



Changing the culture of aging in Canada

March 5-6, 2018 | Niagara Falls, Ontario

What is Walk with Me?

Walk with Me is a national conference aimed at changing the culture of aging in Canada. Older adults/residents, care partners, educators, policy makers, students and researchers from all over the country come together to learn with and from each other about how to enhance the journey of aging across the continuum of care and community living.

The culture change movement continues to grow as the third national conference kicks off in Niagara Falls, Ontario on March 5-6, 2018.

What is culture change?

Culture change is an ongoing, holistic journey that includes re-examining values, beliefs, attitudes, language, practices and policies and working to implement the full range of efforts needed to transform the culture into a community where everyone thrives.

In Canada, we envision a culture of aging where:

- the personhood of each individual is honoured;
- each person is the primary authority of his or her life and personal choices are respected and supported;
- the focus is on living life to the fullest;
- accessible and enabling environments support continued engagement and connections in community;
- the body, mind and spirit of each person are nourished;
- close relationships and authentic partnerships involving collaborative decision-making are at the core of compassionate communities; and
- all care partners have the knowledge and information, skills, resources, authority and accountability to provide respectful, flexible and life-affirming care and support.

What will be on the conference program?

This conference will inspire delegates with forward-thinking ideas and provide practical strategies, tools and resources that can be used in day-to-day life.

The program will engage delegates and presenters of all ages to explore and experience aging through a range of formats including powerful keynotes, interactive concurrent sessions, panel presentations, and creative expressions (e.g., performing arts, photography, art installations).

2018 Keynote Speakers:

Ashton Applewhite, Anti-ageism Activist | Author of This Chair Rocks: A manifesto against ageism

Aging is a natural, powerful, lifelong process that unites us all. Ashton Applewhite is a leading voice in an emerging movement dedicated to dismantling ageism and making age a criterion for diversity.

Dr. Emi Kiyota, Founder and President of IBASHO

Inclusiveness is a global issue. Dr. Emi Kiyota, an environmental gerontologist and organizational culture change expert, focuses on creating inclusive communities where elders are assets.

Neil Pasricha, Happiness Expert | Bestselling Author of The Book of Awesome

With infectious enthusiasm, heartfelt authenticity, and a “what works” authority, Pasricha draws on the latest research in happiness to increase individual performance and create a more positive and productive workplace.

Who should attend?

If you are passionate about fostering healthy communities where aging is celebrated and person-centred care is the norm, be sure to attend this event. It is an opportunity to connect with colleagues from across the country and across care settings to learn how others are embracing opportunities and overcoming challenges to change the culture of aging. Older adults and residents are encouraged to attend and share their stories and ideas for living fully.

Walk with Me invites delegates from across care settings (community/home care, retirement/supportive living, long-term care, acute care).

Where can I learn more?

www.the-ria.ca/walkwithme | #WALKwithME2018

