



# ANNUAL REPORT 2019-2020

# CORPORATE PROFILE

Launched in 2017 with a single goal in mind, the AGE-WELL National Innovation Hub Advancing Policies and Practices in Technology and Aging (APPTA) is putting innovative aging and technology research into the hands of the people who can use it. It takes on average 17 years for research to be translated into action. By bringing together a dynamic team of young professionals with diverse backgrounds to support an integrated network in research, policy, and innovation, APPTA aims to bridge that gap and mobilize aging and technology research in ways that can improve the lives of older Canadians.

## VISION

To drive policy innovation that improves the future of aging in Canada.

## MISSION

APPTA aims to advance evidence-informed decision-making that positively impacts the lives of older Canadians by mobilizing the power of research & technology, collaboration, and innovation.

## VALUES

**There is always a way to do it better.**

APPTA translates quality aging and technology research into actionable policy options for the federal, provincial, and territorial governments of Canada. Our efforts are aimed at ensuring the best and latest evidence is informing policy decision-making that impacts the lives of older Canadians.

**We go further when we work together.**

APPTA takes a connectivity approach to complex challenges in aging, bringing people together from east to west, north to south, to share their best ideas and work collectively on potential solutions that will benefit older Canadians.

**Everyone has the potential to innovate.**

APPTA offers a suite of education programs and learning opportunities that are designed to build the knowledge translation skills needed to bring great ideas to fruition.

# TABLE OF CONTENTS

EXECUTIVE MESSAGES	4
TEAM	5
A YEAR IN REVIEW	6
KNOWLEDGE TRANSLATION	8
KNOWLEDGE EXCHANGE	12
FOSTERING INNOVATION	16



## ACKNOWLEDGMENTS



AGE-WELL NCE Inc. is a federally-funded Network of Centres of Excellence established in 2015 to support Canadian research and innovation in the area of technology and aging. AGE-WELL is dedicated to the development and delivery of technologies, services and policies/practices that benefit older adults and caregivers. Its aim is to help older Canadians maintain their independence, health and quality of life through technology-based solutions that increase their safety and security, support their independent living, and enhance their social participation.



The New Brunswick Health Research Foundation (NBHRF) was created in July 2008 with a mandate to co-ordinate, support and promote health research in New Brunswick. The long-term vision of NBHRF is to provide leadership and support to enhance New Brunswick's health research capacity and competitiveness. This will ultimately lead to a healthier population through economic development opportunities and improvements in health policy and the health services delivery system.



## A message from the **CHAIR OF THE BOARD**

It is hard to imagine that it has been three years since the implementation of an idea that became APPTA. Over that time, APPTA has grown and moved from a startup organization to one with deep connections and strong services. Over the next three years, we will see APPTA grow again, from an organization focused on developing an idea, to one focused on the fulfillment of a mission to be a leader in policy development and support for aging.

APPTA enjoys strong connections to provincial and territorial governments across Canada that have been developed and nurtured since its inception. These connections will form a core part of our strategy to fulfill our mission in the second phase of our growth. Together with our passionate and dedicated team, we are well positioned to achieve our mission. I look forward to the many amazing things that APPTA will do over this next phase of our organization.

On a special note, I want to recognize the organizations that came together three years ago to make APPTA a reality: AGE-WELL NCE, the New Brunswick Health Research Foundation, York Care Center, and the University of New Brunswick. Without their combined efforts and support, we would not be where we are today.



## A message from the **EXECUTIVE DIRECTOR**

From the beginning, APPTA has been driven by the potential to innovate public policy in ways that improve the lives of older Canadians.

Last year, we furthered our approach to public policy innovation by focusing on forming purposeful connections between people and ideas. From improvements in our knowledge translation process to our first Policy Innovation Lab, 2019-2020 saw APPTA engage more stakeholders, translate more research, and connect more people in the aging & tech policy space. Over the next three years of our mandate, we are going to explore strategic initiatives and collaborations that will lead us to a sustainable future for our organization.

