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Women's Age Lab is the first and only center of its kind, aimed at improving healthy aging for

older women. We envision that by 2030, the unique needs of older women will be recognized,

and our social and health care system will provide tailored supports and care for older women. To achieve this, we plan to advance equity and diversity within our research, put our research into practice, and leverage our collaborators and communities to be catalysts for change. In case you missed it, our 2021-22 Impact Report demonstrates our impact on transforming the aging experience thus far. This newsletter contains some highlights of our exciting national and international work.

Brief to Healthcare Providers on Optimizing Pharmacotherapy and Preventing Prescribing Cascades in

building on the best

WCITI WOMEN'S Age Lab

First and only centre

of its kind, we aim to improve the lives of

FOUR AREAS OF FOCUS

Translate ▼

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for older persons is becoming a greater concern. Our team continues to build on our world-renowned research on prescribing cascades. In working towards addressing the preventable harm that disproportionately affects the health of older women everywhere, we are excited to share our recent evidence brief offering recommendations for healthcare professionals in preventing and recognizing inappropriate prescribing cascades to ultimately improve patient outcomes.

Older Adults

As the world's population ages and the prevalence of multimorbidity rises, inappropriate drug prescribing

Click <u>here</u> to read more:



consider the unique needs of older women. They honed in on the inequities in delirium for older women,

Women's Age Lab would like to congratulate Dr. Christina Reppas-Rindlisbacher on receiving the

and introduced the mission and vision of Women's Age Lab.

Join us in congratulating Dr. Reppas-Rindlisbacher!

CGS ANNUAL

SCIENTIFIC MEETING

APRIL 13 - 15, 2023 | VANCOUVER, BC

Edmund V. Cowdry Award for her impactful work, "Changes in Delirium Rates and Antipsychotic Use Among Hospitalized Older Adults in Ontario After the Onset of the Covid-19 Pandemic".

#CGS2023

Sheraton Vancouver Wall Centre **Virtual Workshop Series: Digital Literacy**

Through the New Horizons for Seniors Program project "Narrowing the digital divide: Promoting virtual

care and social participation", Women's Age Lab scientists recently hosted 11 in-person workshops on

digital literacy, to help older adults improve their technological skills and promote social connections.

Participants shared they felt more comfortable using their devices, felt they were more equipped to use

the internet safely and protect themselves online, knew how to search the internet effectively, and felt

person program. These workshops were open to older adults interested in improving their digital literacy skills. Topics included internet safety, social media, staying connected online and more. Participants indicated they found the workshops relevant and useful.

Trainee Spotlight

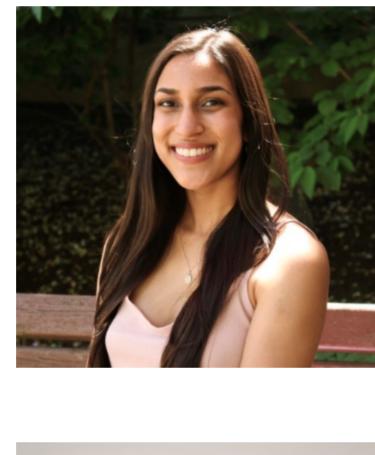
To complete the project, the team also hosted 12 virtual workshops online to extend the reach of the in-

Click here to learn more about the series.

comfortable using social media and apps.







School of Public Health. Under the supervision of Rachel Savage PhD, she is exploring the factors that place older adults living in naturally occurring retirement communities (NORCs) at risk for being on the long-term care waitlist. By characterizing these factors, we can enhance the development and implementation of social supports and health services in NORCs, allowing older adults to stay socially connected and in their homes longer, and reduces unnecessary burden to the health system. Paneet Gill is a practicum student supervised by Dr. Rochon. She is completing her Master of Public Health in Health Promotion, at the Dalla

Lana School of Public Health, University of

Toronto. Her work involves creating knowledge mobilization products, such as infographics and

evidence briefs, to bridge the gap between

research and practice related to aging, sex and

gender, and pharmacology. Most recently, she is

working on an annotated bibliography to collate

articles that discuss the conceptualization or

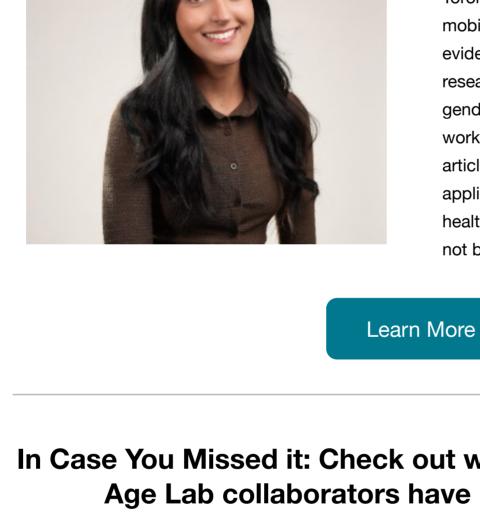
application of gender-related variables to use in

health research for when explicit gender data may

not be readily available.

