



CENTRE FOR AGING
+ BRAIN HEALTH
INNOVATION
Powered by Baycrest

Innovation to Impact

THE FUTURE OF HEALTHY AGING

2016 / 2017 ANNUAL REPORT

ADVANCING INNOVATIONS IN AGING AND BRAIN HEALTH



Toolkit for Assessing
Balance and Mobility



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A UNIQUE COLLABORATION DRIVING HEALTH INNOVATIONS FOR THE AGING POPULATION





Message from Baycrest President & CEO, William Reichman, MD

Every day I witness the mounting challenges that older adults, their families and care providers face as a result of age-related decline and disease. Of particular note is the challenge of navigating the vast complexity in providing a good quality of life for older adults that experience cognitive decline and related diseases.

In Canada and around the world, we are facing unprecedented demographic changes. According to the World Health Organization (WHO)'s *World Report on Ageing and Health* published in 2015, the number of people over the age of 60 is expected to double from 900 million to 2 billion by 2050. As the aging population across the world continues to increase, it is imperative that we seek out new and innovative ways to work together and coordinate support for older adults and their families, such that they can maintain their independence for as long as possible.

Governments and Agencies around the world are coming together to develop strategies to address the economic impact and quality of life of older adults. Many are taking a specific lens on the impacts of dementia, which affects 47 million people worldwide — a figure that is expected to increase to 75 million by 2030, according to the WHO.

In Canada, the Standing Committee on Social Affairs, Science and Technology issued a report entitled *Dementia in Canada: A National Strategy for Dementia-friendly Communities*. The report concludes that in order to effectively address the surge of dementia cases in Canada, a comprehensive approach must be taken. This approach must involve the application of multiple innovations. Within Ontario, the Ministry of Research, Innovation and Science (MRIS) has the mandate to support world-class research, commercialization and a culture of innovation across the province through

a number of programs and services. MRIS works with research partners in universities, colleges, hospitals and entrepreneurial organizations to drive job creation and economic growth.

The Centre for Aging + Brain Health Innovation (CABHI) is a significant part of both the Canadian and the Ontario government's strategies to address these challenges. We collaborate with clinicians and industry partners to develop, test and disseminate innovative solutions that have the potential to improve the brain health and quality of life of older adults. Our programs encourage breakthroughs that can enhance the well-being of older adults worldwide and keep Canada at the cutting-edge of healthcare innovation. Through collaborations with healthcare organizations, government, industry and not-for-profits, CABHI is an essential component of the innovation ecosystem that is accelerating promising solutions in aging and brain health.

We are grateful for the trust and significant support of our funders – the Government of Canada through the Public Health Agency of Canada (PHAC) and the Government of Ontario through the Ministry of Research, Innovation and Science (MRIS). Their financial support is amplified by funding from the Baycrest Foundation as well as commercial and not-for-profit partners across the health sector.

This has been an exciting and significant year for CABHI. We launched four innovation programs, evaluated 23

products, services or practices for clinical and commercial impact, hosted many events to support a culture of innovation, and engaged in multiple partnerships with health and industry leaders in innovation and aging. We now have the leadership, partnerships and programs in place to see our vision take hold.

In 2017-18, we will continue to build on this momentum and begin to realize the clinical and economic impacts of our earlier investments. We will also start new, promising projects and collaborations that have the potential to turn ideas into impactful solutions that may optimize the cognitive, emotional and physical well-being of older adults, allowing them to age in a setting of their choice and maintain their independence for as long as possible.

As we enter our third year, we look forward to building on our successes as an innovation accelerator in Canada, generating commercial impact and improved health for the Canadian and global aging populations.

A handwritten signature in black ink, appearing to read "William E. Reichman".

WILLIAM E. REICHMAN, MD
*President and Chief Executive Officer
Baycrest*



Message from Ron Riesenbach, Vice-President, Innovation & Chief Technology Officer

I am pleased to report that in 2016-17, the Centre for Aging + Brain Health Innovation (CABHI) achieved many exciting milestones, building on the strong foundation and significant momentum we established in 2015-16, our start-up year, delivering well on our commitments to improve the quality of life for older adults and to foster commercial growth and stimulate job creation in the seniors' care sector.

Since inception, CABHI has supported the development of 48 new products and services as well as 16 health practices, and evaluated 22 new products and services for clinical and commercial impact. In 2016-17 alone, we assessed 162 project proposals, developed or refined 11 new products, and approved and launched 39 projects that have been disseminated and adopted across Canada to actively engage 1,142 older adults and family members.