This work would not be possible without the invaluable support of our funders, AGE-WELL NCE and the New Brunswick Health Research Foundation. We are deeply grateful for their ongoing contributions to APPTA, and look forward to continuing our joint efforts toward advancing evidence-informed decision-making that positively impacts older Canadians in the years to come.



## STAFF

**Candice Pollack**

*Executive Director*

**Jenna Roddick**

*Coordinator of Research  
& Knowledge Translation*

**Heather Higgins**

*Coordinator of Policy &  
Knowledge Exchange*

**Emily Kerry**

*Research Assistant*

**Samuel Hunter**

*Research Assistant*



## BOARD OF DIRECTORS

**Kevin Harter**

*Chair*

**Gary Beattie**

*Vice-Chair*

**Leonard Arsenault**

*Treasurer*

**Hubert Cormier**

*Director*

**Heather Bursey**

*Director*

**Alex Mihailidis**

*Director*

## SCIENTIFIC ADVISORY COMMITTEE

**Dr. Emily Read**

*University of New Brunswick*

**Dr. Rosalie Wang**

*University of Toronto*

**Dr. Michael Wilson**

*McMaster University*

**Dr. Josephine McMurray**

*Wilfrid Laurier University*

**Dr. Tom McIntosh**

*University of Regina*

**Pamela Fancey**

*Nova Scotia Centre on Aging*

**Dr. Jeff Jutai**

*University of Ottawa*

**Dr. Jerome Bickenbach**

*Queen's University*

# 2019-2020

## A YEAR IN REVIEW

### OUR OUTPUTS

BRIEFS — 10

JURISDICTIONAL SCANS — 3

WORKSHOPS — 3

PODCAST EPISODES — 12

PRESENTATIONS — 10

KT CORNER POSTS — 9

POLICY INNOVATION LAB REPORTS — 1

### OUR TRAINING PROGRAM OUTPUTS

PRESENTATIONS — 11

BRIEFS — 5

REPORTS — 3





# OUR NETWORK



Meetings with  
community partners



Meetings with policy  
stakeholders



Jurisdictions involved  
in APPTA's work



Increase in Twitter  
followers



Increase in LinkedIn  
followers



# KNOWLEDGE TRANSLATION

Knowledge translation is defined as the “umbrella term for all of the activities involved in moving research from the laboratory, the research journal, and the academic conference into the hands of the people and organizations who can put it to practical use”. At APPTA, our work in knowledge translation is centered on providing the federal, provincial, and territorial governments of Canada with relevant, quality research evidence to inform public policy innovation that supports the aging population.



## CAREGIVERS NEWS STORY

No matter who you are, at some point in the future, you'll either be a caregiver or need one. Unpaid caregivers are increasingly becoming a critical resource in supporting the health and daily functioning of older adults across Canada— saving the healthcare system upwards of \$66 billion per year. Despite comprising a vital component to the overall Canadian healthcare system, caregivers are facing challenges that continue to grow in both number and complexity and are in need of greater support.

// Staying with a //  
problem is very important.  
Too often, we rush to solutions  
or rush to adopt our first two  
ideas rather than pressing in  
and digging deeper for more &  
perhaps better quality ideas.



This year, APPTA explored the unmet needs of Canadian caregivers as its annual policy priority. Project leads Heather Higgins and Emily Kerry began the project by first consulting existing literature on the topic. Four key themes emerged from the literature and were further validated by a survey that was distributed throughout Canada. Comprehensive supports to address financial, system navigation, physical and mental health challenges are needed on a multitude of fronts should caregiving be a sustainable option for family members and friends.

These four domains were presented to government stakeholders from across Canadian provinces and territories in October 2019. Project leads facilitated a collaborative workshop to better understand the system, including barriers and mitigators that exist ranging from the individual level to worldviews. From here, another dive into the literature was taken to explore promising practices that currently exist and are either showing promise or evidence at meeting these needs.

In February, a second collaborative workshop event was hosted by APPTA, bringing together government stakeholders from across Canada. Participants were led through a new round of creative thinking to push the boundaries of current practice based on the program and policies identified in the prior search. Products from these meetings, supported by engagement with Canadian caregivers, are being used to develop innovative policy solutions to better support caregivers.



