



WALK with ME: Changing the culture of aging in Canada

MARCH 5-6, 2018

CALL FOR SESSIONS

The third national *Walk with Me* conference will be held on March 5 – 6, 2018 in Niagara Falls, Ontario.

The goal of this conference is to bring 500 diverse stakeholders together (including older adults/residents*, family members, professionals, educators, policy-makers, students, and researchers) to learn with and from each other about how to support changing the culture of aging in Canada. There are many exciting initiatives and projects underway in Canada that are shifting the culture of aging in significant and positive ways. *Walk with Me: Changing the culture of aging in Canada* aims to accelerate and give profile to this social movement.

The conference will be co-hosted by the [Schlegel-University of Waterloo Research Institute for Aging \(RIA\)](#) and [CapitalCare Foundation](#), in collaboration with many planning partners from across the country.

* “Older adults/residents” refers to older adults and others residing in long-term care, as well as older adults residing in retirement/independent living, and/or in private homes within the community.

SECTION A:

DEFINITION, GUIDING PRINCIPLES AND SUBMISSION PROCESS

WHAT IS CULTURE CHANGE?

Culture change is an ongoing, holistic journey that includes re-examining values, beliefs, attitudes, language, practices and policies and working to implement the full range of efforts needed to transform the culture into a community where everyone thrives.

In Canada, we envision a culture of aging where:

- the personhood of each individual is honoured;
- each person is the primary authority of his or her life and personal choices are respected and supported;
- the focus is on living life to the fullest;
- accessible and enabling environments support continued engagement and connections in community;
- the body, mind and spirit of each person are nourished;

- close relationships and authentic partnerships involving collaborative decision-making are at the core of compassionate communities; and
- all care partners have the knowledge and information, skills, resources, authority and accountability to provide respectful, flexible and life-affirming care and support.

CONFERENCE OBJECTIVES

1. To build capacity by showcasing innovations in culture change specific to aging and across diverse settings (e.g., long-term care, community, retirement living) from across Canada
2. To build partnerships and networks to support culture change in aging and long-term care in Canada.
3. To continue to build the momentum of the culture change movement in Canada

CONFERENCE PROGRAM GUIDING PRINCIPLES

The conference program will consist of sessions that:

1. Are **inclusive**, ensuring diverse voices are represented and supported in planning and delivery. The conference program will **authentically engage people of all ages** in sharing and exploring what it means to experience aging.
2. Are **interactive** and **experiential**, providing a safe and engaging space where participants actively engage with ideas and have opportunities for critical reflection and dialogue with each other. The program will welcome **vibrant, creative** and **non-traditional** approaches to share information (e.g., performing arts, fine arts, media, narratives, storytelling, poetry, photography, small art installations, etc.), in addition to more traditional panel presentations followed by facilitated discussion.
3. **Build linkages** by creating opportunities for strong connections to be made between lived experiences, professional practices, education and research as a means of advancing a strong network of individuals and organizations interested in changing the culture of aging. The conference program will promote the importance of **teamwork, collaboration** and a shared sense of **purpose**.
4. Celebrate the experiences of aging across **diverse contexts and settings**.

SUBMISSION KEY DATES

Submissions open: Thursday, June 1, 2017

Deadline for submissions: Friday, September 15, 2017 11:59PM (MT)

