

Perley Health Centre of Excellence in Frailty-Informed Care™

News

Newsletter Issue #11 – October 2026

Two-year-old Hannan Moberg and 103-year-old Warrant Officer (ret'd) Roland Lalonde connect at Perley Health's new Andrew Fleck Children's Services Intergenerational Early Learning Centre. The Intergenerational Early Learning Centre is a growing hub for research projects, including post-occupancy evaluations and a study on the benefits across the generations.



**Perley
Health**

Centre of Excellence
in Frailty-Informed Care™



Danielle Sinden
Director,
Centre of Excellence

As the contents of this issue illustrate, the Centre of Excellence in Frailty-Informed Care™ is increasingly recognized as a reliable, trustworthy partner. A telling example is the current project funded by Veterans Affairs Canada (VAC) and described on page 8. Currently, many Veterans struggle to access the supports and services they qualify for due to the lack of a comprehensive and readily accessible hub of information and resources. The Centre of Excellence will address the issue by consulting with those affected and co-creating an appropriate solution. A second example is the research fund we've created in partnership with the Canadian Institute for Military and Veterans Health Research (CIMVHR). After issuing a call for research proposals and reviewing more than a dozen applications, the partners will soon announce the grant recipient.

The central goal of the Centre of Excellence is to improve quality of care by developing and sharing research and evidence-based best practices. Being part of Perley Health—one of Canada's largest and most innovative long-term

care homes—contributes significantly to our success. Much of the Centre of Excellence's work builds on and amplifies projects undertaken by Perley Health. A few examples described in this issue are the guidebooks created so that other homes can replicate the successes of Rhythms of Remembrance and the Nurse Orientation Peer Support Program. Ongoing research into the impacts of intergenerational programming also promises to benefit other homes. And the ongoing support of donors to the Perley Health Foundation makes it all possible—thank you.

With this issue, the Centre of Excellence newsletter officially becomes an annual publication. We will continue to share news via other channels, including our website, where you can find the latest list of research projects, presentations and webinars. As always, I encourage you to contact me directly with your comments and ideas for future editions

Danielle Sinden,
Director, Centre of Excellence
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In This Issue

Sharing Best Practices, Improving Goals of Care	4	Sharing Rhythms of Remembrance	13
Improving the Skills of Healthcare Leaders	6	Tools and Resources	14
Veterans to Benefit from Research-Funding Partnership	7	Trainee Profiles	15
Improving Access to Supports for Aging Veterans	8	Research Projects	16
Next Phase of Research into Intergenerational Programs Begins	9	Publications	17
Centre of Excellence Impact Report 2025	10	2026 Webinars	18
Tools to Help Newly Hired LTC Nurses Thrive	12	Spreading the Word	19

Exceptional care, research, education and innovations at Perley Health are supported in part by the generosity of our community. To donate to the Centre of Excellence in Frailty-Informed Care™, please visit: www.PerleyHealthFoundation.ca





Dr. Annie Robitaille,
Commissionaires Ottawa
Research Chair
Associate Professor, The
University of Ottawa

I'm extremely proud of our Centre of Excellence, of the tremendous progress we've made, and of valuable partnerships we've established and nurtured. When we began operations seven years ago, the concept of a research organization dedicated to improving care for people living with frailty was relatively new. This is no longer the case, thanks to financial support from Commissionaires Ottawa and other donors to Perley Health Foundation. Today, the Centre of Excellence is an important part of a thriving ecosystem that develops, evaluates and shares evidence-based best practices to improve both quality of care and the lives of individual Veterans and Seniors.

We contribute to this ecosystem in many ways, such as by creating and sharing a practical guide for engaging LTC residents and their caregivers in research studies. Researchers increasingly recognize that failing to directly engage the people most likely to be impacted by studies undermines the value and relevance of the results. The multi-part project Partnering for Progress helps to address the issue. The project saw the Centre of Excellence consult directly with a group of residents—of both Perley Health and other homes—along with caregivers, researchers and LTC workers. Based on the consultations and other research, the Centre of Excellence then created

and shared a structured consultation framework. The publication promises to inform research for years to come.

The Centre of Excellence also contributes by supporting the next generation of researchers through initiatives such as the EPIC-AT Fellowship program. On page 15, you can read about the two post-graduate students currently working with the Centre of Excellence. The Fellowship program is valuable on multiple levels. Along with supporting research that produces practical results, the program also fosters culture change. When I was an undergraduate, there were few opportunities to conduct research in the field. Today, this is no longer the case. Growing numbers of young researchers want to work in the field so that more Veterans and Seniors can age with dignity and joy. I've witnessed this change in my role as Associate Professor at the University of Ottawa, where I supervise students. Conducting focused, practical research helps them realize their goal.

