Province-wide	Seniors with insomnia will improve their sleep management and reduce the need for sleeping pills and the negative effects that come with them.
Promoting Physical Activity with Augmented Reality Experiences	Develop and evaluate an innovative program for increasing physical activity in older people by having participants do virtual reality exercises designed for their skill level.	Moncton and Fredericton	Improved physical health outcomes for seniors
Outcomes of a Health Coaching Intervention in Older Adults Living with Chronic Conditions in NB (LiveWell / BienVivre)	Evaluation of current LiveWell/BienVivre Health coaching model and introduction of volunteer coaches, virtual coaching, and health coaching in First Nations communities	All nine regions where the LW/BV program is delivered, including First Nation communities.	Improved and sustained health behaviours, Decreased health care utilization related to chronic disease, Enhanced system capacity to promote and support health



USING COMMUNITY APPROACHES TO REDUCE HEALTH INEQUALITIES

Project Name	Brief Description	Location	Impact
Hearing equity through Accessible Research and Solutions	Provide lower-income older adults with untreated hearing loss in Saint John with a community-based, low cost hearing program.	Saint John	Equip lower income adults with cost-effective hearing services; improved in various social and communication outcomes
Caregivers – Essential Allies in Helping Vulnerable Seniors Stay in Their Homes in Minority Rural Francophone Areas (Les proches aidantes et proches aidants, des alliés incontournables au maintien à domicile des personnes âgées en milieu minoritaire francophone et rural)	Set up a support system for caregivers of vulnerable seniors and conduct research to determine what their specific needs are in order to maintain caregiving. The project will use a community-based and inclusive approach to address social inequalities and the challenges faced by family caregivers in rural Francophone settings in terms of their support for the elderly living at home.	Chaleur Region	Better understanding of the needs of informal caregivers in Francophone and rural minority areas; Services and programs identified and made accessible for informal caregivers and seniors, and adapted to Francophone rural areas; Caregivers feel better supported in their activities to help seniors; Improvement in the support given by caregivers to seniors.
Connection New Brunswick: Together, Building Sustainable Community Programs for Vulnerable Seniors	Identify vulnerable seniors, identify missing social/community services needed for seniors, and develop best practices for community intervention.	Caraquet, Edmundston, Saint John and St. Andrews	Vulnerable seniors receive services needed. Improved stakeholder collaboration.
Emeg tan tleaooltieg (We are home where we belong) Home for Life: An applied research study supporting independent living for Elsipogtog First Nations Elders	Identify and implement new support programs to allow elders to remain in home. This will include the creation of an assessment tool that will be used to determine level of support needed in the community	Elsipogtog First Nation	Tool created/implemented Elders receive supports needed.
One Stop Community Support Services for Aging at Home (Guichet unique de services de soutien communautaire pour vieillir chez soi)	Implementation of a centralized community-based support services centre (one-stop shop) to: (1) promote existing services to seniors; (2) work in partnership with various non-governmental organizations to coordinate the supply of and demand for existing services; and (3) develop and provide new services to meet the unfulfilled needs of Francophone seniors in the community	Cocagne	Seniors are better informed of existing services in the community; Seniors have better access to community support services; Senior users are satisfied with the services offered by the one-stop shop; Access to community support services promotes aging at home.
Mobile Senior's Wellness Network: Reaching Rural New Brunswickers	Foot Care, Mobile Health and Social Supports service	Fredericton and surrounding areas	Improved diabetic foot health. Decrease in social isolation.



HEALTHY SENIORS PILOT PROJECT – LIST OF PROJECTS

FEB. 2021

USING SUPPORTIVE TECHNOLOGIES TO FOSTER HEALTHY AGING AT HOME AND IN OUR COMMUNITIES

Project Name	Brief Description	Location	Impact
Technology-Enables Platform for Proactive Regular Senior-Centric Health Assessments (PITCH)	Address the number of seniors suffering from chronic diseases by engaging them in proactively monitoring their health status and risk factors with assistance from a new digital health platform and support from health care professionals.	St. Stephen, Fredericton, Moncton, Sackville, Saint John, Kings County, Carleton County, Victoria County, Grand Manan, St. George, and St. Andrews.	Seniors stay at home longer, enjoy more fulfilling lives, and reduces costs to the healthcare system
Improving Immunization Rates Among Seniors Using the CANImmunize Digital Application	Optimize pneumococcal vaccination rates among seniors in an assisted or independent living facility.	Fredericton	Reduced workload for care centre staff and improved communication with residents and caregivers.
Spread and Scale of a Polypharmacy App to Improve Health Outcomes of Older Adults Living in New Brunswick Nursing Homes	Introduce and evaluate MedReviewRx, a web-based application that runs an analysis and makes a report with suggestions for how to simplify combinations of medications and make them safer.	Across the province of NB	Improve quality of life and reduce burdens on the healthcare system from medication-related side effects.
Smart Home for Independence, Social Interaction, Safety and Comfort in Aging Individuals (Connected Communities)	This is a program to teach aging people how to use smart home technology and demonstrate its potential impact on their lives.	Fredericton	Seniors will have improved mental and physical wellbeing by becoming more independent with the use of the technology.
Implementation and Evaluation of a Novel Technology-enabled Integrated Case Management program	Strengthen primary healthcare in the community for complex-needs patients via integrated case management program	Miramichi area of the Northumberland County (Health Zone 7).	Improve patient's health outcomes and health-related quality of life and maintain high patient satisfaction via integrated case management program.