# KNOWLEDGE TRANSLATION

## MILEAGE PODCAST

The MileAGE podcast was launched in June 2019 with APPTA's Jenna Roddick hosting interviews with researchers across the country. MileAGE aims to take research the extra distance by talking to researchers about their work and discussing the real-life impact it can have for older adults. This podcast is for everyone to enjoy and learn more about the amazing work happening in the aging sector from east to west.

### FEATURES



#### DR. CAROLE GOODINE

Polypharmacy and deprescribing

*"Deprescribing is done in collaboration with the person and their healthcare providers, it's not something that you do on your own."*



#### DR. OLIVE BRYANTON

Lived realities of older women living in rural communities

*"They're independent, but also interdependent."*



#### DR. STEPHEN KATZ

Quantifying aging and the use of technology

*"They [older adults] have no resistance to technology, it just needs to fit within their world and also not just stigmatize them as needy and old... I think the biggest barriers are poor technologies."*

# KT CORNER

KT Corner was launched in March 2019 with the goal of providing a more informal space to explore new ideas and research related to aging and older adulthood. KT Corner provides contributors with a four-question template to help provide a clear and concise overview of their work, while also providing prompts to spark exploration of potential real-world and policy implications in plain language that all readers can enjoy.

## FEATURES



### JACQUIE EALES, MSC

Recognizing Carers in Canada and Understanding Their Barriers to Technology Adoption

*"Replacing carers' labour would cost the Canadian health and social care systems a conservatively estimated \$66.5 billion, equivalent to 1/3 of all expenditures on formal healthcare services."*



### DR. STEPHANIE FEERO

Using Technology to Complete the Circle of Care

*"By creating a circle of care that surrounds a senior within their own home, it provides them immediate access not only to someone within that circle ... but also with in-app reminders for things like nutrition, medication, and mental health check-ins."*



### CHARLENE NADALIN, PRESIDENT AND CEO AMINTRO INC.

Amintro: A Social Solution to the Loneliness Health Epidemic

*"Social isolation and loneliness contribute to a high mortality rate and are responsible for a multibillion-dollar economic impact on Canada's healthcare system."*





## KNOWLEDGE EXCHANGE

---

For APPTA, knowledge exchange refers to processes of bringing together a diversity of people to share ideas, evidence, and expertise in order to co-create policy solutions that have the potential to benefit older Canadians.

Taking a connectivity approach to solving complex challenges means that APPTA has to create opportunities for meaningful dialogue between stakeholders. Through our policy innovation lab work, as well as our stakeholder meetings, communities of practice, and private online portal for government decision-makers, we are innovating the pathways of communication and collaboration across disciplines and jurisdictions in Canada.



## THE CHALLENGE QUESTION EXPLORED WAS

*“How can increased investment in home support be leveraged to enhance older adults’ ability to age well in their communities?”*

## APPTA POLICY INNOVATION LAB

APPTA hosted its first ever Policy Innovation Lab in early October 2019. Modeled off the social innovation lab approach, the Lab aimed to disrupt the “business as usual” problem-solving methods by exploring new processes for developing public policy solutions that enhance the lives of older adults.

Our objective was to address a complex challenge through a co-creation approach that is supported by the expertise of diverse groups who have a stake in the issue. The diverse group of stakeholders included researchers, caregivers, policy-makers, and more, who all contributed to the discussion in a passionate and considerate manner. Participants identified several key unmet needs surrounding our challenge question, and co-created prototypes to address some of the gaps identified in this process.

A report was generated based on preliminary research and the rich information provided by the participants during the policy innovation lab process. The report is available on APPTA’s website, and can be accessed at the following link:

<https://agewell-nih-appta.ca/shareables/reports/>.