This change, along with the success of our partnerships and projects, makes me enthusiastic about the future of the Centre of Excellence.

Dr. Annie Robitaille,
Commissionaires Ottawa Research Chair
Associate Professor, The University of
Ottawa

Volunteer Research Assistant Recognized



Sai Prashanti Mohan

In April 2026, AdvantAge Ontario—the industry association for non-profit LTC homes—recognized the volunteerism of one such student: Sai Prashanti Mohan, who is pursuing a PhD in biomedical engineering at Carleton University.

"Volunteering at Perley Health enables me to interact closely with residents, their families and staff," says Mohan. "It's made me a more patient and considerate person, as well as a better researcher." Mohan worked in retirement homes earlier in her career and is determined to improve the quality of life of people living with frailty.



Sai Prashanti Mohan (second from right),
a Perley Health Centre of Excellence
volunteer and Carleton University PhD
student, receives a Student Volunteer
Award during AdvantAge Ontario's 2026
conference.



Daniela Acosta, Manager, Knowledge Translation, hosts care professionals during a Perley Health Skills Day in May 2026.

Sharing Best Practices, Improving Goals of Care

The Centre of Excellence continues to expand its capacity to share best practices and train long-term care (LTC) professionals. In February, 18 professionals representing LTC homes from across Ontario completed a virtual workshop about developing goals of care in collaboration with residents, families and care teams.

“The session was extremely valuable,” says Alison Wilkes, RN and Assistant Director of Care, at East Holme, home to 128 LTC residents in Powassan, Ontario. “The training addresses a difficult challenge—having honest, meaningful discussions with residents and their families about frailty and quality of life, and then developing care plans that align with their preferences.”

The training was funded by Ontario Health, a Government of Ontario agency created to connect, coordinate and modernize the provincial healthcare system. Participants applied for the training through local partners, such as Champlain Hospice Palliative Care Program (CHPCP).

“We are excited to be able to capitalize on Ontario Health funding for organizations working with palliative

care clinical coaches to offer this workshop,” says CHPCP Director Val Fiset.

CHPCP has also been a leading sponsor of Skills Days, a series of eight-hour, in-person training sessions delivered at Perley Health. The six Skills Days delivered to date have trained more than 230 LTC professionals who work at a total of 38 external organizations from across Eastern and Northern Ontario, and Western Quebec. The sessions, entitled Supporting a Meaningful Death in Long-Term Care, have been well received. In the post-training evaluation surveys—completed by more than 90% of participants—attendees described Skills Days as valuable and worth recommending to their colleagues. This fall, two more Skills Days will train Personal Support Workers working at Perley Health.

The training is based on SeeMe®: Understanding *frailty* together, a method developed, implemented and evaluated at Perley Health. SeeMe® enables residents, family and care teams to acquire the information and autonomy necessary to make key decisions about



SeeMe® E-module Series for Nurses in LTC

Supporting Goals of Care Conversations

About this training.

- **FREE** 15-minute interactive e-modules
- Tailored to long-term care
- Ready to integrate into your learning management system
- Available to clients of Surge Learning

Module 1: Goals of Care Conversations During Acute Health Events

- Walk through the key steps of an effective goals of care conversation during an acute health event.

Module 2: Navigating Conflict During Acute Health Events

- Explore contributing factors and learn practical strategies to de-escalate common sources of conflict in long-term care settings.

Module 3: Preventing Avoidable Emergency Department Transfers

- Recognize and respond to common missteps that contribute to potentially avoidable emergency department transfers

potential medical interventions, including transfers to hospital emergency rooms. Most importantly, the method empowers residents to live life on their own terms. In 2022, the Canadian Geriatrics Journal published the evaluation of SeeMe® completed by the Centre of Excellence. The evaluation documents positive impacts on nurses, physicians and the families of residents.

To further improve goals-of-care decisions at homes across the country, the Centre of Excellence created a series of three e-modules, now available on Surge Learning, an educational website used by more than 600,000 LTC professionals. The modules, available as a supplement to the SeeMe® training package or as standalones, include: Goals of Care Conversations during Acute Health Events; Managing Conflict During Acute Health Events; Preventing Avoidable Emergency Department Transfers.

“LTC care homes face staffing challenges and there’s little time for training, so evidence-based tools like these are really valuable,” says Alison Wilkes.

