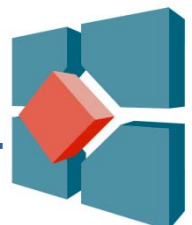


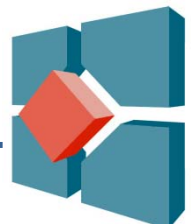
# Engaging Stakeholders to Develop a Research Agenda for Healthy Aging

Mary Kane, President  
Concept Systems, Inc.



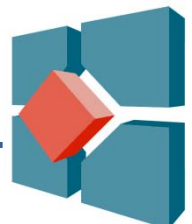
# Institute for Optimal Aging

- Private not for profit research support foundation
- Brookdale Living Centers Corporation
- Emphasis on research targets to support the Optimal Life model's elements



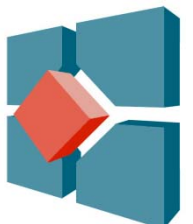
# Purpose

- Develop a research agenda framework based on current state needs
- Inform with literature review and interviews
- Prioritize research topics for funding



# Process: Concept Mapping

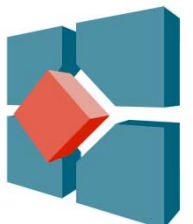
- A participatory mixed methods approach to identifying issues and establishing priorities for planning, program development and evaluation.
- Focused on a topic of interest
- Context-specific, stakeholder-engaged
- Analysis: multi-dimensional scaling, cluster analysis, anchoring and spanning analyses
- Products: concept maps, pattern matches, go zones, reports



# Focused on a topic of interest



*“One specific topic that should be examined to better understand what seniors need to live a healthy life is...”*



# Informed by Context and Stakeholders



*“One specific topic that should be examined to better understand what seniors need to live a healthy life is...”*

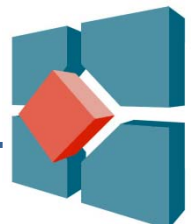
## *Over 300 invitees*

- *Residents of three senior living communities in the Chicago area*
- *Associates (service and program staff)*
- *Medical providers,*
- *Administration and management*
- *family members*

*Identified through community process and Planning Group efforts*

# Ask the Stakeholders

- ✓ What *topics* a research agenda should include → **Idea Generation**
- ✓ How topics are *related* (meaning) → **Sorting**
- ✓ What *values* are associated with topics → **Rating**



# Idea Generation



Invited: 300

Live Brainstorming at residences  
Staff-assisted interviewing  
Faxback forms at each location

What impact physical issues like heart disease have on brain chemistry. (5)

Empowering residents to engage in better discussion with their healthcare providers physicians, nurses, therapists, etc. (6)

Exploring the potential problems of overmedication. (20)

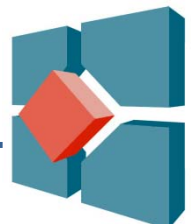
Information about procedures for dealing with special issues in advance like accidents or falls. (21)

Medications impact on balance and falls. (26)

The effects that combining depression medication with others might have on seniors. (32)

321

78





# Sorting and Rating

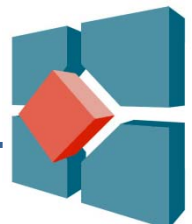


Invited: 136  
Completed: 74  
Individuals, dyads  
Staff-assisted, independent  
Paper based



*Importance*  
*Potential Research*  
*Impact*

Invited: 225  
Completed: 90  
Individual entry  
Staff assisted, independent  
Web-based, paper based



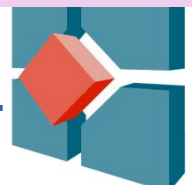
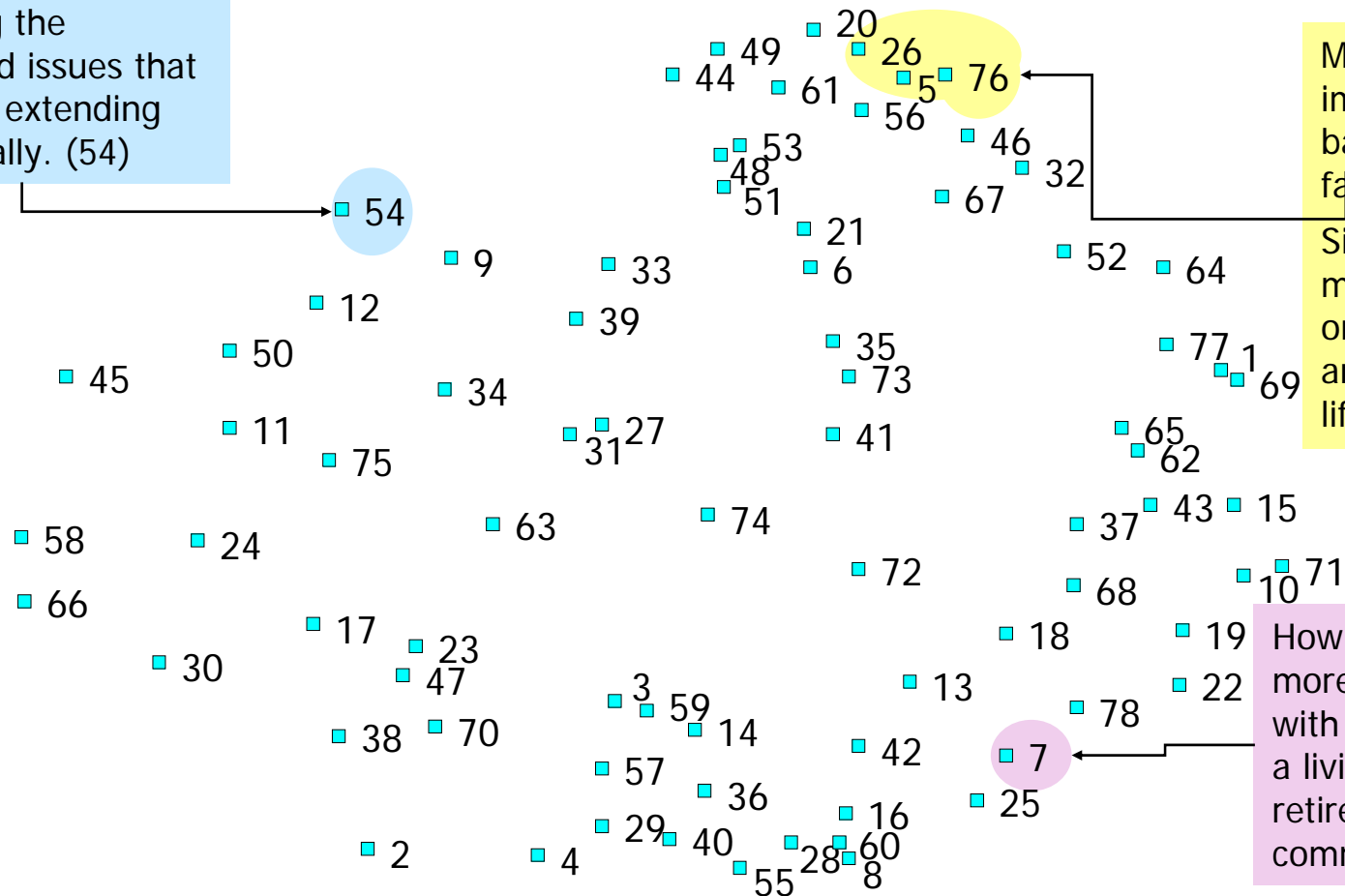
# Concept Point Map: Building Blocks of the Research Framework

