

Aging Your Way:
Creating an
Age-Inclusive
Canada, Together

CanAge.ca/AgingYourWay





### **TODAY'S TOPIC**

# **Healthy Sleep**











### **HOST**



# CanAge.

Diana Cable
Director of Policy and
Research, CanAge





### **DIANA CABLE**

As CanAge's Director of Policy and Research, Diana Cable has responsibility for driving the organization's social mission on behalf of older Canadians and their supporters. She leads government affairs and legislative campaigns for CanAge, Canada's National Seniors' Advocacy Organization. A 30-year professional with expertise in both the private and non-profit sectors, Diana has particular empathy with the many challenges faced by seniors and their families.

Prior to her work at CanAge, Diana was a partner in a national health and seniors' care navigation firm. She also has extensive experience in housing and business sectors. Diana holds certificates in Coaching, Health Care Navigation, Leadership and Communications. She holds a BA (Hons) in Political Science from McGill University.





### **AGENDA**

- 1. Welcome & Introduction
- 2. Keynotes:
  - Dr. Charles M. Morin
  - Hugo Jourde
- 3. Moderated Discussion and Q & A
- 4. Stay in Touch, Resources & Acknowledgements







### **WHO WE ARE**

- **CanAge** is Canada's National Seniors' Advocacy organization.
- We are a non-partisan non-profit organization that educates, empowers and mobilizes people on the issues that matter most to older Canadians and their caregivers.
- We work to advance the rights and well-being of Canadians as we age in order to live vibrant and connected lives.



Introducing:



of Canada's Seniors.

A Roadmap to an Age-Inclusive Canada





### **VOICES**



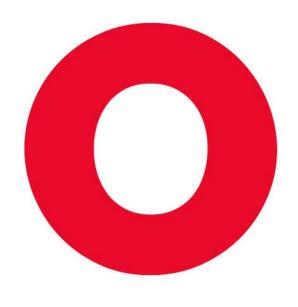
### The 6 Compass Points of this Roadmap are:

- V Violence and Abuse Prevention
- Optimal Health and Wellness
- Infection Prevention and Disaster Response
- Caregiving, Long-Term Care, Home Care and Housing Resources
- **E** Economic Security
- Social Inclusion





## **Optimal Health & Wellness**



**Issue 6:** Sensory Health

**Issue 7:** Dementia and Cognitive Impairment

**Issue 8:** Mental Health and Substance Abuse

**Issue 9:** Increase Sector Capacity in Geriatrics

Issue 10: Rehabilitative Care

**Issue 11:** Wait Times

**Issue 12:** Inter-Jurisdictional Practices

**Issue 13:** Innovation

Issue 14: Hospice, Palliative and End of Life Care

**Issue 15:** System Change





### **SPEAKER**



## Charles M. Morin, PhD

Professor of Psychology and Director of the Sleep Research Centre, Université Laval Canada Research Chair on behavioural sleep medicine.





### CHARLES M. MORIN, PhD

Charles M. Morin, PhD, is Professor of Psychology and Director of the Sleep Research Centre at Université Laval in Quebec City. He holds a Canada Research Chair on behavioural sleep medicine.

Professor Morin is a world leader on insomnia research. He has been at the forefront of new developments on behavioural approaches to treating insomnia and on studying the natural history of insomnia with its risk factors and long-term consequences. He has conducted pivotal clinical trials comparing behavioural and pharmacological therapies for insomnia, which have had significant impact on how insomnia is dealt with in clinical practice.