If your home is not a client of Surge Learning, please contact us at centreofexcellence@perleyhealth.ca

We would like to express our sincere gratitude to the Registered Nurse’s Foundation of Ontario (RNFOO) and the Nurse Led Outreach Team (NLOT) from the Regional Geriatrics Program of Eastern Ontario, as well as Perley Health staff, external partners, and long-term care teams from other homes whose expertise, collaboration, and support made this e-module series possible.



Melissa Norman, Director of Quality and Interprofessional Care (second from right), engages with interprofessional teams to improve quality of life for Veterans and Seniors at Perley Health and beyond.

Enhancing the Skills of Healthcare Leaders

Lessons learned from an ongoing project that has reduced the use of antipsychotic medications at Perley Health will be available to healthcare leaders across Canada as a professional development opportunity.

In LTC, antipsychotic medications are routinely prescribed to relieve the behavioural and psychological symptoms associated with dementia. These medications, however, come with significant health risks for older adults. While alternatives to medication are often a safer way to reduce the severity of symptoms, few care providers have access to the knowledge needed to choose the appropriate approach.

Perley Health has significantly reduced its use of these medications in recent years thanks to a data-driven quality improvement project that involves families and staff from across the organization. A case study based on the project is now part of a change leadership course for healthcare leaders.

The course is part of the Change Leadership Certificate Program delivered by CHA Learning,

a leading source of training for healthcare professionals. CHA Learning is a division of HealthCareCAN, a national association of hospitals, authorities, researchers and healthcare organizations.

“We’re always delighted to share what we learn from our quality improvement projects,” says Melissa Norman, Perley Health’s Director of Quality and Interprofessional Care. Norman co-led the project, co-wrote the case study and serves as faculty on the CHA Learning course. “I’m confident that the case study will improve the ability of healthcare leaders to successfully complete projects of their own.”

Perley Health’s project earned an Impact Award from Healthcare Excellence Canada, an independent, not-for-profit organization. The Award, in the Sparking Change in Appropriate Use of Antipsychotics initiative recognizes achievements that drive safety and innovation. In October, the Centre of Excellence will present on the topic at the Ontario Long-Term Care Association conference.

CHA
Learning
a division of  **HealthCareCAN**

WIN FREE ENROLMENT

Enter for a chance to win
FREE enrolment in the
**Quality Improvement:
Antipsychotic Optimization
in LTC case study**, part of
CHA Learning’s Change
Leadership Certificate
(CLiC) online program.



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chalearning.ca/clic-contest

Veterans to Benefit from Research-Funding Partnership

Older Veterans stand to benefit significantly from Perley Health's deepening partnership with Canadian Institute for the Military and Veteran Health Research (CIMVHR). For several years, CIMVHR has collaborated closely with the Centre of Excellence in Frailty-Informed Care™. The Centre of Excellence regularly conducts Veteran-related research and has presented its studies at the last four CIMVHR Forums. In November, the Centre of Excellence launched an inaugural annual webinar presenting highlights of all relevant research presented at the CIMVHR Forum.

The two have now established a \$100,000 fund dedicated to research into the needs of Canada's older Veterans. To date, the initiative has attracted 17 proposals; an independent steering committee will select from top proposals.

"Targeted research is needed to better understand how best to improve quality of life for aging Veterans," says Dr. Nicholas Held, CIMVHR's Interim Scientific Director. "The research fund takes us closer to this goal. Our partnership promises to benefit Veterans for many years to come."



Inaugural Annual CIMVHR Forum Highlights Webinar

Recorded on November 14, 2025

From Forum to Community: Sharing Insights on Aging Veterans' Health and Well-Being

Presented by:

Annie Robitaille, PhD; Nicholas Held, PhD; Lisa Garland Baird RN, PhD; and Kim Ritchie RN, PhD, GNC(c)



View Webinar



Scan QR code or visit:

PerleyHealth.ca/webinar-series#CIMVHR_2025

Learn more about Centre of Excellence webinars on page 18.



The Honourable Jill McKnight, Minister of Veterans Affairs and Associate Minister of National Defence (right), chats with Veteran Betty Bell in the creative arts studio while touring Perley Health.

Improving Access to Supports for Aging Veterans and Their Families

Aging Veterans, along with their families and caregivers, stand to benefit from a new Centre of Excellence project funded by Veterans Affairs Canada. The project will create a comprehensive online ecosystem of available resources, supports, services, tools and technologies that support aging-in-place and care transitions.

