Aging Community of Practice: Resources

LONG TERM CARE AND AGING

Active Aging Canada
This resource includes physical activity for older adults.

Ontario Long Term Care Association
The OLTCA represents 70% of Ontario's long term care homes. They are small, medium and large, private, not-for-profit, municipal, hospital, culturally specific, and First Nations homes in rural, urban, and Northern locations across the province.

Boredom Busters for Long-Term Care
This resource from Ontario CLRI at Bruyère provided suggestions in an effort to minimize boredom and loneliness for residents living in long-term care.

Older TV
This resource is a Youtube channel featuring older movies (e.g. 1940s movies, etc.)

Canadian Centre for Activity and Aging
The CCAA promotes physical activity and well-being for older adults through a combination of basic and applied research, education, and community-based exercise programs.

Older Adults
Articles on topics surrounding leisure and therapeutic recreation for older adult populations in both residential and community settings. These manuscripts cover a variety of topics from active living to TR interventions and implications for successful ageing.

The Gerontologist
The Gerontologist publishes articles focusing on issues surrounding aging and eldercare from many disciplines on topics such as policy-making, and program and service development.

Journal of Aging Studies
The Journal of Aging Studies offers new theoretical and empirical studies that critique the current methods and practice focusing on the aging experience from

a multitude of disciplines. Articles published in this journal tend to focus on new directions for the social and behavioral aspects of aging.

Canadian Journal on Aging

The *Canadian Journal on Aging* is a refereed, quarterly publication of the Canadian Association on Gerontology. It publishes manuscripts on aging concerned with biology, educational gerontology, health sciences, psychology, social sciences, and social policy and practice.

Senior Fitness with Meredith

Eldergym

DEMENTIA CARE

Behavioural Supports Ontario

Behavioural health care services for older adults in Ontario with, or at risk of, responsive behaviours/personal expressions associated with dementia, complex mental health, substance use and/or other neurological conditions.

Virtual social recreation activities

This resource from Alzheimer Society Perth County includes virtual social recreation activities.

Keeping Busy: Activities for Adults with Dementia

This resource uses the Montessori approach and offers activities for older adults.

Dementia Isolation Toolkit

An overview of the impacts of the COVID-19 pandemic on long-term care and discuss the ethical challenges associated with isolating dementia patients.

AWE Struck! Aspirations

This is a resource for engaging persons with dementia.

DICE: Dementia Inclusive Choices for Exercise

This resource from University of Waterloo and Partnerships in Dementia Care is designed for people living with dementia and their care partners.

Colouring Books for Adults
This resource from DementiAbility includes 5 colouring books for older adults.

How to meaningfully connect with those who have dementia
This resource is a TED talk from Anne Basting.

Dementia and Alzheimer's
Research manuscripts and reviews about programming and best-practice methods for working with individuals living with dementia and Alzheimer's.