Identifying the unexpected issues that arise from extending life artificially. (54)

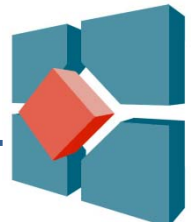
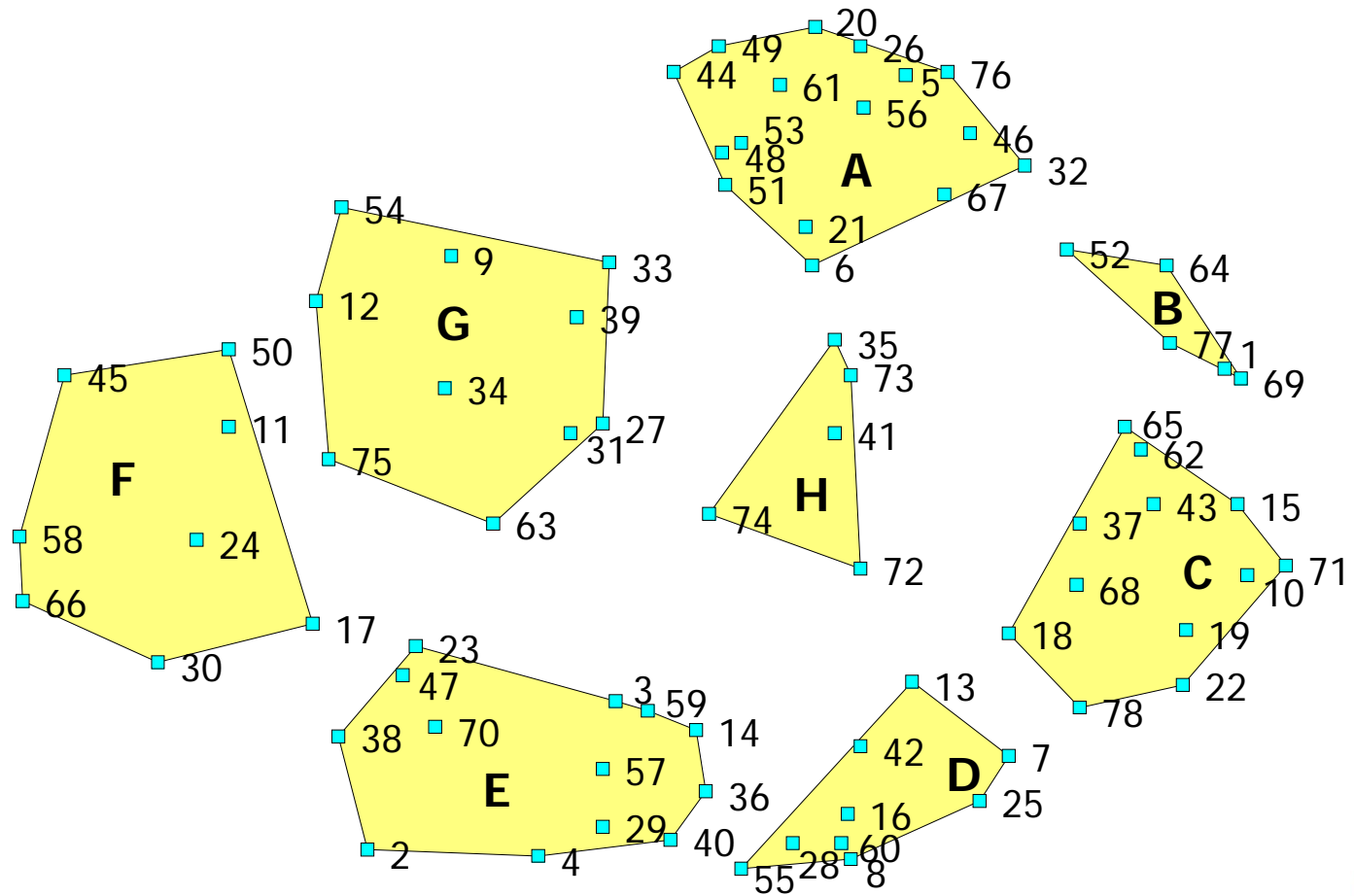
Medications impact on balance and falls. (26)

Side effects of medications on function and quality of life. (76)