While a wide range of these supports and services are currently available, the lack of a complete and readily accessible hub of information and resources makes it difficult for many to access them. The project will fill this gap through a two-stage process. The first phase involves extensive consultations with Veterans, their families and caregivers, along with researchers and trainees, and organizations serving Veterans. The consultations will identify the type of information and resources needed to maximize Veterans' quality of life as their care needs increase. The consultations will also inform the second phase: the design and creation of a comprehensive, bilingual online platform that includes a comprehensive inventory of resources and relevant

information, with a particular focus on equity-deserving groups.

“By creating a comprehensive listing of relevant supports and services, and by identifying relevant gaps, this project promises to improve the lives of all aging Veterans, along with their families and caregivers,” says Dr. Annie Robitaille, Commissionaires Ottawa Research Chair.

“The creation of an accessible information hub that connects Veterans and their families to supports in communities across Canada will help them navigate aging with dignity and confidence,” says The Honourable Jill McKnight, Minister of Veterans Affairs and Associate Minister of National Defence.

The first consultation session will take place during the October Forum of the Canadian Institute of Military and Veterans Health Research. Two additional sessions—one in-person and one online—will follow in 2027. For more information or to participate in the consultations, visit PerleyHealth.ca/veteranssupportproject.



Opened in June 2026, the Andrew Fleck Children's Services Intergenerational Early Learning Centre at Perley Health will accommodate 49 children from staff and the community. At full capacity there will be 10 infant, 15 toddler, and 24 preschool spaces.

Next Phase of Research into Intergenerational Programs Begins

The Centre of Excellence's ability to document the impacts of intergenerational programming has grown significantly with the July opening of the Andrew Fleck Children's Services Intergenerational Early Learning Centre at Perley Health. The Intergenerational Early Learning Centre provides licenced childcare to 49 infants and toddlers, along with daily programs where children interact with Veterans and Seniors. Studies of similar programs have found numerous benefits for both seniors and children, including improvements in health, social engagement and emotional well-being.

The idea for the Intergenerational Early Learning Centre emerged from a partnership between Perley Health and Andrew Fleck Children's Services (AFCS), a non-profit specializing in childcare and early learning. Three years ago, the partners initiated a pilot project: an intergenerational playgroup at Perley Health that had children, accompanied by a parent or guardian, visit and interact with residents and tenants with the support of Early Childhood Educators and Personal Support Workers. The Centre of Excellence researched

various aspects of the project, particularly impacts on the residents and tenants who participated. The success of the playgroup inspired Perley Health to ask the Perley Health Foundation to raise the funds needed to support the design and construction of a purpose-built addition. During construction, the Centre of Excellence studied the potential impacts of the Intergenerational Early Learning Centre on residents, tenants and the broader Perley Health community.

Among the many research projects now underway at the Intergenerational Early Learning Centre are separate studies into the impacts on younger and older participants in intergenerational programming. Another project, a post-occupancy evaluation, aims to help ensure the space meets the needs of children, older adults, families, staff and the broader community. The findings and lessons learned from these and other research projects are used to inform the Intergenerational Early Learning Centre's programs and operations.



Centre of Excellence

Research and Innovation

24
Active Projects

15
Publications

\$695K
Funding Received

Research Trainees

4
Undergraduate

4
Master's

7
PhD

3
Post-doctorate

20
Volunteer



Impact Report 2025

Knowledge Sharing*

24

Conference Participation

Oral presentations, poster presentations, and exhibitions

68

Expertise Requests

* Knowledge Sharing statistics include contributions from employees across multiple departments within Perley Health.

Knowledge into Practice

5

New Knowledge Translation (KT) Products Created

9

Total KT Products Toolkits, guides, training, and workshops

2

Training and Workshop Sessions

9

Webinars

853

Online Views

78

Registrants

665

Registrants



Daniela Acosta, RN, GNC(C), Manager, Knowledge Translation, discussing the Nursing Orientation Peer Support Program with Orientation Partner, Lisa Moylan, RPN, who supports newly-hired nurses.

Tools to Help Newly Hired LTC Nurses Thrive

A new, readily accessible Centre of Excellence implementation guide shares lessons learned from a successful Perley Health program for newly hired nurses. The program goes beyond the “buddy” or “shadow” shifts commonly used by LTC homes, and pairs new hires with more experienced colleagues (orientation partners) during their first six weeks of independent practice.

“The practice of nursing in a long-term care home differs in important ways from nursing in hospitals and other environments,” says Rachel de Kemp, Perley Health’s Vice-President of Nursing. “The orientation peer-support program helps new hires to adapt and thrive.”