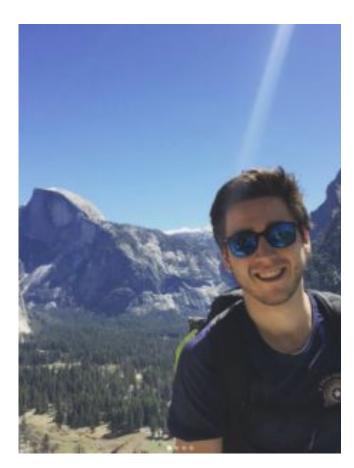
Professor Morin has held several leadership positions in the field of sleep medicine/research, including as President of the World Sleep Society, past President of the Canadian Sleep Society and member of the the American Psychiatric Association work group revising sleep disorders diagnostic criteria for DSM-5. He is currently an Associate Editor for the journals SLEEP and for Behavioral Sleep Medicine and a member of the editorial board of several other journals.

Professor Morin has published extensively (8 books, > 300 articles, H-index 98) on the topic of insomnia (textbooks, scientific articles, chapters, books for the lay public) and these writings have been instrumental in enhancing the standards of clinical care for patients affected with insomnia.





### **SPEAKER**



# **Hugo Jourde**

Ph.D. Candidate in Neuroscience, Concordia University





#### **HUGO JOURDE**

I am a PhD student at Concordia University, working on how brain state affects sensory representation, the function of sleep spindles, and the role of spindle-slow-oscillation coupling in memory consolidation across the lifespan. I am also collaborating with MIST Lab (Polytechnique de Montréal) to create an open-source, low-cost, portable EEG system capable of real-time brain stimulation.

#### **RELEVANT LINKS**



### Resources Mentioned During Today's Talk:

- 1. Tips for Sleeping During the Pandemic: <a href="https://www.sleep.pitt.edu/wp-content/uploads/2020/06/SleepandRhythms.pdf">https://www.sleep.pitt.edu/wp-content/uploads/2020/06/SleepWFH-.pdf</a>
- 2. Coffey Lab: <a href="https://www.coffeylab.ca/">https://www.coffeylab.ca/</a>
- 3. Sink Into Sleep, by Judith Davidson <a href="https://www.torontopubliclibrary.ca/detail.jsp?Entt=RDM3665353&R=3665353">https://www.torontopubliclibrary.ca/detail.jsp?Entt=RDM3665353&R=3665353</a>





### **UPCOMING: live & online TALKS**

March 15, 1-2pm ET
 Talk #13: Mapping Your
 Aging Journey, Part One

Visit CanAge.ca/AgingYourWay to register



Educational Speaker Series

# Mapping Your Aging Journey Part 1

March 15, 2022 1-2 pm ET

Free to attend!
Register today:
CanAge.ca/AgingYourWay







### **RESOURCES**

# Visit CanAge.ca/AgingYourWay for resources from today's presentation

Download our other resources at CanAge.ca/Resources

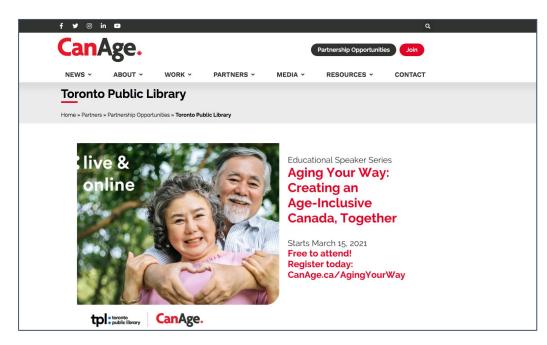
### Available at CanAge.ca/AgingYourWay





#### WATCH PAST TALKS





A recording of today's webinar will be available here at a later date

- Using Technology to Stay Connected
- 2. Stop the Stigma: Ageism
- 3. Power of Attorney 101
- 4. Retiring Well: How to Protect Your Savings
- 5. Fighting Fraud: Avoiding Scams
- Using Technology to Fight Dementia
- 7. Caregiver Survival Guide
- 8. Fake News: Identify and Ignore
- 9. Cannabis and Older Adults
- 10. New Approaches to Aging at Home





### **GET IN TOUCH**

- 1 Visit our website CanAge.ca
- **CanAge Connections**Our monthly newsletter

Sign up today

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3 Follow us on social media



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