Government
of Canada

Gouvernement
du Canada

DEVELOPING INNOVATIVE CARE PATHWAYS

Project Name	Brief Description	Location	Impact
Home-Based and Residence-Based Virtual Reality Training to Increase Rehabilitative Exercise in Seniors	Implement virtual reality (VR) training as a motivating and enjoyable way to encourage seniors to do regular rehabilitative exercise, either as part of home-based rehabilitation plan after injury or illness, or as a part of a plan to enhance mobility and decrease falls in a residential long-term care home	Fredericton; Woodstock; Saint John; Tracadie	Improve physical health outcomes for seniors
Co-designing Dementia Care in New Brunswick: Building the Future Together	Design, deliver, and evaluate an awareness campaign to improve how primary care providers diagnose and support persons with dementia and their care partners.	Province-wide	Improved awareness and knowledge of diagnosis and delivery of dementia care by primary care providers
Supporting Senior's Quality of Life in Long-term Care – Early Integration of a Palliative Approach to Care	Develop and implement a train-the-trainer palliative care program	Fredericton/Moncton	Promote the integration of a palliative approach in everyday care and improve the care experience and outcomes for residents and their families.
Proof of Concept: Stroke Navigation New Brunswick	Heart and Stroke New Brunswick (HSFNB) manage a project which will allow stroke survivors to age at home, with community support. This project will aim to answer the question: Does stroke navigation improve health outcomes for patients post-stroke?	Grand Falls, Campbellton and Saint John	Increase in the number of people following prescriptions exactly as written, and an increase in the number of stroke survivors/care partners who feel they can confidently manage their condition at home provincial capacity and care pathways to support survivors is improved
Special Care Home Efficiency Pilot Project (SCHEPP)	Assess changes in technology use, processes, and staffing ratios in Special care homes	Moncton, Saint John, Fredericton, Campbellton and Bathurst	Address cost per service pressures. Improve employee/employer satisfaction.
Senior Navigator Website Pilot Project	Website development to allow seniors to navigate the programs and services	Province-wide	Increased use of community services. SD programs reach target clients.
Frailty-focused Enhancements to Seniors' Hospital Care (FrESH Care)	Prioritize the use of the principles of frailty in the care of patients 65 and older in acute care inpatient settings	4 Horizon Health Network sites - Saint John, Fredericton, Miramichi and Moncton – and one Vitalité Health Network site – Moncton	Evidence informed care of seniors via implementation of frailty focused enhancements.
Devenir un système de santé apprenant : la stratégie d'un réseau de santé au Nouveau-Brunswick	The goal of the project is to transform the current health system into a learning health system in order to ensure a shift towards renewed primary health care, as well as equitable access to evidence-based health care and services. for the population of NB, more specifically the senior population, through the creation of a Clinical Learning Unit for Seniors' Health.	Réseau de santé Vitalité (Zones Beauséjour, Acadie-Bathurst, Restigouche and Northwest)	Better management of seniors' issues. Improved commitment of clinicians to research and training. Reduction in health cost.
Innovative and Community-partnered Pulmonary Rehabilitation for Seniors in NB	Increase access to services for seniors with chronic obstructive pulmonary disease (COPD)	Greater Saint John area, Hampton	Increased health function of those with COPD.



HEALTHY SENIORS PILOT PROJECT – LIST OF PROJECTS

FEB. 2021

Rehab & Reablement / Home Support Workers	Implementation and evaluation of different models of providing Personal Care Workers in the Rehabilitation and Reablement Program	Fredericton and Bathurst areas	Understand current needs; Implementation of different models of personal care (models TBD)
Rehab & Reablement / Nurse Practitioner	Introduction of Nurse Practitioners in the Rehabilitation and Reablement Program	Saint John area	Increased referrals to the program.
Transition of Appropriate Alternative Level of Care Seniors to Special Care Homes	Use of vacant Special care Home placements for temporary transition of seniors waiting for long term care (LTC) placement	Moncton area	Reduce strain on acute care system. Improved cost-effectiveness.



Government
of Canada

Gouvernement
du Canada