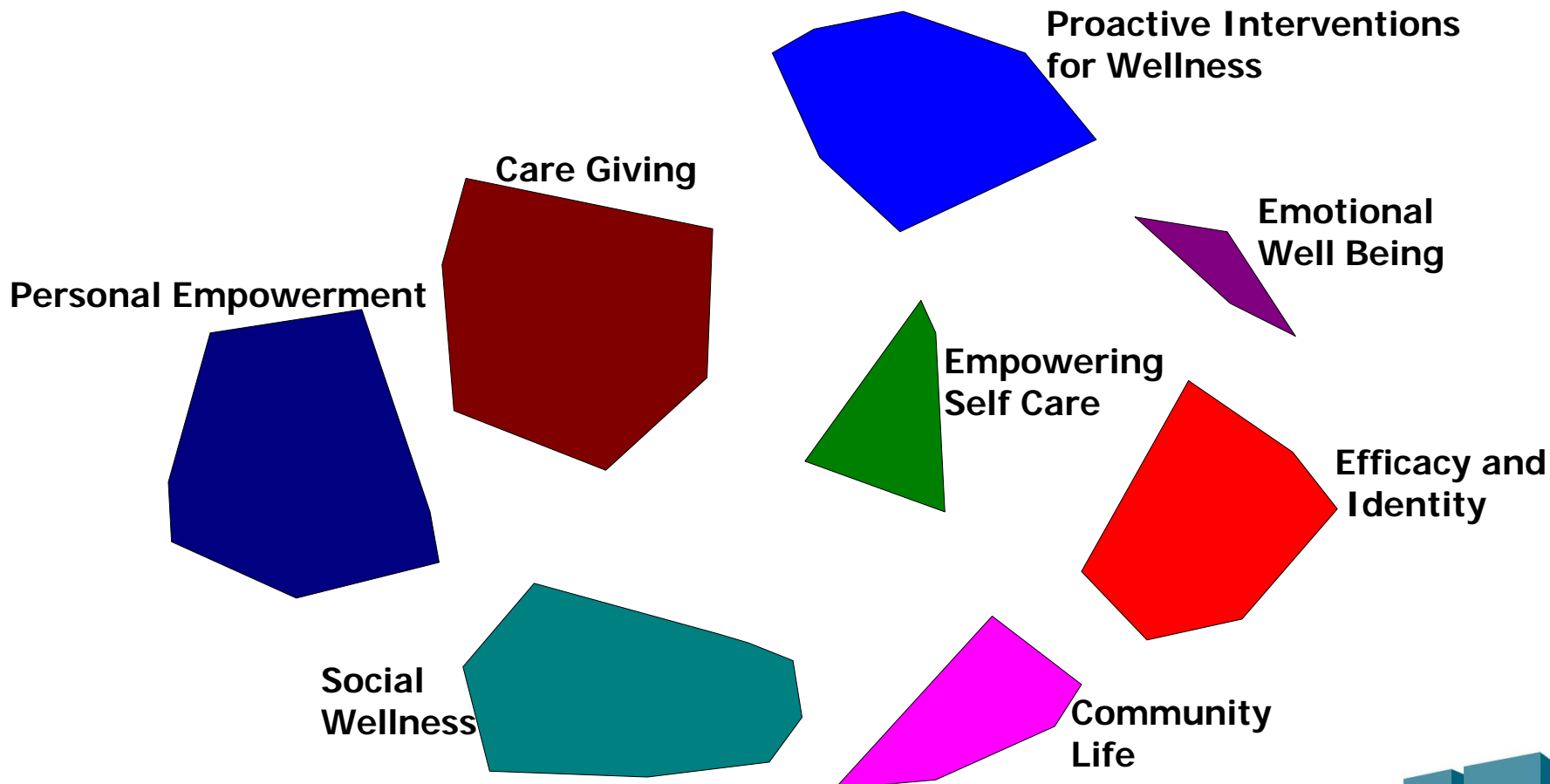
How to provide more support with adjusting in a living or retirement community. (7)



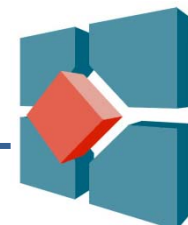
# The Emergent Framework



# The Research Agenda Structure

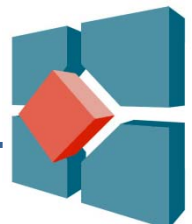
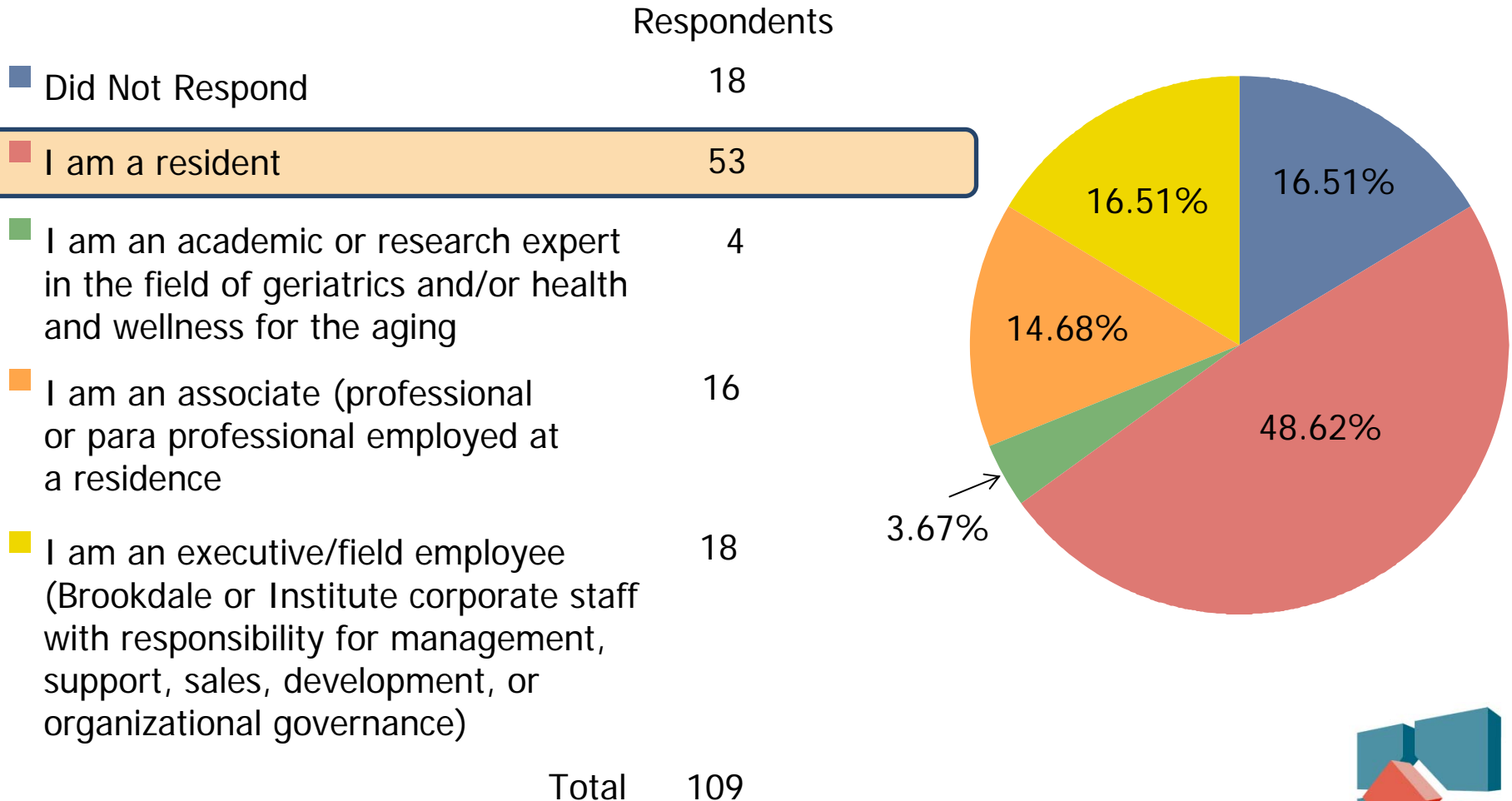