Session Leaders will be informed of decision by Monday, December 18, 2017

Session Leaders to confirm attendance by Wednesday, January 10, 2017

SUBMISSION GUIDELINES

1. The committee invites a wide range of engaging session formats including: interactive workshops, panel sessions, discussion circles, and creative expressions/performances.
2. Applicants will be asked to select the topic area(s) most aligned with their session (i.e., Advocacy; Ageism and stigma; Age-friendly communities; Aging with a disability; Culture change approaches/strategies/processes; Dementia and dementia care; Dining; Innovative housing/residential options; Palliative care; Person-centred and relational approaches; Public policy; Recreation, leisure, and the arts; Technology; and Workforce development). Other topic areas are welcome.
3. Session Leaders (i.e. presenters, facilitators) who have their submissions accepted are expected to be available to present on March 5th, 2018 and/or March 6th, 2018.
4. All Session Leaders must register and pay applicable conference registration fees (www.the-ria.ca/walkwithme/registration). Older adults or students who are accepted to present at the conference may be eligible for travel or registration bursaries. More details will be shared with notification of acceptance.
5. Descriptions of sessions accepted as part of the conference program will be posted online.
6. Presentation slides will be shared following the conference. If you have information that you do not want circulated, please remove those aspects from your slides and submit a version for posting.
7. Session Leaders are required to provide copies of all handouts and other resource materials to be distributed/used during their session.
8. All Sessions Leaders are expected to provide a short resource (e.g., 1 page summary or tip sheet) sharing the key take-aways or practical applications from their session.
9. Submissions may be made in either English or French. If selected, sessions may only be delivered in English. We regret that no translation services will be made available.
10. By submitting a proposal, all Session Leaders acknowledge that if their submission is accepted, they may be photographed and/or recorded during their session. If this is a problem, please make note of this in the "Additional Requests or Special Needs" section of the submission form.

SUBMISSION REVIEW CRITERIA

Submissions will be reviewed in consideration of their:

1. alignment to the conference goals and guiding principles;
2. relevance to at least one of the culture change values (please see section called "What is culture change?")
3. quality, clarity and thoughtfulness (e.g. coherence, logical flow, grammar/spelling, etc.);
4. applicability to practice (e.g., tools, strategies, implementation guides, etc.), and/or inspiring, forward-thinking ideas; and
5. active engagement of diverse perspectives (preference will be given to sessions that actively engage older adults/residents and/or students).

Session Leaders will be notified of the review committee's decisions in December.

SECTION B:
SUBMISSION REQUIREMENTS

*Please provide the information requested below.
All content will appear in the program exactly as it is worded here.*

SESSION TITLE

What is the title of your session (15 word maximum)?

SESSION LEADER INFORMATION

Please list the primary Session Leader, and any Co-Leaders who will be involved in delivering the session. If there are other people who have been involved in the work but who will not be presenting during the session, please list them as “Co-Authors”. Each Session Leader whose submission is selected will be asked to complete a Conflict of Interest Statement and a Session Leader Agreement.

Required fields are indicated with a *.

PRIMARY SESSION LEADER

Please identify the Primary Session Leader. All correspondence about this session will be with this person.

LAST NAME *	FIRST NAME *	CREDENTIALS (if applicable)	JOB TITLE (if applicable)	AFFILIATION (if applicable)	MAILING ADDRESS *	EMAIL	DAYTIME PHONE NUMBER *	STUDENTS: PROGRAM	STUDENTS: DISCIPLINE	STUDENTS: DEGREE LEVEL

SESSION CO-LEADERS

Please list any individuals who will participate in delivering the session at the conference.

LAST NAME *	FIRST NAME *	CREDENTIALS (if applicable)	JOB TITLE (if applicable)	AFFILIATION (if applicable)

SESSION CO-AUTHORS

Please list any individuals who have contributed to the work but who will not participate in delivering the session at the conference. If someone is listed as a Co-Leader, they should not be listed here.

LAST NAME *	FIRST NAME *	CREDENTIALS (if applicable)	JOB TITLE (if applicable)	AFFILIATION (if applicable)

Sessions will be either 45 or 90 minutes depending on the type of format you choose. In addition to selecting the format of your proposed session, please also select your preferred session length.

Please select the type of session you are submitting (**NOTE:** You may only select one session format and one session length):

Mini-workshop session:

A “mini-workshop session” is: An interactive, knowledge-enhancing and/or skill-building session engaging participants in exploring and learning specific strategies and approaches to promote and support culture change. Groups with innovative culture change initiatives (e.g., programs, services or processes) to share are encouraged to apply.