In 2016-17 we launched calls for innovation in four programs. For example, our first Spark Program call in October 2016 attracted 124 expressions of interest and we awarded a total of \$1.5 million to 31 frontline healthcare workers across Canada. We will be adding more opportunities for innovators to apply for significant funding awards in 2017-18.

Our impact also now reaches beyond Canada's borders. In May 2016, we struck a multi-year partnership agreement with the Israel Innovation Authority. We look forward to working together on new initiatives that will connect Israeli innovators with our seniors' care organizations to test, validate and attract innovative companies and brain health technologies to the North American market. We are excited that this program will provide Canadian seniors with access to an expanded portfolio of innovative solutions to address aging and brain health.

At the end of this year, we moved our growing team into a revitalized, 8,530 square foot workspace on the Baycrest campus. The new facility will provide an innovative and creative environment for our growing community of older adults, caregivers, clinicians, and industry and network partners to collaborate, and will also serve to increase our collective innovation capacity.

CABHI is made possible through the largest investment in brain health and aging in Canadian history, and one of the largest investments of its kind in the world. All that we have accomplished to date, and everything we plan to achieve in the future, would not be possible without the support of our funders: The Government of Canada's Public Health Agency of Canada; the Government of Ontario's Ministry of Research, Innovation and Science; the Baycrest Foundation; and our health system partners. We thank them for their continued and unwavering support.

We are proud to collaborate with industry, healthcare providers, academic collaborators, government and consumers. Our programs link to innovation hubs, hospitals and long-term care facilities across Canada, thereby increasing our opportunities for partnerships and collaborations.

We look forward to building on our achievements in 2016-17 and continuing to deliver on our strategic priorities: to accelerate more innovative solutions that have the potential to help older adults maintain their well-being and independence for as long as possible; and to drive economic impact and investment in Ontario and across Canada in the aging and brain health sector.

A handwritten signature in black ink, appearing to read "Ron Riesenbach".

RON RIESENBACH

*Vice-President, Innovation
& Chief Technology Officer*

MISSION

To accelerate the development, validation, commercialization, dissemination and adoption of innovative products, services and best practices to support brain health and aging.

VISION

A world in which people can age in the setting of their choice, maintaining their cognitive, emotional, and physical well-being as well as their independence as long as possible.



The CABHI Team

**PEER-REVIEWED
PUBLICATIONS:**

57

**MANUSCRIPTS,
PAPERS, BOOKS**

13 EXHIBITS

Conferences
or tradeshow
displays.

**3 NEW PRODUCTS
OR SERVICES**

Developed, refined or introduced
in-house or by partners.

**11 NEW
PRACTICES**

Developed, refined
or introduced.

13 PRACTICES EVALUATED

BY THE NUMBERS: OUR YEAR TWO SUCCESSES

10 UNIQUE PRODUCTS OR SERVICES EVALUATED

54

**SHARING
KNOWLEDGE
EVENTS**

Public/community
lectures or
oral/poster
presentations
shared at
academic
or clinical
conferences or
to societies and
interest groups.

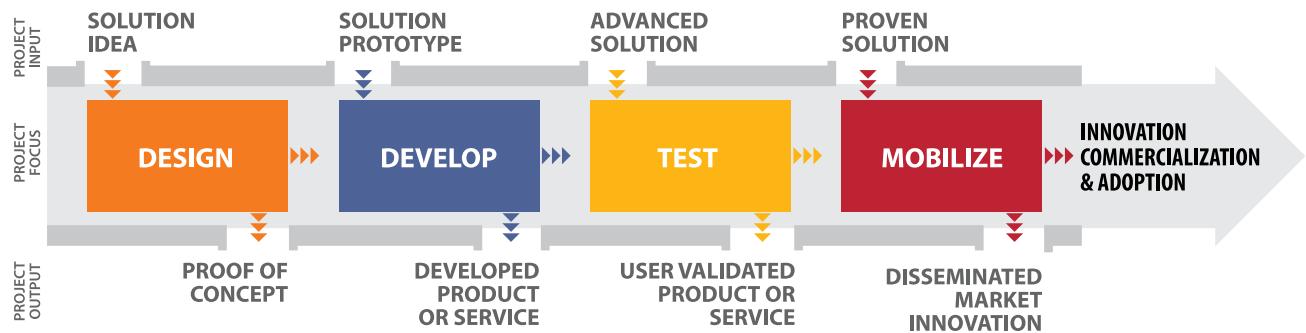
29

**KNOWLEDGE
EXCHANGE
EVENTS**

Formal workshops, course lectures, train-the-trainer events, or
tele-education events.