...contains all the details and provides a conceptual framework.



# Who Participated: Relationship to Brookdale

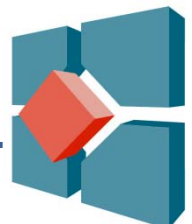
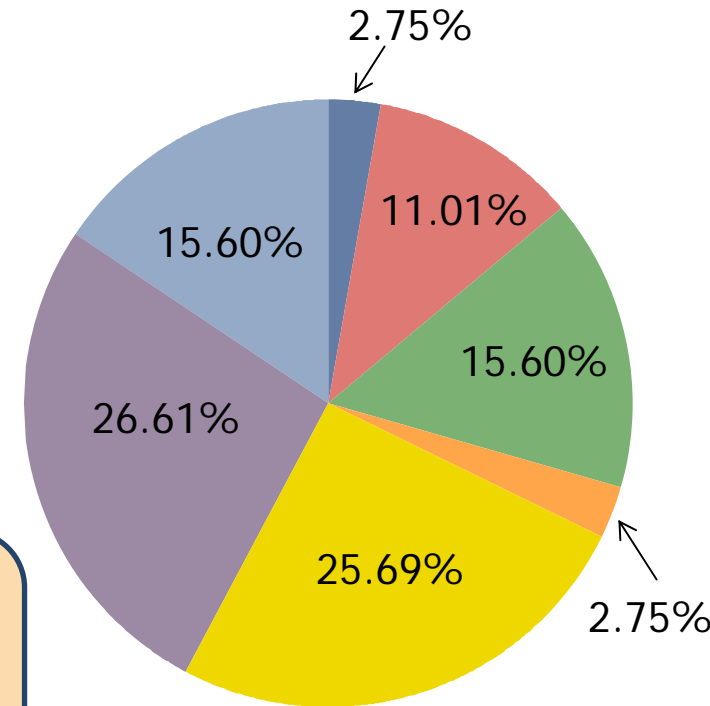
Which of the following best describes your relationship to this living center?



# Who Participated: Location

What location are you most associated with?

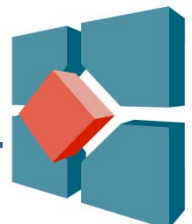
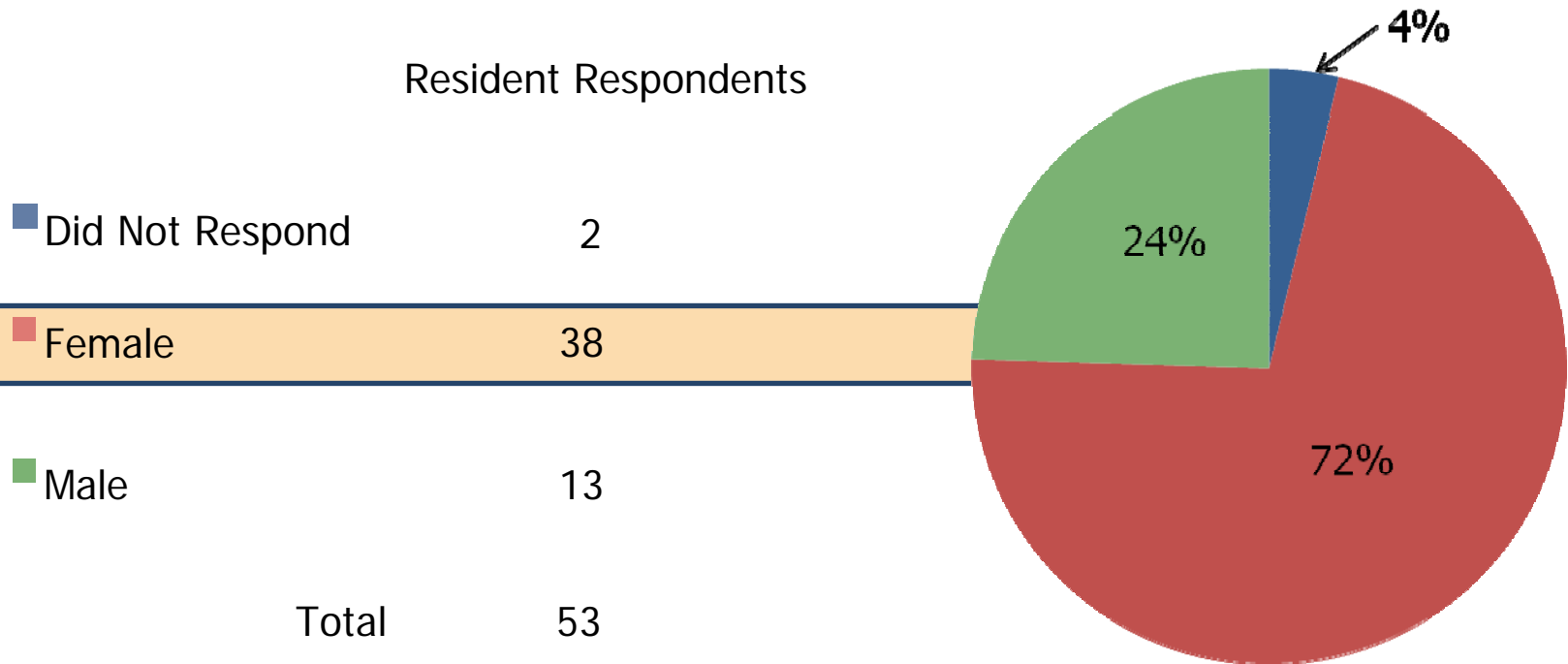
	Respondents
Academic or other research institution	3
Brookdale Senior Living	12
Did Not Respond	17
Institute for Optimal Aging	3
The Devonshire of Hoffman Estates	28
The Devonshire of Lisle	29
The Kenwood of Lake View	17
<b>Total</b>	<b>109</b>