Originally launched as a pilot project several years ago, the program has evolved significantly. Its roots lie in the Perley Health’s role as a Best Practices Spotlight Organization, an initiative of the Registered Nurses Association of Ontario. Today, the peer support program is fully integrated into the Perley Health’s onboarding process for newly hired nurses. Perley Health developed a four-hour training course for orientation partners—to date, 20 nurses have completed the training.

In 2025, the Centre of Excellence evaluated the program thanks to a Nurse Innovator Grant from the

Registered Nurses Foundation of Ontario, a nurse philanthropy organization focused on innovation. Preliminary findings indicate that newly hired nurses felt the program had strengthened their competency in LTC nursing practices and increased access to key resources.

Perley Health first shared lessons learned from the program at the April, 2026 conference of AdvantAGE Ontario, the provincial association for non-profit LTC homes. To further support homes interested in adopting the program, the Centre of Excellence has published a guide with practical resources developed during the implementation and evaluation of the program.

“Participating in a formal orientation peer-support program enables an incoming nurse to quickly learn about the unique characteristics of their new workplace and feel more welcome,” says Daniela Acosta, Perley Health’s Manager of Knowledge Translation. “It also develops the leadership skills of orientation partners. Both outcomes contribute to better care for residents.”

Find this resource and more at:
[**PerleyHealth.ca/knowledge-translation**](https://PerleyHealth.ca/knowledge-translation)



Members of the Therapeutic Recreation and Creative Arts Team and the Centre of Excellence attending the Rhythms of Remembrance launch event : (L to R) Atul Jaiswal, Dana Lawless, Michaela Adams, Patricia Deek, Michelle Proulx and Tim Cote.

Sharing Rhythms of Remembrance

A new Centre of Excellence publication makes it easier for retirement residences and other LTC homes to replicate a project successfully implemented at Perley Health. The project featured Veteran residents recording the sound of their heartbeat and working with a Music Therapist to incorporate the sound into unique audio pieces. A dozen Veteran residents of Perley Health participated in the project, known as Rhythms of Remembrance: Co-Creating Veteran Legacies through Musical Heartbeat Recordings. The Centre of Excellence has created a guidebook to help other homes design and implement similar projects.

Rhythms of Remembrance aims to address the social isolation commonly felt by many Veterans, particularly those who are frail or nearing end-of-life. To meet this need, the project encourages creativity, collaboration and connection. Participants use the sound of their heartbeat to create an original piece. Many choose to create a new version of an existing song and to include

spoken content, such as a story or an introduction. Some choose to involve friends or family members by playing an instrument or by adding visual elements, such as photos and videos. Participants may keep the recordings, give them as gifts, or post them to the Perley Health website.

Gail Fugere, a Perley Health resident who served 32 years in the Royal Canadian Air Force, participated in the project in hopes of creating a unique audio piece: a song for her daughter.

“Feeling-wise, it really grabs you,” she says. “I hope she’ll listen to it in the future and say, ‘I remember that’ and maybe even chuckle or laugh.”

Rhythms of Remembrance is funded by the Government of Ontario. Perley Health Music Therapists collaborated with the Centre of Excellence to create the implementation guidebook.

Recent media features on the both featured *Rhythms of Remembrance* in broadcasts posted here.

Visit: PerleyHealth.ca/every-heart-has-a-story

Tools and Resources

Managing Acute Health Events: Hip Fracture Pathways for Nurses and PSWs

Through the Perley Health Centre of Excellence in Frailty-Informed Care™, we've developed two evidence-informed care pathways to help address hip fractures in long-term care residents. These resources give nurses and PSWs step-by-step guidance on assessment, pain management, and communication strategies, all focused on meeting resident goals.

Discover SeeMe®:

A revolutionary approach to long-term care that puts each resident in control of their well-being.

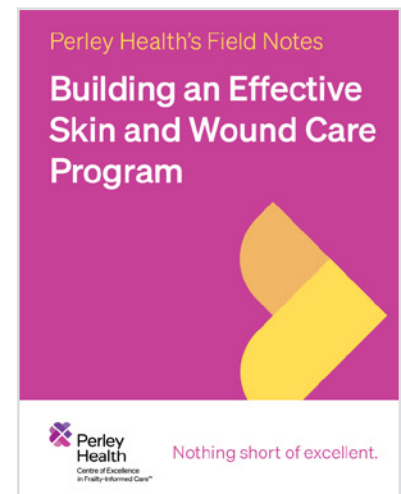
Discover SeeMe®, a new approach to long-term care that puts each resident in control of their well-being. Recognizing that every journey is unique, SeeMe® empowers residents, families, and care teams to collaborate and make informed, person-centered decisions that align with what matters most, now and in the future.

