

**1-3
MAY
2024**

**Changing the
culture of aging
in Canada**



the-ria.ca/walkwithme

#WalkWithMe2024

 Ottawa Conference and Events Centre

Call for Sessions

The fifth national *Walk With Me* conference will be held on May 1- 3, 2024, in Ottawa, Ontario, Canada.

The conference brings 500+ diverse partners together (including older adults/residents, family members, professionals, educators, policymakers, students, and researchers) to learn with and from each other about changing the culture of aging in Canada. Many exciting initiatives and projects are shifting the culture of aging in significant and positive ways. *Walk with Me: Changing the culture of aging in Canada* conference aims to accelerate and give a profile to this social movement.

The conference will be co-hosted by the [Schlegel-University of Waterloo Research Institute for Aging \(RIA\)](http://www.schlegel-ria.ca) and [CapitalCare](http://www.capitalcare.ca) in collaboration with partners from across the country.

SECTION A:

DEFINITION, GUIDING PRINCIPLES AND SUBMISSION PROCESS

WHAT IS CULTURE CHANGE?

Culture change is an ongoing, holistic journey that includes re-examining values, beliefs, attitudes, language, practices and policies and working to transform the culture into a community where everyone thrives.

In Canada, we envision a culture of aging where:

- the personhood of each individual is honoured;
- each person is the primary authority of his or her life and personal choices are respected and supported;
- the focus is on living life to the fullest;
- accessible and enabling environments support continued engagement and connections in community;
- the body, mind and spirit of each person are nourished;
- close relationships and authentic partnerships involving collaborative decision-making are at the core of compassionate communities; and
- all care partners have the knowledge and information, skills, resources, authority and accountability to provide respectful, flexible and life-affirming care and support.

CONFERENCE OBJECTIVES

1. Build capacity by showcasing innovations in culture change related to aging across diverse settings (e.g., long-term care, community, retirement living) from across Canada
2. Build partnerships and networks to support culture change in aging and long-term care in Canada.
3. Continue to build the momentum of the culture change movement in Canada
4. Provide those living and working in elder care settings with practical, hands-on tools and resources.

CONFERENCE PROGRAM GUIDING PRINCIPLES

The conference program will consist of sessions that:

1. Are **inclusive**, ensuring diverse voices are represented equitably and are supported in planning and delivery. The conference program will **authentically engage all people** in sharing and exploring what it means to experience aging.
2. Are **interactive** and **experiential**, providing a safe and engaging space where participants actively engage with ideas and have opportunities for critical reflection and dialogue with each other. The program particularly welcomes **vibrant**, **creative** and **non-traditional** approaches (e.g. fireside chats, PechaKucha presentations, World Cafés, etc).
3. **Build linkages** by creating opportunities for strong connections to be made between lived experiences, professional practices, education and research as a means of advancing a strong network of individuals and organizations interested in changing the culture of aging. The conference program will promote the importance of **teamwork**, **collaboration** and a shared sense of **purpose**.
4. Celebrate the experiences of aging across **diverse contexts and settings**.

SUBMISSION DEADLINE

The deadline for submissions is 11:59PM (MT) on Monday, October 2 , 2023.

SUBMISSION GUIDELINES

1. The committee invites a wide range of engaging and innovative session formats including interactive workshops, learning circles, fireside chats, PechaKucha presentations, and other creative formats.
2. Session descriptions should be a maximum of 250 words.
3. Applicants will be asked to select the topic area(s) most aligned with their session (i.e., TAG LIST). Other topic areas are welcome.
4. Session leaders (i.e., presenters, facilitators) must be available to present on May 2 or May 3, 2024 in Ottawa, Ontario, Canada.
5. All session leaders must register and pay applicable conference registration fees.
6. Note that descriptions of sessions accepted as part of the conference program will be posted online.
7. Session leaders are required to provide digital (and optional printed) copies of any handouts and other resource materials to be distributed/used during their session, remembering that we strive to be a paperless conference.
8. Submissions may be made in either English or French. If selected, sessions may only be delivered in English and translation services will not be available.

9. By submitting a proposal, Session Leaders acknowledge that if their submission is accepted, they may be photographed and/or recorded during their session. Session Leaders unable or unwilling to consent to photographs and/or recording must make note of this in the “Additional Requests or Special Needs” section of the submission form.

SUBMISSION REVIEW CRITERIA

Submissions will be reviewed in consideration of their:

- alignment to the conference goals and guiding principles;
- relevance to at least one of the culture change values (please see section called “What is culture change?”)
- quality, clarity and thoughtfulness (e.g. coherence, logical flow, grammar/spelling, etc.);
- applicability to practice (e.g. tools, strategies, implementation guides, etc.), and/or inspiring, forward-thinking ideas;
- active engagement of diverse perspectives (e.g. leaders, team members, older adults/residents);
- ability to provide delegates with interactive, engaging session that provides tools and resources that may be used in practice;
- representation of diverse communities and perspectives (e.g. Indigenous, LGBTQ2S+, etc.).

Session Leaders will be notified of the review committee’s decisions in November 2023.

SECTION B:
SUBMISSION REQUIREMENTS

*Please provide the information requested below using the online submission system (insert url).
All content will appear in the program exactly as it is worded here.*

SESSION TITLE

What is the title of your session (15 word maximum)?

SESSION LEADER INFORMATION

Please list the primary Session Leader, and any Co-Leaders who will be involved in delivering the session. If there are other people who have been involved in the work but who will not be presenting during the session, please list them as “Co-Authors”. Each Session Leader whose submission is selected will be asked to complete a Conflict-of-Interest Statement and a Session Leader Agreement.

