

[View this email in your browser](#)



Entering our second year: Celebrating International Women's Day

As we well into our second year, Women's Age Lab continues to focus on 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.



Naturally Occurring Retirement Communities: What Works Best to Support Older Adults to Age in Place?

Women's Age Lab has just been awarded six years of federal funding from [CIHR](#) to identify new solutions to promote healthy aging at a population-level within naturally occurring retirement communities (NORCs).

Many older people live in the community, clustered in buildings or neighbourhoods, known as NORCs. NORCs provide an opportunity to deliver onsite social supports and health services in efficient and creative ways to prevent loneliness, improve health and well-being, and support older adults to age in place. The potential of NORCs has yet to be fully realized in Canada.

[Women's Age Lab](#), with partners including [OpenLab](#) and the recently launched [NORC Innovation Centre](#) at the University Health Network, [the City of Toronto](#), and the [City of Barrie](#) will be working to identify new solutions to promote healthy aging at a population-level within NORCs.

Read more about this funding and initiative [here](#).

More than 90% of older Canadians, the majority of whom are women, live in the community & strongly prefer to stay there.

Women's Age Lab
THE LANCET

Prescribing Cascades on the International Stage

Women's Age Lab scientists have recently had exciting opportunities to present our iKASCADE (**Identifying Key Prescribing CASCADes in the Elderly: A Transnational Initiative on Drug Safety**) research, funded by GenderNET, at international conferences and workshops. We have been busy sharing some of our important findings and invaluable experience collaborating as a consortium of 6 countries, all with a vested interest in integrating sex and gender analysis into research.

We presented posters at the **European Geriatric Medicine Society (EuGMS)** in London, England (September 2022); discussed approaches for integrating gender and sex-based analysis into research at the **GenderNET Workshop "Integrating Gender Analysis into Research"** in Paris, France (November 2022); and presented on our findings in this final dissemination conference at the **GENDER-NET Plus Final Dissemination Conference: Promoting and implementing the sex and gender dimension into research** in Brussels, Belgium (February 2023).

Click [here](#) to learn more about prescribing cascades and factors to consider as a healthcare provider.

Identifying Key Prescribing Cascades in the Elderly: A Transnational Initiative on Drug Safety
Project acronym : iKASCADE Consortium
Speaker: Dr. Paula Rochon

Final Dissemination Conference
February 13-14th 2023

Trainee Spotlight



Dr. Christina Reppas-Rindlisbacher, a geriatrician and PhD graduate student with Women's Age Lab, and recipient of the prestigious CIHR Vanier Canada Graduate Scholarship, is using large administrative databases to explore practice patterns and long-term adverse health outcomes after delirium. Her goal is to better understand and address the unmet needs of older adults who have recently immigrated to Canada or have a preferred language other than English.

Learn More

In Case You Missed It: Combatting Gendered Ageism



Driving positive change requires spreading awareness and elevating the importance of the issues facing older women. Women's Age Lab is listening to older women and sharing their stories among researchers, healthcare providers and decision-makers to inform leaders, create context and identify solutions to transform health and social care for older women.

Women's Age Lab has created a toolkit to raise awareness and provide resources around combatting gendered ageism. [This toolkit](#) is for everyone including clinicians, researchers, policymakers, community advocates, and individuals from all walks of life to help tackle gendered ageism by spreading awareness about it in their communities and networks.

Upcoming Events

Ending Ageism in Healthcare: Let's work together to end ageism in healthcare. Join us on **March 3rd at 12 pm EST** to learn from leaders and advocates who are fighting ageism in their health systems in powerful ways. Register today: [Bit.ly/3ioPgOJ](#) #AgeWithRights



March 8th, 2023: International Women's Day: Be sure to follow Women's Age Lab, where we will be highlighting our work across our four key pillars.

In the News

[RBC Wealth Management and Women's Age Lab empower women to make informed financial decisions](#) The Globe and Mail

[What is gendered ageism?](#) Matters Beyond Wealth RBC Podcast

[Want to improve health and well-being? Start walking](#) The Province

[How climate change is impacting older women](#) Toronto Star

[Walk to reduce your loneliness and improve your well-being](#) KevinMD Podcast

[The significant impact of gendered ageism on older women](#) OLTCA Coming of Age Podcast

Highlighted Publications

[ThinkCascades: A Tool for Identifying Clinically Important Prescribing Cascades Affecting Older People](#) Drugs Aging

[Predictors of persistent depressive and anxiety symptoms among older adults during the COVID-19 pandemic in Canada](#) JAGS

[Association between non-English language and use of physical and chemical restraints among medical inpatients with delirium](#) JAGS

[Designing nursing homes with older women in mind](#) JAGS

Connect

Connect with us:

womensagelab.ca | womensagelab@wchospital.ca | [@wchospital](https://twitter.com/wchospital)



Copyright (C) Women's Age Lab. All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe](#)

Grow your business with mailchimp