# Who Participated: Gender (Residents)

What is your gender?

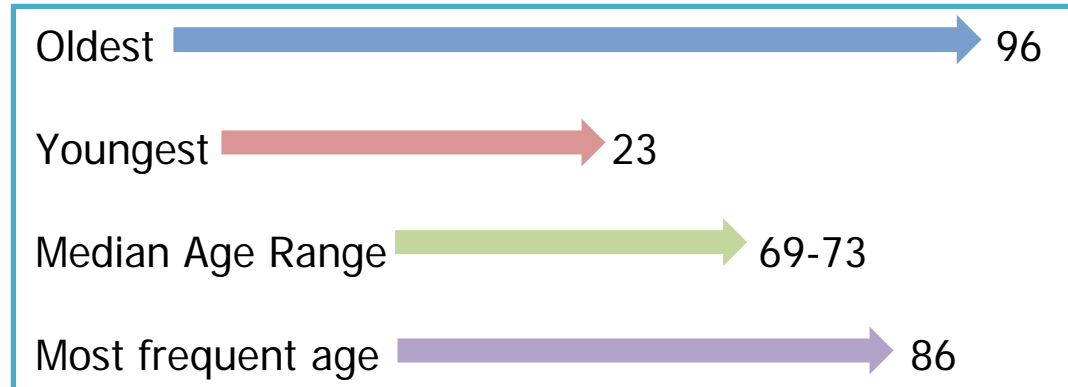
Resident Respondents



# Who Participated: Age

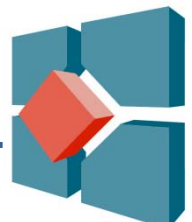
## What year were you born?

*During analysis, CSI converted responses from year to age; responses are in years of age.*



Total Number of Responses 89

Did Not Respond 20





# Stakeholders' Voices: Ratings

## Importance

Please rate each statement on how important you think it is for the Institute for Optimal Aging to address in order for seniors to live healthier lives.

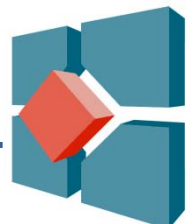
Please rate each statement relative to the other ones listed, so you are using the full range of the scale.

- 1=relatively unimportant
- 2=somewhat important
- 3=important
- 4=very important
- 5=extremely important

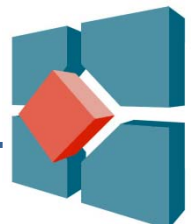
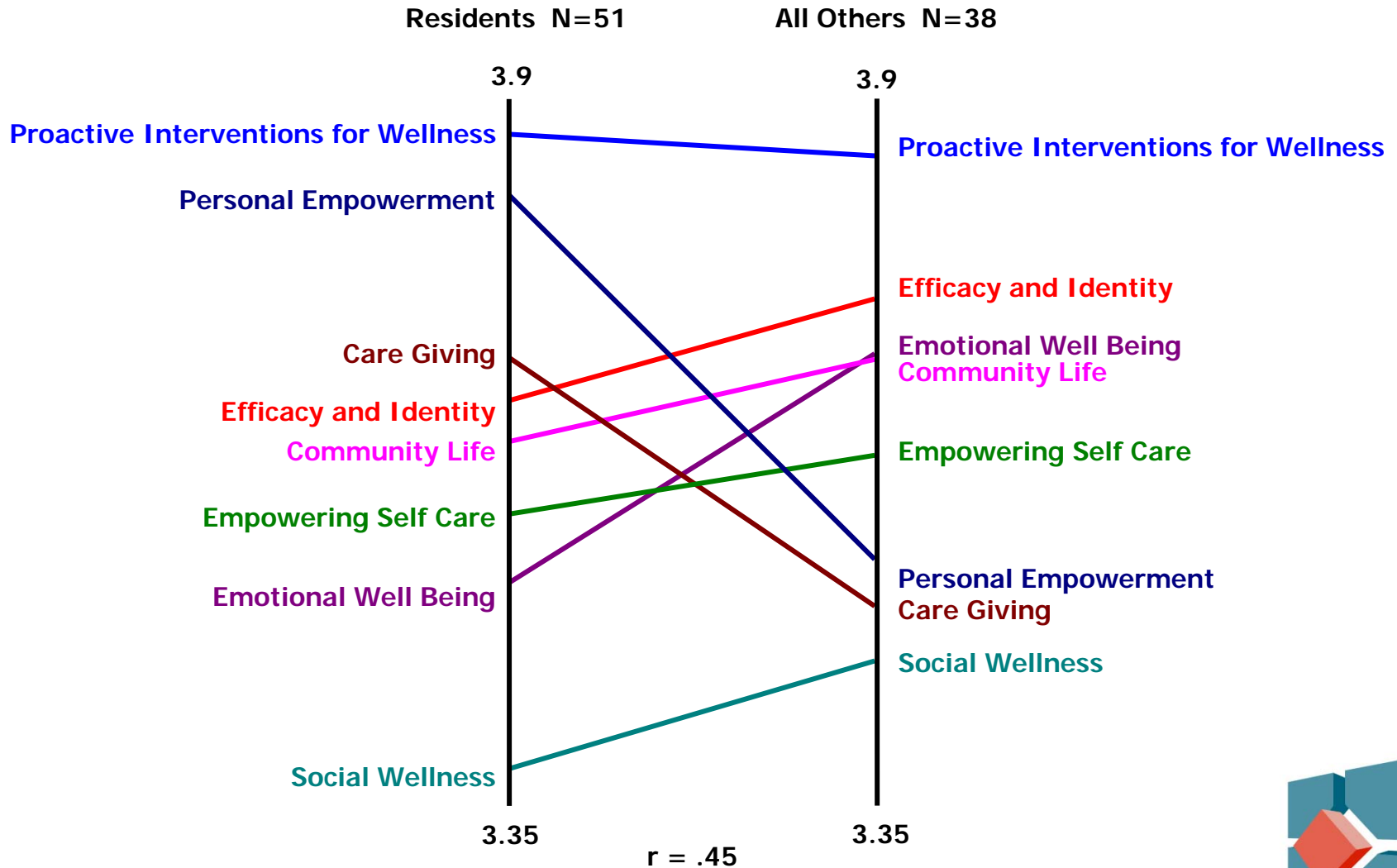
## Potential Research Impact