PRIMARY SESSION LEADER

Please identify the Primary Session Leader. All correspondence about this session will be with this person.

LAST NAME	FIRST NAME	CREDENTIALS (if applicable)	JOB TITLE (if applicable)	AFFILIATION (if applicable)	MAILING ADDRESS	EMAIL	DAYTIME PHONE NUMBER	STUDENTS: PROGRAM	STUDENTS: DISCIPLINE	STUDENTS: DEGREE LEVEL
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SESSION CO-LEADERS

Please list any individuals who will participate in delivering the session at the conference.

LAST NAME	FIRST NAME	CREDENTIALS (if applicable)	JOB TITLE (if applicable)	AFFILIATION (if applicable)

SESSION CO-AUTHORS

Please list any individuals who have contributed to the work but who will not participate in delivering the session at the conference. If someone is listed as a Co-Leader, they should not be listed here.

LAST NAME	FIRST NAME	CREDENTIALS (if applicable)	JOB TITLE (if applicable)	AFFILIATION (if applicable)

SESSION FORMATS

Please select the type of session you are submitting.

(NOTE: You may only select one session format and one session length per application. For Tabletop discussions, PechaKucha’s, World Cafe’s and the Power Panel, you (and co-presenter if applicable) will be one of several presenters. Please submit separate applications for each submission type).

Workshop session:

A workshop session is an interactive, skill-building session engaging participants in exploring and learning specific strategies and approaches to promote and support culture change. Groups with innovative culture change initiatives (e.g. programs, services or processes) to share are encouraged to apply.

Please select your preferred workshop session length (you may select more than one):

- 45 minutes
- 75 minutes

Fireside Chat

Skilled moderators lead a discussion with expert speakers, using a combination of pre-prepared and audience questions. Sessions have an informal atmosphere (lounges, small gathering spaces or could be at the mainstage) that feels like a living room gathering for casual topical conversation. For an example of a Fireside Chat, click [here](#).

Session length: 60 mins

Tabletop Discussion

Tabletop discussions are oral presentations with participants seated around a table. The use of this format allows for a more informal venue that is interactive and flexible in design. Tabletop discussions allow for colleagues with similar interests to give and receive targeted feedback.

Session length: 30 mins per topic

Power Panel

Selected panelists write down their answers to a series of pre-prepared questions on paper cards. While they do this, the organizers pose the same questions to the audience through live polls. At the end, they compare and comment on the results. For an example of a Power Panel, click [here](#).

Session length: 75 mins

World Cafe

A World Cafe is a conversational process based on established design principles, World Cafes are a simple, effective, and flexible format for hosting large group dialogue. Each cafe will have an introduction, small group rounds, targeted questions and a “harvest” of the answers to be shared amongst participants. For an example of a World Cafe, click [here](#).

Session length: 45 mins

PechaKucha

Pecha Kucha is a fast-paced, fun presentation using 20 slides for 20 seconds per slide (6:40 minutes total). These are very concise and “polished” sessions. For an example of a PechaKucha, click [here](#).

Session length: each Pech Kucha is 6:40 minutes in length

Learning circle

A topic-specific facilitated discussion with a small group of participants. Session Leaders will have the opportunity to provide a short introduction (i.e. no more than 5 minutes) followed by a meaningful discussion. In your session outline, please include examples of 3-5 powerful questions that you might address during your session.

Session length: 75 minutes

Would you be willing to present in a different format if necessary?

Yes

No

Not sure

SESSION DESCRIPTION

Please provide a concise description of your session that will be used to promote your session to conference delegates (250 word maximum).

AREA OF FOCUS (TAGS) AND PRIMARY AUDIENCE

Please select the conference tag(s) that align(s) best with your session (check up to 3).

- Leadership,
- Creativity and leisure (potentially to be renamed life enrichment),
- Innovation,
- Dementia care,
- Mental health and resilience
- Other

Who is the primary audience for this session (check all that apply)?

- Older adults/residents
- Informal (i.e., unpaid) care partners (e.g., family members, friends, volunteers, etc.)
- Formal (i.e., paid) care partners (e.g., PSWs/HCAs, RNs, Recreation Therapists, etc.)
- Leadership/management
- Policymakers
- Researchers
- Other (please specify)

What is the context of your session (check all that apply)?

- Long-term care homes
- Retirement/Supportive living
- Community living
- Home care
- Acute care
- Other (please specify)

SESSION OUTLINE

Please provide a breakdown of your session in the table below. Use as many rows as necessary (*breakdown may change according to session format).

TIMEFRAME (MINUTES)	SESSION LEADER(s)	SESSION CONTENT	
<i>How long will this part of the session last?</i>	<i>Who will lead this part of the session?</i>	<i>What information will you share during this part of the session?</i>	<i>How will you share this information? (NOTE: Interactive, activity-based components are encouraged)</i>

KEY LEARNINGS

Please briefly identify at least one key takeaway or learning outcome for your session. Your takeaway(s) or outcome(s) should be specific and measurable, and should begin with the words “By the end of this session, participants will be able to...” For example: “By the end of this session, participants will be able to articulate their vision for...” or “By the end of this session, learners will be able to apply the three steps of...”

ADDITIONAL REQUESTS OR SPECIAL NEEDS

All rooms will be furnished with a laptop, projector and microphone. Please list any additional requirements you have for your session (e.g. additional set-up time needed, preferred room arrangement, limit to the number of participants, internet requirements, etc.). All requests will be considered by the conference planning committee but are not guaranteed.