Please select your preferred mini-workshop session length:

☐ 45 minutes
☐ 90 minutes

Panel session

A “panel session” is: A group of short presentations (curated by the Session Leader) across a unified theme that examines a specific experience, topic, issue or area of research. Each panel should provide opportunities for diverse perspectives to be shared (e.g., panellists could include a mix of older adults/residents, practitioners, researchers, educators, and/or policy makers). The short presentations must be followed by a facilitated discussion.

Please select your preferred panel session length:

☐ 45 minutes
☐ 90 minutes

Discussion circle

A “discussion circle” is: A forum to share and discuss innovative practices, approaches, and success stories. During this session, multiple presenters (curated by members of the program committee) will provide a brief summary of their work (3-5 minutes). Delegates will then select the topic of most interest to them and head to a round table where the presenter will facilitate a small group discussion (20 minutes). This is the ideal format for those who would like to share their innovative practices, research results, or success stories in a short timeframe focusing on the practical application of their work.

Session length: Total discussion circle length is 45 minutes; presenter time is 3-5 minute presentation and 20 minute facilitated discussion.

Creative expression/performance

A “creative expression/performance” is: An opportunity to share information or explore ideas using creative and non-traditional approaches (e.g., performing arts, fine arts, media, narratives, music, storytelling, poetry, photography, small art installations, etc.). Critical reflection and dialogue or facilitated discussion are important aspects of these sessions.

Please select your preferred creative session length:

☐ 45 minutes
☐ 90 minutes

Would you be willing to accept a different format if necessary?

SESSION DESCRIPTION

Please provide a concise description of your session that will be used to promote your session (250 word maximum).

AREA OF FOCUS AND PRIMARY AUDIENCE

Please select the topic area(s) that align(s) best with your session (check up to 3).

- Advocacy
- Ageism and stigma
- Age-friendly communities
- Aging with a disability
- Culture change approaches/strategies/processes
- Dementia and dementia care
- Dining
- Innovative housing/residential options
- Palliative care
- Person-centred and relational approaches
- Public policy
- Recreation, leisure, and the arts
- Technology
- Workforce development
- Other (please specify)

Who is the primary audience for this session (check all that apply)?

- Older adults/residents
- Informal (i.e., unpaid) care partners (e.g., family members, friends, volunteers, etc.)
- Formal (i.e., paid) care partners (e.g., PSWs, RNs, Therapeutic Recreationists, etc.)
- Leadership/management
- Policy-makers
- Researchers
- Other (please specify)

What is the context of your session (check all that apply)?

- Long-term care homes
- Retirement/Supportive living
- Community living
- Home care
- Acute care
- Other (please specify)

SESSION OUTLINE

Please provide a breakdown of your session in the table below. Use as many rows as necessary. If you selected discussion circle, please provide the key points of your presentation and the questions you will raise for discussion.

TIMEFRAME (MINUTES)	SESSION LEADER	SESSION CONTENT	
<i>How long with this part of the session last?</i>	<i>Who will lead this part of the session?</i>	<i>What information will you share during this part of the session?</i>	<i>How will you share this information? (NOTE: Interactive, activity-based components are encouraged)</i>

KEY LEARNINGS

Please briefly identify 3 key learnings that you anticipate participants will take away from your session. Your key learnings should be active, clear, and measurable. For example, 'At the end of this session, participants will have an increased understanding of ...; will have specific skills necessary to...; will have developed/explored resources to...'
Please be sure to indicate if you will be providing practical strategies and/or resources to participants.

TAKE-AWAY RESOURCE

Please briefly describe the short resource (e.g., 1 page summary or tip sheet) you intend to provide to delegates highlighting the practical applications of your presentation. Please describe the format of the resource, what type of information will be shared, and how the resource will be used by delegates.

ADDITIONAL REQUESTS OR SPECIAL NEEDS

All rooms will be furnished with a laptop, projector and microphone. Please list any additional requirements you have for your session (e.g. additional set-up time needed, preferred room arrangement, limit to the number of participants, internet requirements, etc.). All requests will be considered by the conference planning committee but are not guaranteed.