# KNOWLEDGE EXCHANGE

In order to foster meaningful knowledge exchange between jurisdictions, APPTA focused its efforts in 2019-2020 on forming purposeful connections with policy-makers from across Canada. As a result, there are now:



**24**

policy stakeholders  
participating in APPTA's  
Community of Practice



**72**

policy stakeholders  
receiving our quarterly  
newsletter



**32**

policy stakeholders  
using our Boardroom  
Portal



**30**

policy stakeholders  
attending our events



**50+**

meetings with policy  
stakeholders  
this year

APPTA's Policy  
Stakeholder Meetings  
provide

// a facilitated //  
opportunity to co-create  
real world policy that is  
relevant to government  
priorities.



Our approach to policy engagement that fosters knowledge exchange is three-pronged:



**APPTA's policy stakeholders drive our innovation agenda.**

- We align our work with the policy topics that have been identified as priorities by government stakeholders through an annual priority selection process.
- We connect regularly with policy stakeholders to share updates, ask questions, and inform progress in our work.



**APPTA provides multiple forums for connection and exchange between jurisdictions.**

- Our Community of Practice provides policy stakeholders with a regular virtual connection point to discuss promising practices and lessons learned on government initiatives.
- Our Boardroom Portal offers governments a secure, online space to share information, collaborate on documents, and find resources.



**APPTA engages policy stakeholders in co-creation throughout our work.**

- We leverage our Policy Stakeholder Meetings to map out the current system and co-design policy options that are tailored to the unique realities of each jurisdiction.
- We convene a diversity of stakeholders through our Policy Innovation Lab to work collectively on policy solutions that will positively impact older Canadians.

# FOSTERING INNOVATION

---

Fostering innovation is about transcending the boundaries of what APPTA can do by providing our people and our network with the resources they need to become leaders in policy innovation. Through workshops, webinars, and professional development programs, APPTA is enhancing the knowledge translation skills of our network so that Canada's aging policy sector can always be informed by the best and latest research in the field.

## Social Return on Investment (SROI) Accreditation Training

In November 2019, two members of the APPTA team attended a two-day Social Return on Investment (SROI) Accreditation Training in Calgary, Alberta. This training, hosted by SiMPACT Strategy Group according to the standards outlined by Social Value International, provided us the opportunity to increase our in-house capacity to evaluate social impact and value in our knowledge translation work. Throughout the process, our team has gained valuable insights and new skills, and have begun to put these into action as part of APPTA's 2019-20 priority: What are the options that governments can employ to provide enhanced supports to unpaid caregivers?

## Knowledge Translation Professional Certificate

In order to build essential knowledge translation capacity at the hub, Jenna Roddick – Coordinator for Research and Knowledge Translation (KT) completed the accredited Knowledge Translation Professional Certificate. This week-long accreditation encompassed foundations of KT, practical and hands-on activities, and tailored KT plan development to establish valuable KT competencies to apply in participants' future work. This has supported APPTA's work in tailoring our decision support service to government stakeholders across the country.

*“ The skills I have gained from this course and from applying the knowledge in my role has shown me the value of knowledge translation in this space. There is so much potential in a KT process that strategically collaborates with the key players and end users that will help us co-create effective change for older Canadians. ”*



## POLICY CHALLENGE

The joint initiative between APPTA and AGE-WELL NCE, the Visions for Change Policy Challenge, ran its second edition. This education program is a unique opportunity for 3 selected trainees—also called highly qualified personnel (HQP)—to work closely with policy experts and learn firsthand how to align research findings with real Canadian policy priorities. Over the course of several months, trainees develop their skills in policy report writing and learn how to provide appropriate and feasible policy recommendations to provincial, territorial and federal levels of government.

Winners from this year's Policy Challenge included Amélie Gauthier-Beaupré (Department of Health Sciences, University of Ottawa), Dr. Alisa Grigorovich (Toronto Rehabilitation Institute-University Health Network), and Natasha Gallant (Department of Psychology, University of Regina), who each had the exclusive opportunity to present their final reports at APPTA's year-end government stakeholder meeting in Montreal. Gauthier-Beaupré and Grigorovich both examined effective technology-based supports to help older adults age in place, with Grigorovich taking a specific lens on how to support low-income older adults, while Gallant examined the barriers older adults face when staying in or returning to the workforce.