Please rate each statement on how much impact you think it would have on improving what seniors need to live a healthy life. Please rate each statement relative to the other ones listed, so you are using the full range of the scale.

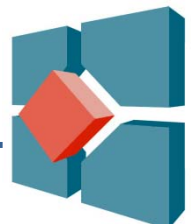
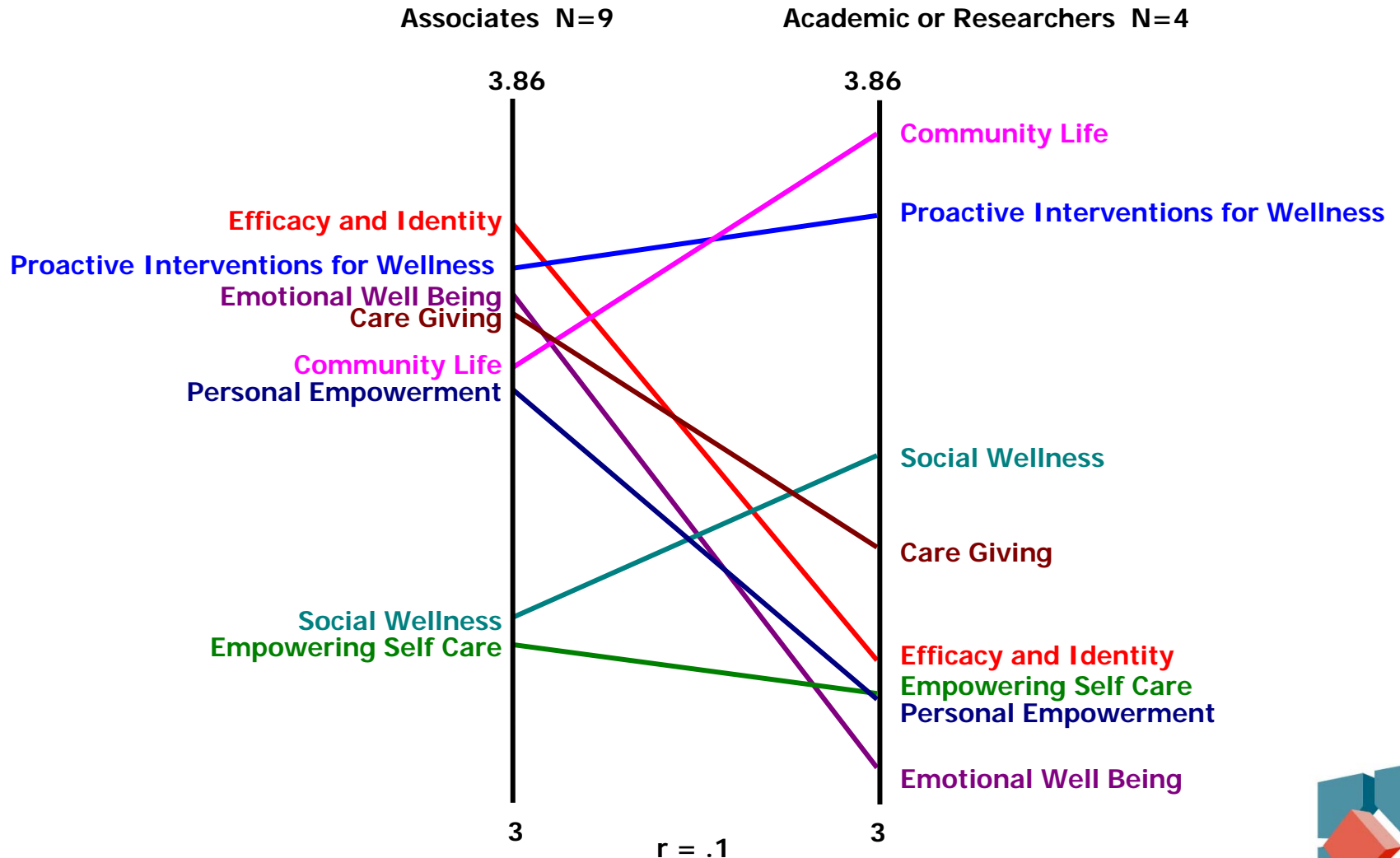
- 1=no impact
- 2=a little impact
- 3=average impact
- 4=a lot of impact
- 5=the most impact