1,142 OLDER ADULTS ENGAGED

INNOVATION PIPELINE



CABHI is a solution accelerator, helping to drive innovation in the aging and brain health sector.

The result of the largest investment in brain health and aging in Canadian history, it is a first-of-its-kind partnership of healthcare, science, industry and government, serving as a hub for the design and development of innovations to help older adults age safely in the setting of their choice while maintaining cognitive, emotional and physical well-being.

Programs help us develop a rich source of inputs to the innovation pipeline, which has a “leaky” design on purpose so that new innovations can enter the pipeline and refinements can be incorporated at any point along the timeline.

The **Spark Program** captures innovation at the early stage, toward the left-hand side of the pipeline in the diagram. The **Industry Innovation Partnership Program** and **Researcher-Clinician Partnership Program** capture content and activity in the late solution development and validation phases, and the **Knowledge Mobilization Partnership Program** supports programs ready for market adoption. The Brain Health Foundation Program reinforces every portion of the innovation pipeline.

A professional photograph of two individuals, Einat Danieli and Dunstan Pushpakumar, standing in an office environment. Einat, on the left, is a woman with long dark hair, wearing glasses, a patterned grey top, and dark trousers, with her arms crossed. Dunstan, on the right, is a man with a mustache, wearing a dark suit jacket over a light shirt. They are positioned in front of a large window that looks out onto a cityscape.

WE ARE REIMAGINING AGING

Einat Danieli and
Dunstan Pushpakumar,
Project Leaders, Dementia Talk App,
Funded by the Spark Program

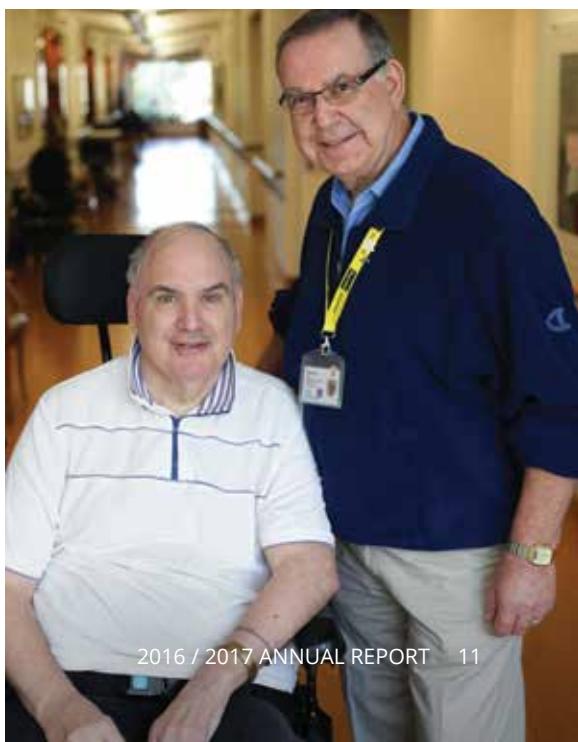


NEW FUNDING PROGRAMS LAUNCHED IN 2016/17

In 2016-17, we were excited to launch calls for innovation in four unique programs and award a total of \$4.1 million in funding to 39 projects that align with our strategic priority themes:

- reducing unnecessary emergency department visits for older adults living with dementia
- preventing falls and reducing fall-related injuries in older adults living with dementia
- providing better management of complex conditions in home settings for older adults living with dementia
- improving brain health and cognitive fitness in older adults

Innovation in the senior care sector is vital to address the increasing needs of an ever-growing aging population. CABHI is currently collaborating with 27 leading seniors' care organizations across Canada and the United States on promising solutions in medical devices, therapeutic approaches, emerging technologies, wellness and digital health solutions, health-care delivery practices, and training and support for practitioners and caregivers.



Spark Program

Often, the best ideas for improving health outcomes or the quality of life for older adults come from individuals working at the point-of-care, but their ideas languish without a way to bring them forward. The Spark Program, launched in September 2016 to address this unmet need, is specifically designed to nurture and develop early-stage, grassroots ideas created by point-of-care and service delivery staff. CABHI provides a unique funding opportunity of up to \$50,000 CAD per project to support proof of concept testing of ideas within our associated healthcare delivery and service provider organizations.

Response to our first call significantly exceeded expectations, confirming there is a significant need to help point-of-care innovators bring their solutions to life. We received 124 expressions of interest and invited 78 to submit full applications. On February 3, 2017, The Honourable Jane Philpott, Minister of Health for the Government of Canada, and the Honourable Reza Moridi, Minister of Research, Innovation & Science for the Government of Ontario, announced total Spark Program funding of \$1.5 million for 31 award recipients at an event held at Baycrest Health Sciences.

