



## Research on mistreatment of older adults in Quebec:

summaries of scientific articles



### Integrating the Ecological Approach in Health Promotion for Older Adults: A Survey of Programs Aimed at Elder Abuse Prevention, Falls Prevention, and Appropriate Medication Use.

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#### REFERENCE

Richard, L., Gauvin, L., Gosselin, C., Ducharme, F., Sapinski, J.-P., & Trudel, M. (2008). Integrating the Ecological Approach in Health Promotion for Older Adults: A Survey of Programs Aimed at Elder Abuse Prevention, Falls Prevention, and Appropriate Medication Use. *International Journal of Public Health*, 53(1), 46-56.

#### TEXT TYPE

**Format:** Scientific article

**Content:** Empirical

#### THEMES COVERED

Extent of the phenomenon forms of mistreatment at home, consequences, prevention, public health, prevention of falls, medication, ecological approach.

#### GOAL OR RESEARCH QUESTION

This study assesses the extent of integrating the ecological approach in prevention and health promotion programs intended to seniors in public health organizations, the Local community service centres (CLSCs) and day centres of Quebec.

#### PROBLEM

The aging of the population in western countries is a major concern in terms of public health. However, the prevention and health promotion programs have often excluded seniors from their target populations. In addition, these programs regularly use a traditional approach targeting the capacities of individuals. Even if it has been demonstrated that these programs should adopt an ecological approach that promotes multiple parameters and strategies of intervention, this approach is still little integrated to public health practices.

#### METHODOLOGY

First, all public health agencies, health and social services centres (CLSCs) and day centres (DCs) of Quebec were contacted to identify the different prevention and health promotion programs for seniors. Then, data were collected on the prevention of mistreatment, the prevention of falls and proper use of medication. All of this information was collected through telephone interviews. The study was based around 132 programs, including 17 from public health agencies, 72 from a CLSC and 43 from a DC.

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## RESULTS

Results suggest that most of the prevention and health promotion programs studied occur within an organizational or community context and primarily target a single client or an organization. The integration of the ecological approach appears as being rather low, particularly within CLSCs and DCs.

## DISCUSSION

In contrast to previous reports, this study shows that there are several prevention and health promotion programs for seniors in Quebec. Individual interventions implemented in day centres are consistent with the mandate of these institutions to maintain the autonomy of older adults, strengthen their capacities and provide support to caregivers. This is also the case for public health agencies where the variety of interventions and strategies is consistent with their mandate to inform the population and public health regional authorities on all aspects related to prevention and health promotion. However, the authors have expressed their surprise to see the ecological approach implemented in CLSCs while these have a public health mandate and have therefore a mission to offer a wide range of services and intervention strategies to the whole population.

## CONCLUSION

In conclusion, practice regarding prevention and health promotion could be improved by using a more comprehensive and innovative approach which would encourage healthy aging and the autonomy of seniors in a favourable environment.

## PRACTICE OR RESEARCH AVENUE

More research on the subject should be carried out in order to identify factors related to the integration of the ecological approach within different programs. In addition, these future research initiatives could identify the most effective prevention and health promotion programs in improving seniors' health.

## DRAFTING DATE

July 23, 2014

