

Monday October 18
4:00 to 5:30 p.m.

Age Friendly Cities - What Can You Do In Your Community

The Age-Friendly Communities Initiative is sweeping through Canada. This project seeks to engage older Canadians and their communities in making their communities better, healthier and safer places for seniors to live and thrive. What role can your Older Adult Centre play in ensuring this project moves forward?

Key Learning Objectives:

1. Overview the Age Friendly Communities initiative being conducted by MAREP at the University of Waterloo and its partners
2. Introduce a model and tool for assisting communities in becoming age friendly (specifically www.afc.uwaterloo)
3. Dialogue together around how older adult centres can help communities contribute to age friendly community initiatives

Dr. Sherry Dupuis, BMus (Queen's University), MA (University of Waterloo), PhD (University of Guelph), is the Director of the Murray Alzheimer Research and Education Program (MAREP), and an Associate Professor in the Department of Recreation and Leisure Studies at the University of Waterloo. She holds adjunct positions in the Gerontology Program at McMaster University and in the Department of Family Relations and Applied Nutrition at the University of Guelph. Guided by an authentic partnership approach and a number of years experience working in long-

term care, Sherry's research program has focused primarily on identifying ways to improve the quality of the lives of older adults, particularly those living with dementia and their families. Her work explores innovative and creative ways to actively include older adults, including persons with dementia and their partners in care, in research, education, and practice. Sherry is also committed to ensuring her research is translated into action and culture change through the use of participatory research approaches and the development of alternative representations of research that are relevant and accessible to diverse audiences.