Field Guide: Building and Effective Skin and Wound Care Program

Skin breakdown can cause severe pain, complications, and avoidable hospitalizations. When long-term care homes adopt reliable approaches to skin health and wound management, they reduce harm, improve quality of life, and help preserve resident dignity. This field guide provides practical, evidence-informed strategies, tools, and lessons to help long-term care teams deliver consistent care and make prevention and healing a shared responsibility.



SeeMe®
Understanding frailty together.



Find these resources and more at:
PerleyHealth.ca/knowledge-translation



Trainee Profiles

The Centre of Excellence is proud to regularly mentor and support the research work of several graduate students and postdoctoral fellows across Canada. Both trainees profiled in this issue received Fellowships from EPIC-AT, a training platform funded by the Canadian Institutes of Health Research in partnership with AGE-WELL and the University of Toronto.

“Because Perley Health is both a long-term care home and a research centre, it’s the ideal environment for the development of both researchers and care professionals,” says Samantha Sandassie, Manager of the EPIC-AT Health Research Training Platform, and AGE-WELL’s Director of Education and Training. “The Centre of Excellence is helping create a pipeline of researchers equipped with the practical experience needed to make real-world impacts.”



Lily Haopu Ren

Lily Haopu Ren applies her considerable research skills, along with her innate curiosity and kindness, to help people living with dementia and other conditions. In pursuit of a Doctorate in Philosophy in Interdisciplinary Studies at the University of British Columbia (UBC), her current project explores the ethical considerations of using virtual reality (VR) with hospital patients living with dementia. Ren has followed a unique path; after earning a Bachelor’s of Science in Accounting and Finance, she completed a Master’s degree in Health Leadership and Policy in Seniors Care at UBC. She quickly found that working in the university’s Innovation in Dementia and Aging Lab satisfied her desire to help older people. Many of Ren’s recent projects have focused on how best to implement various technologies in long-term care homes and hospitals. Her current project includes creating a practical toolkit for using VR with people living with dementia.



Clémence Paquin

Clémence Paquin is determined to improve the lives of people living with motor disabilities, particularly those who use wheelchairs. With more than 15 years of clinical experience in physiotherapy and a PhD in biomechanics, Paquin applies her considerable knowledge and experience to create practical solutions that are both evidence-based and user-centered. Her current research study targets pressure injuries, which diminish the quality of life of nearly 1 in 4 LTC residents. The study involves the use of a new technology: sensor-equipped wheelchairs that can help identify potential pressure injuries. During a pilot project, Paquin will evaluate both the performance of the technology and the perceptions of nursing staff who will use it. Paquin recognizes the importance of developing a deeper understanding of the unique relationships between residents and their nursing staff, the emotional and cognitive dimensions of aging, and the broader social context of age-related dependency.

Please contact the Centre of Excellence, centreofexcellence@perleyhealth.ca, for more information on how to get involved.

Research Projects

For a full list of research projects and details, please visit

PerleyHealth.ca/ongoing-research-projects

The Perley Health Centre of Excellence in Frailty-Informed Care™ is engaged in a wide range of innovative projects aimed at enhancing the well-being and quality of life for older adults, including Veterans, particularly those in long-term care. Many of these projects seek participants that create opportunities for residents, tenants, caregivers and their families to contribute to valuable and meaningful research.

A number of projects, led by Annie Robitaille, PhD, Commissionaires Ottawa Research Chair of the Perley Health Centre of Excellence in Frailty-Informed Care™, focus on improving social and emotional health. Additional projects explore broader healthcare systemic issues, including a study on physician specialization to attract more doctors to long-term care and a project developing a framework for including residents and families in the research process. The commitment of the Centre of Excellence to collaborative, community-driven research is evident in its diverse portfolio of more than 20 projects, all supported by the Perley Health Foundation and various provincial and national funding agencies.

Highlights:

From Welcome to Inclusion: Senior-Led Mentorship for New Residents in Long-Term Care

Investigators: Dr. Atul Jaiswal, Research Lead, Centre of Excellence in Frailty-Informed Care™, Perley Health; Sneha Negi, Research Assistant, Perley Health; Rachel Stoparczyk, Manager, Volunteer Services, Perley Health; Dianna Latulippe, Admissions Supervisor, Perley Health; Michelle Proulx, Manager, Therapeutic Recreation and Creative Arts, Perley Health; Danielle Sinden, Director, Centre of Excellence in Frailty-Informed Care™, Perley Health

The transition into long-term care (LTC) can be emotionally and socially challenging for older adults. For new Perley Health residents arriving from private homes, retirement residences, or supportive community housing, leaving behind familiar routines, relationships, and environments may feel overwhelming. An unfamiliar setting, combined with physical or cognitive changes, can make some residents hesitant to leave their rooms, increasing the risk of social isolation, loneliness, and depression. To address these barriers and create a more welcoming admissions experience, Perley Health is implementing a senior-led, peer-driven pilot initiative. The project will support 10–12 new residents, create leadership and volunteer opportunities for 10–15 seniors and volunteers, reduce loneliness, and strengthen participation and belonging.

