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NLCAHR

# SmART Aging Project

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# Acknowledgements



# Background

- Rural and remote communities
- Aging population
- Impact of social isolation
- Technology
- Participating in community-engaged arts

# SmART Aging Project: Supports

Collaboration

Funding

Centre for Aging and Brain Health Innovations  
(CABHI): Spark Initiative

# SmART Aging Project: Goals

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Supporting healthy aging through arts & technology



Improving quality of life



Community based arts program



Virtual attendance

# SmART Aging Project: Processes

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Participant  
Recruitment:  
CHNs and Family  
Physicians

Artist Recruitment

Resources

Technology

# SmART Aging Project: Participant Criteria

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65 years or older

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Community Dwelling or Personal Care Home

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Isolated – Socially and/or Geographically

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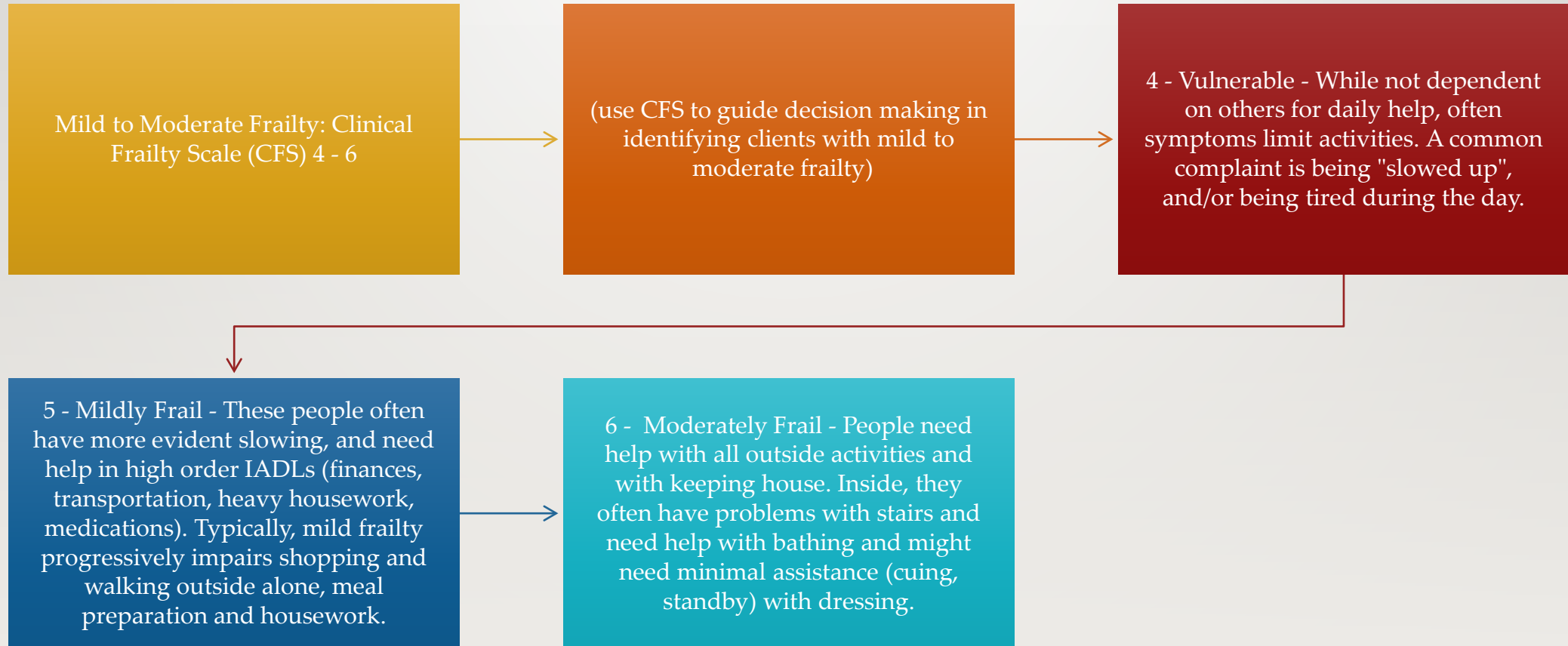
Mild to Moderate Frailty (CFS 4-6)

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Moderate Cognitive decline (GDS 3-5)

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# Frailty Score





# Cognitive Decline



Mild to Moderate Cognitive Decline: Global Deterioration Scale (GDS) 3 – 5

(use GDS to guide decision making in identifying clients with mild to moderate cognitive decline)

- **Stage 3: Mild cognitive decline**

Has difficulty travelling to new locations.

Has difficulty handling problems at work.

- **Stage 4: Moderate cognitive decline**

Has difficulty with complex tasks (finances, shopping, planning dinner for guests).

- **Stage 5: Moderately severe cognitive decline**

Needs help to choose clothing.

Needs prompting to bathe.



# Timeline

Artist Recruitment:  
Nov/Dec 2019  
Updated: August 2020

Participant  
Recruitment:  
Dec 2019: ongoing

Session Schedule:  
March to November 2020  
Adjusted: Sept 2020 to Jan 2021

# Session Information

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Local Artists – variety of forms/methods of delivery



8 independent sessions – Artistic sessions (Meaningful, Develop new skills, Creative)



Approximately 2 hours per session



Attend virtually

# In-person Artist & Participants (original plan)



**Location: Gros Morne Summer  
Music's The Convent**  
110 Humber Road, Corner Brook



**(behind IMHM School)**



**Transportation support**

# Virtual Participants



MAY USE OWN DEVICE  
OR WH DEVICE



TELEHEALTH  
SCHEDULING PROCESS



LINK WILL BE SENT OUT  
FOR EACH SESSION



ON-SITE FACILITATOR



INFORMAL SUPPORT  
SYSTEMS ENCOURAGED  
TO ASSIST

# SmART Aging Project: **Evaluation**

1. What was the experience of participants in the smART Aging program?
2. Did the smART Aging program improve participants quality of life?
3. Did the smART Aging program improve participants access to healthy aging at home?
4. Was the smART Aging program delivered as intended?
5. How can the smART Aging program be improved for future delivery?

# Evaluation Tools

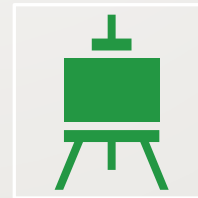
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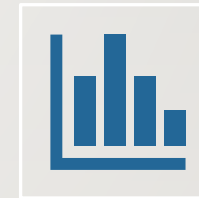
Surveys



Focus Groups



Interviews



Program  
Statistics

# Current Status



First session: September 25

Candice Pike: “Dances with words”  
expressive dance

Dry-run week before



Next session: October 30



Types of sessions:

Dance

Descriptive Art: pencil and paper expression

Music

Storytelling





## Future Sessions

**Painting Your  
Past**  
(Josh Connors)

**Postcards from  
the Past**  
(Lori Deeley)

**Lost & Found #1**  
(Ian Locke)

**Reminiscing Part 1**  
(Louise Gauthier)

**Reminiscing Part  
2**  
(Louise Gauthier)

**Lost & Found**  
(Ian Locke)

**Age Is But A  
Number**  
(Jerry Etienne)

## Potential Implications

- Other virtual initiatives for older adults
- Other home-based initiatives for other program areas
- Expanded outreach of other Arts-based programs in the region

## For More Information:

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