



## Research on mistreatment of older adults in Quebec:

summaries of scientific articles



### Health Promotion and Disease Prevention for Older Adults: Intervention Themes and Strategies Used in Québec Local Community Health Centres and Seniors' Day Centres.

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#### REFERENCE

Richard, L., Gauvin, L., Ducharme, F., Gosselin, C., Sapinski, J.-P., & Trudel, M. (2005). Health Promotion and Disease Prevention for Older Adults: Intervention Themes and Strategies Used in Québec Local Community Health Centres and Seniors' Day Centres. *Canadian Journal of Public Health, 96*(6), 467-470.

#### TEXT TYPE

**Format:** Scientific article

**Content:** Empirical

#### DISCUSSED THEMES

Prevention, organization of services, public health, aging of the population.

#### GOAL OR RESEARCH QUESTION

This study's objective is the production of a detailed list of the interventions aimed at prevention and health promotion of senior people used in local community service centers (CLSC) and day centers across Quebec.

#### PROBLEM

Activities aimed at prevention and health promotion help reduce disability among seniors. However, current data indicate that this is an area that is still undeveloped in relation to the elderly clientele.

#### METHODOLOGY

All CLSC (N = 147) and day centers (N = 124) of Quebec were invited to participate in the study. Response rates were respectively of 74% and 79%. Data were collected by means of telephone interviews with resource persons working in the field of prevention and health promotion within each of the participating organizations. The identified interventions were coded according to their related themes and strategies.

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## RESULTS

Strategies focused on health education and awareness are shown to be the most common strategies in CLSC (77%), as well as in the day centers (95%). Physical health (87%) and community issues (58%) appear to be the most common themes addressed by the CLSC. Day centers favor the themes related to lifestyle (92%) and social issues (92%). Elder abuse is a sub-theme in the category of social issues. This category is addressed in 45.9% of interventions in the CLSC.

## DISCUSSION

Contrary to the general perception and to results of previous studies, prevention and health promotion aimed at seniors seem rather well developed, considering the range of services in the CLSC and day centers Quebec. However, to meet the challenges of an aging population, intervention strategies for prevention and promotion should be diversified.

## CONCLUSION

This study has some limitations, including the fact that it focuses on the realities in only two organizations in Quebec and that it does not consider other aspects of the intervention (e.g.: context, models, clientele, etc.). Still, it makes an important contribution to the field of prevention and health promotion, which tends to expand with the aging of the population.

## AVENUES FOR PRACTICE AND RESEARCH

A similar survey could be carried out in other countries and in various types of organizations. In addition, future research and interventions should contain a more in-depth analysis, taking into account other aspects of the intervention. It would also be interesting to conduct a cross-validation analysis of this data with the results of a study based on in-depth interviews and with documentation on existing programs.

## DRAFTING DATE

May 19, 2014