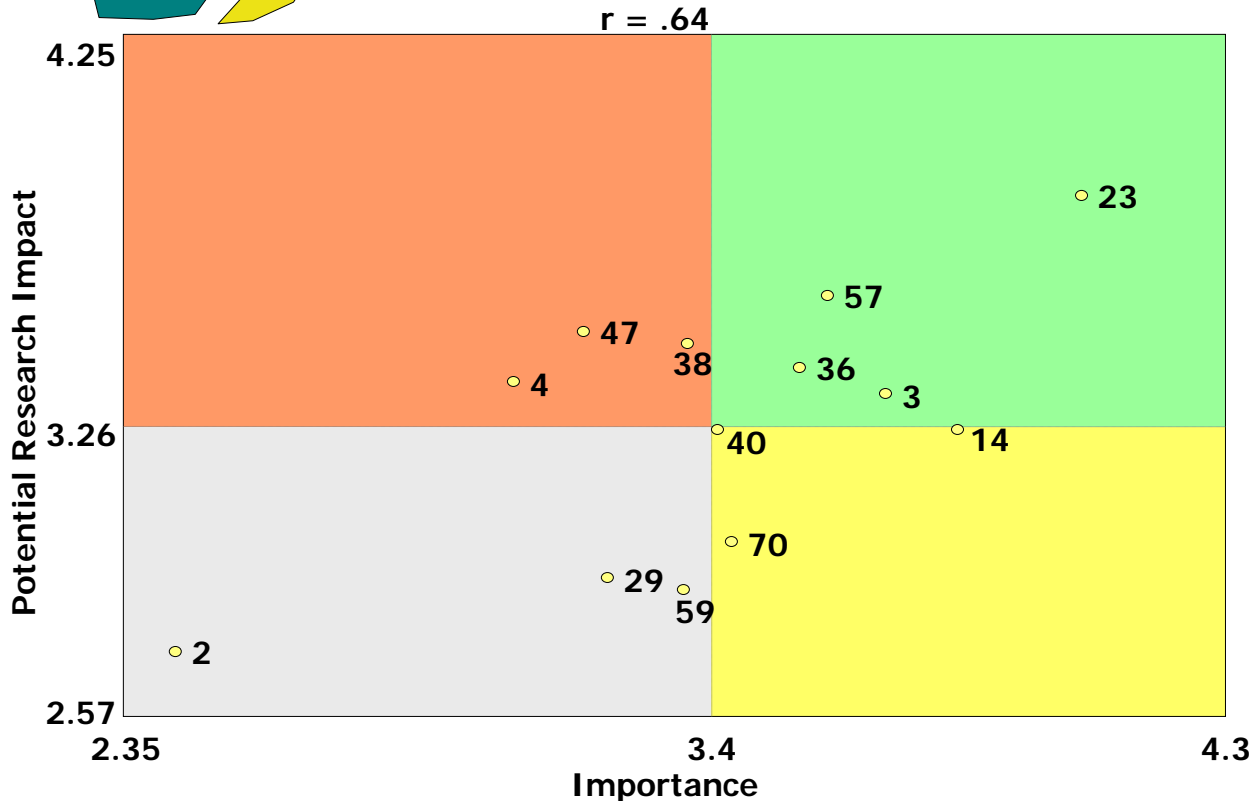
# Pattern Match: Comparing Importance Between Residents and All Others



# Comparing Potential Research Impact Between Associates and Academics or Researchers



# Go Zone: Social Wellness



How positive, mutually respectful relationships between caregivers and residents are developed. (3)

Relationship of individuals and family and how it affects well-being. (23)

The effects of relationships with young people on a senior's sense of well being. (36)

Ways to network with community supports, particularly for residents who outlive family. (57)

The value of privacy or independence. (14)

How elders can get involved in volunteer work appropriate to life experience. (40)

Communicating in a world with decreased human contact and increased technology (automated systems, no person to talk to). (70)

The impact of new intimate relationships later in life. (4)

How seniors use technology, and how to support learning about technology like cell phones and computers. (38)

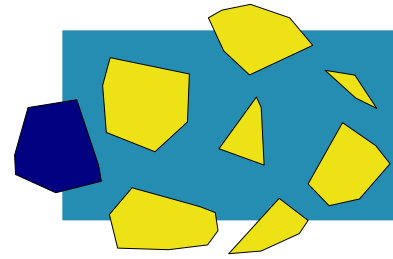
How using technology like information websites can help seniors to live a healthy life. (47)

The effect of gender differences on residents at the senior level. (2)

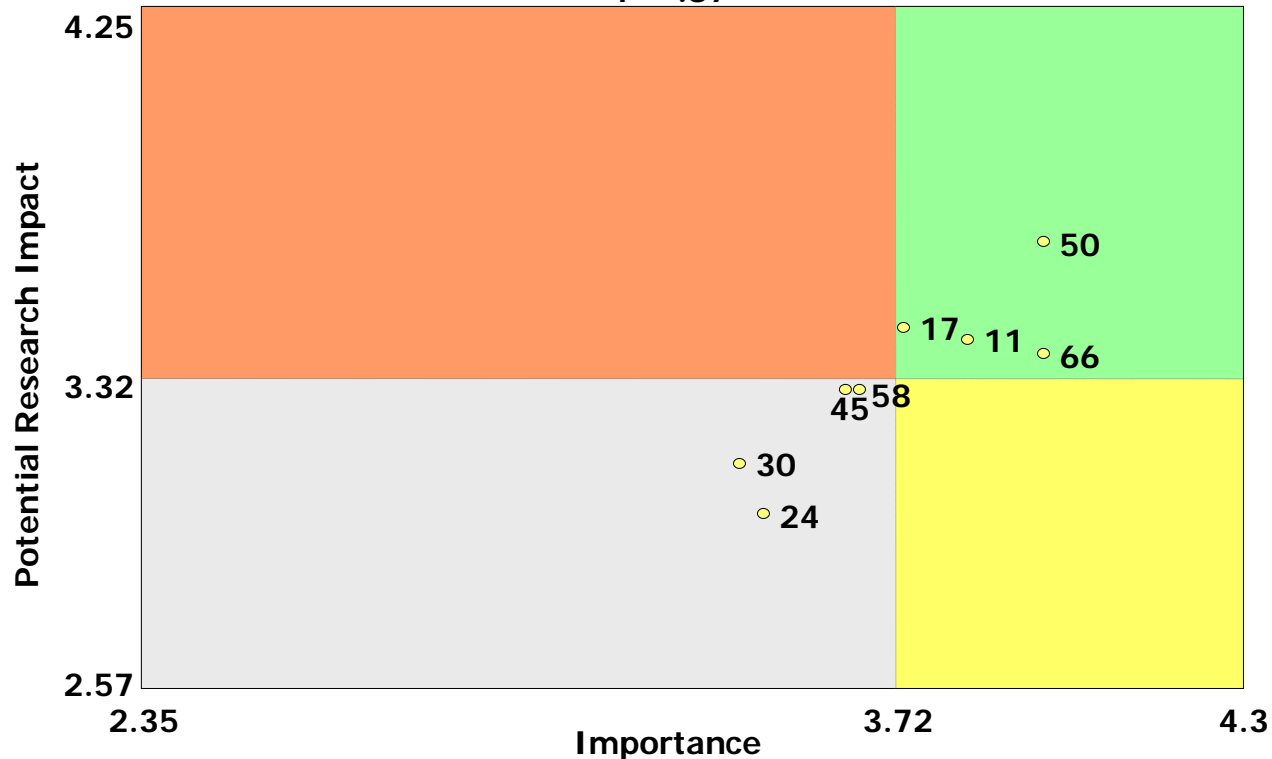
How seniors can stay engaged in politics and the world around them. (29)

