

FOR IMMEDIATE RELEASE

Forum in Sudbury to explore healthy aging in the rural North

*One of three forums to explore issues, solutions and
opportunities to support seniors living in rural Ontario*

Guelph, Ontario, October 28, 2013. Health planners, non-profit organizations and the municipal sector will participate in a day-long Rural Forum on November 28, 2013 to explore the complex challenges of supporting healthy aging for rural and Northern seniors. Co-hosted by the Centre for Rural and Northern Health Research (CRaNHR) and the Rural Ontario Institute (ROI), participants of the forum will hear new ideas, share their knowledge and discuss priority actions.

“There are unique challenges when looking at health care and healthy aging for seniors in the North., Our speakers bring expertise in health systems, clinical practice, health policy, education, and Aboriginal and First Nations health in urban, rural and remote contexts.” said Dr. Wayne Warry, Director of the Centre for Rural and Northern Health Research. “With the desire to keep seniors independent and at home longer, we need great minds to come together to brainstorm creative solutions to make sure our seniors are well taken care of and are safe and healthy.”

A series of expert presentations will highlight emerging research and programs that serve rural northern seniors. The presentations will be followed by small group discussions to identify barriers to enabling healthy aging and possible solutions to overcome them. The information collected from this forum, and two others like it being held across the province, will be compiled into a report that will be shared with municipal, provincial and federal policy makers, as well as the public.

The Sudbury forum will feature special guest speaker Dr. Samir Sinha, Director of Geriatrics, Mount Sinai Hospital and the Provincial Lead of Ontario’s Seniors Strategy Living Longer, Living well. The Toronto Star named Dr Sinha in it’s “People to Watch” feature, saying “In the two years since he has taken on the job (at Mount Sinai Hospital), Sinha has transformed the way health care is delivered to those aged 65 and up with the aim of helping them return home to live independently and with the highest quality of life possible.”

“Ontario’s rural population is older than the provincial average. Many of the leaders in health agencies and service provider organizations are responding to the new demands on services and others are introducing programs to support people living well in their home communities for longer,” says Norm Ragetlie, Director of Policy and Stakeholder Engagement at the Rural Ontario Institute. “In rural and Northern places, distance to health care and lack of transportation can make for isolation. In bringing together health planners, non-profits and the municipal sector we will discuss what’s working well and what still needs to be addressed so we can rise to the challenge.”

Space is limited and interested participants are required to pre-register at <http://bit.ly/healthyagingnorth>. This Healthy Aging in Rural Ontario forum is presented by the Rural Ontario Institute, in partnership with Centre for Rural and Northern Health Research

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