Sheth is a second-year Master of Public

Health in Epidemiology student at the Dalla Lana



airing every other Wednesday – Check them out!

In Case You Missed it: Check out what some of our Women's Age Lab collaborators have been working on... Our collaborators at SE Health recently launched The Future Age podcast, which explores bold ideas, innovations and creative solutions in reimagining what life could look like as we get older. New episodes

Together with partners, Women's Age Lab, What's neXT?!, the Centre for Industrial Relations and Human Resources at the University of Toronto, and the National Institute on Ageing, we are bringing together a multi-disciplinary group of local and global thinkers, influencers and decision-makers to explore the many opportunities that greater longevity offers to employers, governments, learning institutions and society at

Upcoming Events

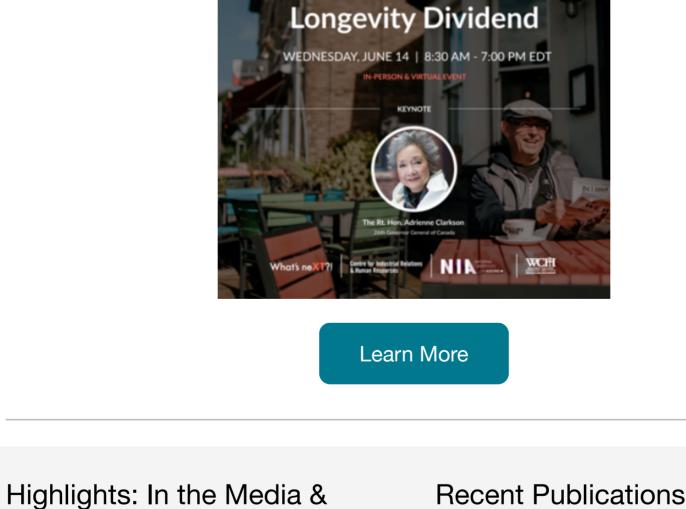
large. The day will start with a Keynote address by the Rt. Hon. Adrienne Clarkson, Canada's 26th Governor General and followed by presentations, panel discussions, breakout sessions and plenty of opportunities to network with experts and your peers. Participants who attend the event in-person will receive a complimentary breakfast, lunch and networking

We look forward to seeing you on June 14th.

The Future of Worth Leveraging the

cocktail, plus a copy of Andrew J. Scott's book The New Long Life.

Please visit <u>www.futureofworth.ca</u> for full agenda and registration details.



Advisory Table On Aging: Canadian Conversations. On gendered ageism and climate change with Dr. Paula

Recent Awards

Rochon, HelpAge Canada Wisdom at Work: Older Women, Elderwomen and Grandmothers on the move! Dr. Rochon:

Drs Rochon and Stall have been awarded the

University of Toronto's President's Impact Award

for their work on the Ontario COVID-19 Science

Women's Age Lab, A Global First! They had families, worked hard and grew old. Now they face their final years in poverty. Why are we failing older women in Canada? Toronto Star Older women in Canada are facing a heavy burden of poverty. A new plan could be a start.

Toronto Star. Delirium: Follow-up questions with Dr. Christina Reppas-Rindlisbacher. RTOERO Foundation Blog. WOMEN'S COLLEGE HOSPITAL Women's Age Lab

Aging (CLSA) BMJ Open Psychotropic substitutions: Out of the frying pan and into the fire. Journal of American Geriatrics

Society. COVID-19 vaccine antibody responses in community-dwelling adults to 48 weeks post primary vaccine series. iScience

A retrospective cross-sectional study examining

health care needs among middle-aged and older

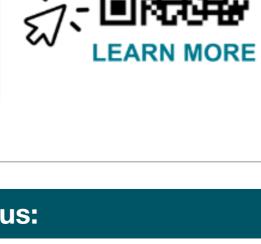
adults using the Canadian Longitudinal Study of

the association between loneliness and unmet





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