Conflict between community's need to know and confidentiality regulations that residential facilities have to abide by. (59)

# Personal Empowerment



$r = .87$



The relationship between financial concerns, stress and wellness. (11)

The dynamics of the care-giver/family relationship. (17)

What family members should know about warning signs of impaired decision making. (50)

Being able to control one's finances, to last until the end of life. (66)

Transportation methods and issues for seniors. (24)

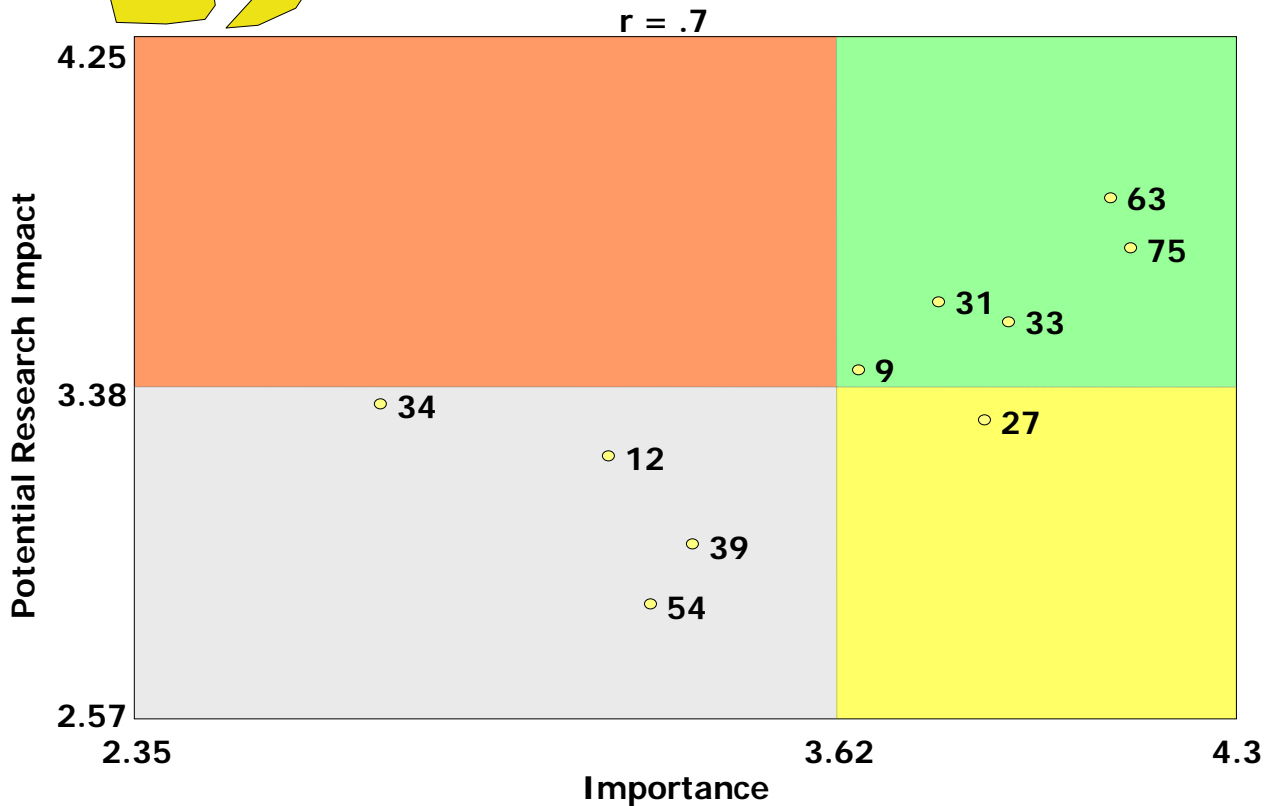
Benefits planning and preparing for residential living earlier in life. (30)

Meditation and prayer. (45)

The role of religion and spirituality and how we can benefit from it. (58)



# Care Giving



What types and amount of supervised and proactive interventions are beneficial, particularly movement for those in wheelchairs and walkers. (9)

Developing ways for individuals with disabilities to adjust and participate so they are not excluded from things. (31)

How we can help the visually impaired, the blind and hearing impaired continue to be active. (33)

The kind, quality and timing of training of basic care giving skills to ensure the staff is fully prepared. (63)

Assuring dignity to end of life. (75)

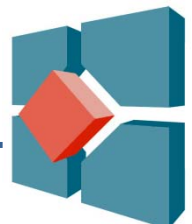
Dining programs suited to a changing, health-conscious, socially conscious senior population. (27)

Issues that are specifically women's problems since they are living longer. (12)

Sexuality in long-term care. (34)

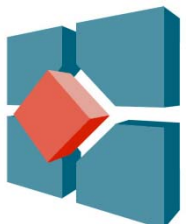
Research in culinary preparation for basic senior diets. (39)

Identifying the unexpected issues that arise from extending life artificially. (54)



# Some Observations and Outcomes

- Process engaged residents in intellectual, emotional, community and empowerment aspects
- Considered a valuable activity for residents and associates
- Recognized unique contributions residents could make
- Differences from community to community were revealed in the content from each location, and values placed on items
- Provided IOA key guidance for funding decisions



# Thank You!

Mary Kane

[mkane@conceptsistemas.com](mailto:mkane@conceptsistemas.com)

Concept Systems, Inc.

136 East State Street

Ithaca, New York 14850

[www.conceptsistemas.com](http://www.conceptsistemas.com)