Funding: Funded by the Government of Canada's New Horizons for Seniors Program.

Empowering Ottawa Seniors and Veterans Online: Digital Literacy Lifeline for Seniors and Veterans from Long-term Care (LTC) homes and Ottawa Community

Investigators: Dr. Atul Jaiswal, Research Lead, Centre of Excellence in Frailty-Informed Care™, Perley Health; Prashanti Mohan, Research Assistant, Perley Health; Dana Lawless, Program Coordinator, Perley Health; Tanya Mac Donald, Director, Senior Living and Community Programs, Perley Health; Danielle Sinden, Director, Centre of Excellence in Frailty-Informed Care™, Perley Health

Perley Health is launching a digital literacy project designed to help 100 older adults, including 40 Veterans, build practical skills, confidence, and safety when using technology. Through small-group, hands-on workshops, participants from LTC homes and the Ottawa community will learn to use smartphones and tablets, video calling, email, messaging, health apps and portals, and social media safely. The project will also include tailored guidance for Veterans and families. Caregivers will be engaged as learning partners. Co-led by the Active Seniors and Veterans Living Centre and the Centre of Excellence in Frailty-Informed Care™, the project aims to strengthen social connection, independence, community participation, and access to support.

Funding: Funded through the Government of Ontario's Seniors Community Grant 2026–2027.

Publications

In 2026, The Perley Health Centre of Excellence in Frailty-Informed Care™ has been involved in 4 new publications focusing on improving the lives of older adults and aging Veterans, particularly those in long-term care.

2026

Advancing Family Medicine Through Dyadic Electronic Medical Record Linkage in Dementia Care.

The Annals of Family Medicine, 24(4), 359–363.

Robitaille, A., Kokorelias, K. M., Aubrey-Bassler, K., Barber, D., Garies, S., Garcia, L., Grandy, M., Harvey, K., Marasinghe, D. H., Kosowan, L., McCleary, L., Morkem, R., Pilato, K. A., Sharior, F., Singer, A., Taylor, M., Theal, R., Helmer-Smith, M., Wong, S., Williamson, T., & Drummond, N. 2026.

Health Outcomes of Older Adults in Long-Term Care Homes Following Hospitalization for Hip Fracture Surgery: A Retrospective Observational Cohort Study in Ontario, Canada.

Geriatric Orthopaedic Surgery & Rehabilitation, 17, 1–13.

Yu, T., Murmann, M., Yee, N., Robert, B., Kirkwood, D., Perez, R., Yung, S., Sinden, D., & Hsu, AT. 2026.

Barriers and Facilitators to Implementing Childcare in Long-Term Care Homes: A Scoping Review Protocol and Consultative Exercise.

PLoS One, 21(5), e0350032.

Kokorelias, K. M., & Robitaille, A. 2026.

Diet and Intrinsic Capacity in Middle-Aged and Older Adults: A Prospective Analysis of the Canadian Longitudinal Study on Aging.

Clinical Nutrition ESPEN, 75, 103595.

Yeung, S. S. Y., & Robitaille, A. 2026.

Publication Highlights

Total # of peer-reviewed publications between 2018 - 2026:

50

Including:

**Understanding the transition to long-term care:
Perceptions of family care partners of older adult Veterans**

Authors: Georgia Stewart, Kelly A. Pilato, and Annie Robitaille

Publication: Journal of Military, Veteran and Family Health

Volume 11, Number 5 - <https://doi.org/10.3138/jmvfh-2024-0060>



Webinar Series



Our monthly webinar series aims to inspire meaningful policy and program change by establishing a forum for news and discussions about frailty-related innovation and research, and by nurturing and engaging a broad network of older adults and their families and caregivers, LTC professionals and researchers, along with members of the community. The webinars are open to the public.