We are thrilled to see these projects get underway. Read highlights about selected projects in the Innovation to Impact section of this report. Our second Spark Program call for innovation is planned for September 2017.

Industry Innovation Partnership Program (I²P²)

The Industry Innovation Partnership Program (I²P²) launched in October 2016. I²P² provides funding to innovators from industry organizations to support testing and validation of aging and brain health solutions that are at an advanced stage of development.

CABHI assesses innovations, awards funding to successful finalists and brokers relationships between innovators and North American trial partners, creating capacity in the system and boosting economic development. Innovators obtain vital evidence to inform commercialization decisions for launching aging and brain health products and services in the Canadian marketplace. At the same time, seniors at test sites in community and institution-based settings benefit from early access to adopt promising new solutions that can improve health outcomes and quality of life.

CABHI will support eligible project costs directly associated with validating innovations and trial testing, up to \$600,000 CAD per project, with total funding of \$3 million CAD to be awarded over 18 months, starting in September 2017. Funding is provided directly to the host institution of qualifying projects, with up to \$600,000 CAD matching contributions made by commercial partners to the project.

In our first I²P² call, we received 47 expressions of interest from applicants in Canada, Norway, USA and Israel, and 13 were then invited to submit full applications. Successful finalists will be notified in June 2017 and projects will begin in September.

CONTINUING PROGRAMS

In 2015-16, CABHI's first year of operation, we focused on start-up and invested in accelerating a set of strategic launch projects funded through initial programs. These programs will continue to provide funding for innovative projects that do not fit into the opportunity sets outlined above.



Researcher-Clinician Partnership Program (RCP²)

In February 2017, CABHI launched the Researcher-Clinician Partnership Program (RCP²), a third program to drive innovation and economic development in the seniors' care sector. RCP² connects point-of-care clinicians with university-based researchers to collaboratively design, test and validate advanced-stage products, services or health practices in real-world care settings.

By fostering collaboration upfront, the RCP² funding model promotes the cross-fertilization of ideas and feedback from a broader range of perspectives during development, testing and validation stages to help accelerate innovations to market and to ensure uptake and adoption in the marketplace after they are launched.

Qualifying innovations are at an advanced stage of development, ready for pilot testing and evaluation, and have the potential to be scaled across multiple organizations in North America. CABHI will support eligible project costs directly associated with trial testing, up to \$600,000 CAD per project, with an initial funding of \$2.4 million CAD to be awarded over 18 months, starting in September 2017. Funding is provided directly to the host institution employing Principal Investigators of qualifying projects.

The response to the first deadline for expressions of interest by the end of March 2017 was very positive, with 35 proposals submitted for consideration. We look forward to notifying successful finalists in early July.

Knowledge Mobilization Partnership Program (KMP²)

One of the biggest challenges to innovation adoption is scaling up after validation. To overcome this hurdle, CABHI launched the Knowledge Mobilization Partnership Program (KMP²) in March 2017 to help Canadian clinicians, managers, researchers and academics drive the adoption of best and next practices among aging and brain health stakeholder groups across the province or nationally.

KMP² provides essential funding, up to \$250,000 CAD per project within a total funding envelope of \$1 million CAD, to solutions that have been successfully validated within their environments and are ready for broader adoption. Projects may include evidence-based knowledge, products, services, practices, tools or dissemination methodologies that are proven to significantly improve health outcomes, quality of life and behaviour change for seniors and caregivers.

By facilitating and speeding the expansion of proven innovations, more older adults, their circle of care and healthcare practitioners will gain access to essential knowledge and skills that will help older adults maintain cognitive, emotional and physical well-being as they age, consistent with existing evidence. At the same time, KMP² will drive economic impact and job creation across a larger geographic area.

Strategic Opportunity Fund

The Strategic Opportunity Fund (SOF) supports large, strategic initiatives, projects and partnerships that are aligned with CABHI's mission to improve health outcomes and quality of life for older adults, and drive economic growth and investment in the seniors' care marketplace on a wide scale. Examples of projects under development for 2017 are joint programs with Canadian provincial innovation authorities, a venture capital group and a seniors' care association. Total funds available under this program are \$2.8 million CAD.