*I really enjoyed this entire experience—Learning new skills related to public policy, refining research skills for application to the policy landscape, and gaining hands-on experience working with and presenting to government stakeholders.*

## PEP TALKS

This year the APPTA hub launched a new policy education program, PEP talks! This was a 6-week webinar series for AGE-WELL HQP on how they can translate their research findings into policy briefs. This series hosted 3 core webinars on policy development, translating your research findings, and how to give an effective presentation. Full program participants had the opportunity to complete a policy brief and give an online webinar presentation on their work to government stakeholders.

*“When the chance to learn about translating my research for policy-makers arose through APPTA, I felt it would be an excellent opportunity to get the word out about new research. Jenna and Candice provided a comprehensive step-by-step guide in their webinar and gave personal one-on-one feedback throughout the process [...] and the experience of presenting to policy-makers provides a tangible and rewarding goal.”*



# UNAUDITED • FINANCIAL STATEMENTS

## STATEMENT OF FINANCIAL POSITION

MARCH 31, 2020

	2020	2019
<b>ASSETS</b>		
CURRENT		
Cash	\$ 55,454	\$ 16,655
Accounts receivable	108,900	259,777
	<u>\$ 164,354</u>	<u>\$ 276,432</u>
<b>LIABILITIES AND NET ASSETS</b>		
CURRENT		
Accounts payable	\$ 6,916	\$ 5,878
Deferred income (Note 3)	157,438	270,554
	<u>\$ 164,354</u>	<u>\$ 276,432</u>

ON BEHALF OF THE BOARD

 Director

Len Arsenault Director

## STATEMENT OF REVENUES AND EXPENDITURES

YEAR ENDED MARCH 31, 2020

	2020	2019
<b>REVENUE</b>		
New Brunswick Health Research Foundation	\$ 287,069	\$ 175,367
AGE-WELL NCE Inc.	<u>282,547</u>	<u>309,338</u>
	<u>569,616</u>	<u>484,705</u>
<b>EXPENSES</b>		
Facilities and equipment	16,575	11,345
Operations	31,251	18,303
Professional development	20,053	7,597
Professional fees	30,210	49,502
Salaries and wages	304,293	230,194
Technology	18,896	38,374
Travel and meetings	<u>148,338</u>	<u>129,390</u>
	<u>569,616</u>	<u>484,705</u>
<b>EXCESS OF REVENUE OVER EXPENSES</b>	<u>\$ -</u>	<u>\$ -</u>

# UNAUDITED • FINANCIAL STATEMENTS

## AGE-WELL NCE INC. (SCHEDULE 1) YEAR ENDED MARCH 31, 2020

	2020	2019
<b>REVENUE</b>	<b>\$ 282,547</b>	<b>\$ 309,338</b>
<b>EXPENSES</b>		
Salaries and wages	201,685	172,951
Technology	5,707	-
Operations	13,135	8,339
Travel and meetings	62,020	126,491
Professional development	-	1,557
	<b>282,547</b>	<b>309,338</b>
<b>EXCESS OF REVENUE OVER EXPENSES</b>	<b>\$ -</b>	<b>\$ -</b>



# **NEW BRUNSWICK HEALTH RESEARCH FOUNDATION (SCHEDULE 2)** YEAR ENDED MARCH 31, 2020

	2020	2019
<b>REVENUE</b>	<b>\$ 287,069</b>	<b>\$ 175,367</b>
<b>EXPENSES</b>		
Salaries and wages	102,608	57,242
Professional fees	30,210	49,502
Facilities and equipment	16,575	11,345
Technology	13,189	38,374
Operations	18,115	9,966
Travel and meetings	86,319	2,899
Professional development	20,053	6,039
	<b>287,069</b>	<b>175,367</b>
<b>EXCESS OF REVENUE OVER EXPENSES</b>	<b>\$ -</b>	<b>\$ -</b>

# 2019-2020

## A YEAR AT A GLANCE