Explore recent webinars, available to view for free online:

PerleyHealth.ca/webinar-series

2026 Webinars

September 25, 2026

The feasibility of a novel training tool to improve physical activity tendencies in older adults

- **Presented by:** Kayne Park, PhD

June 26, 2026

Urinary Catheter Use in Long-Term Care Homes: Promoting Safety, Preventing Harm

- **Presented by:** Sai Prashanti Mohan, PhD Candidate; and Sneha Negi, BHSc

May 29, 2026

Nurses Supporting Nurses: Evaluating an Orientation Peer Support Program in Long-Term Care

- **Co-Presenters:** Michaela Adams, MSc; Yetunde Temi Ibidun, MScN; and Daniela Acosta, RN, GNC(C)

April 14, 2026

Transitional Care Programs In Ontario: Building Health Care Systems to Improve the Care of Older Adults

- **Presented by:** Katherine S McGilton, RN, PhD, FCAHS, FCAN

March 31, 2026

A First Look: Early Insights from the Andrew Fleck Children's Services Intergenerational Early Learning Centre at Perley Health

- **Co-Presenters:** Annie Robitaille, PhD, Diana Munteanu

February 17, 2026

Shaping the Place Called Home: A Co-designed Toolkit for Resident Engagement in Long-term Care Homes

- **Presented by:** Chloe Yeung, Evaluation and Quality Manager, Ontario Association of Residents Councils; Gale Ramsden, Resident Expert Advisors and Leaders (REAL); Co-Chair and Board Director, Ontario Association of Residents Councils; Jennifer Bethell, Affiliate Scientist, KITE Research Institute, Toronto Rehabilitation Institute.

January 30, 2026

Nostalgia-Driven Music Engagement for Joyful Aging

- **Presented by:** Namrata Bagaria, MBBS, MPH

Outreach

Total # of webinars hosted between 2021 - 2026

48

Total # of registrants*:

3944

Total number of viewers*:

1985

Note: Registrants are people who registered to attend, and viewers are those who attended the webinar live. These metrics do not capture those who watched at a later date. Registrants and viewers are also not necessarily unique as people attend multiple webinars.

If you have suggestions for future webinar topics or are interested in presenting your research in the future, please reach out to centreofexcellence@perleyhealth.ca

Expanding Our Reach and Impact



Connecting aging Veterans with care resources

Navigating care, services and supports can be complex for Veterans and their families.

Dr. Annie Robitaille recently joined CTV Your Morning Ottawa to discuss how Perley Health's Centre of Excellence in Frailty-Informed Care™ is leading the development of Canada's first comprehensive, bilingual digital hub for aging Veterans and their families.

Watch the interview to learn more

www.youtube.com/watch?v=JO_aGNzhwhY



Progressive Partnerships

Daniela Acosta, Manager, Knowledge Translation at Perley Health (right) poses with Valerie Fiset, Director of the Champlain Hospice Palliative Care Program. The Program's support for the SeeMe® Framework and resources, along with the virtual workshop, will increase the ability of LTC staff to improve goals-of-care planning with residents and families.



Data in Action: How CIHI tools helped Perley Health reduce pressure wounds

How can data improve care in long-term care settings? Perley Health used CIHI tools to strengthen staff skills and standardize assessment practices, reducing worsening pressure injuries from about 6% to under 1% and cutting infection rates by 50%.

Watch at PerleyHealth.ca/centreofexcellence



At the *Together We Care* conference in Toronto, Danielle Sinden (left, seated), Director of the Perley Health Centre of Excellence in Frailty-Informed Care™, moderated a panel on adopting innovative technologies in long-term care alongside partner organizations; OLTCA, Bruyère Health, AGE-WELL, and Centre for Aging + Brain Health Innovation (CABHI).



Members of the Centre of Excellence team pose at their kiosk during CIMVHR Forum 2025, held in Ottawa.

Left to right:
Atul Jaiswal,
Michaela Adams,
Danielle Sinden,
Dr. Annie Robitaille.

Who we are.

Established in 2019, Perley Health Centre of Excellence in Frailty-Informed Care™ aims to set a new benchmark in seniors' care, facilitating applied research that fuels innovation in education, best practices, and knowledge translation. Our goal is to ensure Veterans and Seniors living with frailty receive the highest level of care both within our walls and beyond. The Centre of Excellence is part of Perley Health, a unique and innovative community of care located on a 25-acre campus near The Ottawa Hospital. Perley Health is home to approximately 450 residents (many of them Veterans) in long-term care, along with approximately 200 seniors in 139 independent-living apartments. Funded by donations to the Perley Health Foundation, the Centre of Excellence supports Perley Health's mission of excellence in the health, safety and well-being of Veterans and Seniors.

Contact Information

If you are interested in participating or would like to learn more about a particular project, please contact:

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Thank you to Commissionaires Ottawa for their ongoing support of the Centre of Excellence.



Newsletter Contact Information

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