

## ***ACTing Collectively to map and address the needs of community-living older adults in Nova Scotia***

### **Project Summary:**

Community-level data is needed to evaluate and monitor the health and well-being of older adults and to design and develop the policies and programs that support aging well in communities. The ACTing Collectively research project will pilot an innovative data collection method focused on the needs of community-living older Nova Scotians and linking them to the resources in their communities. Results will inform the Nova Scotia Health (NSH) Research Fund priority of aging and continuing care and NSH's strategic vision of *healthy people, healthy communities - for generations*. The project also aligns with the Department of Seniors and Long-term Care's (DSLTC) Age-Friendly Communities initiative, which aims to help Nova Scotians stay active, healthy, and engaged in their communities.

In partnership with NSH, DSLTC, the Canadian Association of Retired Persons (C.A.R.P.) NS Chapter, and Northwood Corporate, Dalhousie University researchers will trial the Age Care Technologies (ACT™) in three Cape Breton communities: the Cape Breton Regional Municipality, Richmond County, and Victoria County. The project team will assess the needs of 480 older adults and provide them with Individual Action Plans, which link available community resources to their needs. Community Profile Reports will then document community needs and resource gaps specific to each community to inform local policymakers and planners. Finally, the project team will conduct interviews with older adults and key stakeholders, including community representatives, to assess the relevance and feasibility in Nova Scotia.

### **Project Objectives:**

To assess the usefulness and feasibility of implementing the ACT™ tool in NS and answer the following research questions:

- 1) What are the key concerns and desired resources of older adults in each community?
- 2) Do the ACT™ tool and Individual Action Plans help older adults access community resources and age well in their communities?
- 3) What information from the Community Profile Reports best informs the local communities and provincial policymakers' development of policies and programs?
- 4) Can the ACT™ tool be integrated into existing processes in NS?

Recruitment will start in fall 2022. For more information about the project or to learn how to get involved, please email [actns@dal.ca](mailto:actns@dal.ca).

