



# RESEARCH CHAIR ON AGING

## Faculty of Medicine

### MISSION

- > To make a significant contribution to meet the needs of the aging population by supporting research and training that targets innovation and effectiveness.
- > To promote a global, multidisciplinary approach that recognizes the family, social and cultural realities of seniors.
- > To support research and training with a specific interest in the social and community determinants of quality living for seniors.

CREATION OF THE CHAIR : 1989

### BACKGROUND

In the last ten years, research on aging has focused specifically on the diseases so often associated with age, such as Alzheimer's and related dementias. It is also concerned with the prevention and management of lost autonomy. The quality of end-of-life care and support for the professionals and care-givers involved in it are another important objective for many researchers and clinicians.

The Research Chair on Aging was created using donations from private foundations and funds granted by the Université Laval Faculty of Medicine. The founders wanted to channel and consolidate different initiatives related to geriatrics.

The Chair also supports quality teaching of geriatrics in order to prepare young doctors for effective intervention that is fine-tuned to the condition of seniors. It fosters the development of researchers from a variety of disciplines and clinical researchers who work with seniors and their families.

This research chair is part of the Université Laval program for the advancement of innovation, research and teaching (PAIRE), which seeks to create an environment that stimulates innovation, inventiveness and creativity among professor-researchers.

### THE CHAIRHOLDER

**Caroline Sirois** is a pharmacist, pharmaco-epidemiologist, and professor in the Department of Social and Preventive Medicine at Université Laval's Faculty of Medicine, a researcher at Centre d'excellence sur le vieillissement de Québec, and a research associate at Institut national de santé publique du Québec. Her research interests focus on optimal medication use in the elderly, polypharmacy and the deprescribing of inappropriate medications, and the epidemiology of chronic diseases and multiple morbidities in the population.





## OBJECTIVES

The Research Chair on Aging seeks to:

- > Support efforts to improve the quality of life of seniors and the quality of care and services offered.
- > Support and foster the professional development of researchers and clinical researchers.
- > Promote a multidisciplinary approach to geriatrics and gerontology that is open to the psychological and social aspects of seniors.

## PARTNERS

- > Le Centre hospitalier universitaire de Québec (CHU de Québec-Université Laval)
- > Le Centre d'excellence sur le vieillissement de Québec (CEVQ) du CIUSSS de la Capitale-Nationale
- > L'Institut sur le vieillissement et la participation sociale des aînés de l'Université Laval (IVPSA)
- > The FADOQ network
- > Retirees' associations (ARUL, AREQ, AQRP)

## BENEFITS

Major issues are being addressed:

- > Dementia: Identification of modifiable risk factors, long-term effects of pharmacological treatments, cognitive decline, long-term and end-of-life care.
- > Organization of services and evaluation of practices : innovative service models and in-house or at-home clinical interventions.
- > Mobility and driving : Evaluation of the effects of aging on the cognitive mechanisms required for mobility; development and evaluation of training and monitoring programs for aging drivers.
- > Social participation : Better theoretical and practical knowledge of ways of participating; innovative strategies to encourage participation; knowledge-sharing among the research, practical and decision-making milieus.



### INFORMATION

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