Brain Health Foundations Program

The Brain Health Foundations Program advances promising aging and brain health discoveries that are connected directly to CABHI research. The Baycrest Foundation is contributing \$25 million over five years, recognizing the need to support foundational understanding of the brain and aging and how potential solutions may provide meaningful impact. The Brain Health Foundations Program supports core research in three themes of inquiry: (1) cognitive rehabilitation for cognitively impaired individuals; (2) brain health and wellness programs to maintain health and potentially reduce the risk of cognitive decline; and (3) dementia care for caregivers who are caring for older adults suffering from dementia.



INNOVATION TO IMPACT

We are proud to share snapshots of some of the projects we have funded. Successful project proposals each demonstrated a significant potential to help older adults maintain cognitive, emotional and physical well-being and independence, while driving economic impact and investment in the aging and brain health marketplace. The following projects illustrate our overall commitment to accelerating the development of innovations that show promise for measurable impact in four strategic areas of focus: Aging at Home, Cognitive Fitness, Emergency Department Visit Reduction and Falls Prevention.

Aging at Home

CAREGIVER SUPPORT

Evaluating the Impact of Caregiver Support Programs

Host Institution: Baycrest Health Sciences

Support groups can provide emotional support to caregivers while empowering them with concrete information on providing engaging activities for individuals living with dementia.

With \$50,000 in funding from the Strategic Opportunity Fund and a further \$42,418 from the Spark Program, this project evaluated four different caregiver support interventions at Baycrest and went on to develop: (1) an online support group that provided web-based intervention support to family caregivers of people with early onset and frontal temporal dementias; (2) a combined model of caregiver support for caregivers and arts engagement for care recipients; and (3) an in-person, creative writing course. The project team also developed a caregiver assessment toolkit to evaluate the different caregiver support options with a standardized approach, measure intervention outcomes and collect feedback to further refine future iterations of the programs.

Caregivers in all intervention groups reported high satisfaction and indicated that the programs met their expectations and that they would recommend them to others. In the online group, participants noted high satisfaction with teleconferencing, and reported improved mood, a statistically significant reduction in caregiver burden and an increase in quality of life. Project evaluation is ongoing with data collection expected to conclude in April 2018.

The ideal outcome of this program is to decrease the burden on family caregivers, increase quality of life for both the family care provider and the person with dementia, and as a result decrease premature institutionalization of people affected by dementia.

COVER AND COMFORT WRAP

Reducing Distress and Personal Care Risk in Persons with Dementia

Host Institution: Providence Health Care

The Comfort Care Wrap is a solution to minimize the distress many people with dementia experience in the loss of control, privacy and dignity during personal hygiene and bathing activities. Personal care activities can be high-risk, both for people with dementia and for their caregivers. The distress felt by the person with dementia during these specific activities can lead to catastrophic responsive behaviours, falls, transfers to emergency rooms and ultimately, the need for residential care placement.

Direct healthcare workers who specialize in caring for people with dementia are developing the wrap, which is made of towel-like material and has an elastic upper hem and a Velcro closure that can be placed and positioned on the body where and when privacy and secure coverage are required — even during bathing. It can also be removed easily and discretely when necessary.

Supported by \$50,000 in funding, the project team is developing a working model and will conduct a pilot study at the Youville Residence, an assisted living facility in Vancouver, British Columbia to test the innovation with individuals who have been particularly distressed by personal care and bathing activities. Once the working prototype is developed, staff will be trained in the use of the CCW, and it will be tested in a pilot research study in a tertiary mental health setting.



Play Intervention for Dementia



Virtual Calm

PLAY INTERVENTION FOR DEMENTIA

A Caregiver's Resource

Host Institution: Yee Hong Centre for Geriatric Care

Based on the success of their play intervention program to stimulate and engage day program participants living with dementia, a team of seniors' care workers at the Yee Hong Centre for Geriatric Care in Scarborough, Ontario is developing educational resources for caregivers in the community.

Too often, caregivers have limited support and resources to engage and stimulate loved ones living with dementia. As a result, many suffer emotional distress and burnout. By extending the success of the Play Intervention for Dementia (PID) program to home settings, this project seeks to provide caregivers with meaningful tools to help their loved ones age in place longer.

If successful, the PID team will leverage their \$50,000 award to adapt their project to make it accessible and functional in home settings by developing training sessions for caregivers, course materials and an educational video component.

VIRTUAL CALM

Using VR Videos to Reduce Dementia Distress

Host Institution: VHA Home HealthCare

Family members are often challenged with finding appropriate activities to engage individuals with dementia. Evidence suggests that immersing individuals with dementia into 3D videos of serene environments may be an effective non-pharmacological tool to manage the neuropsychiatric symptoms of dementia and help them remain in home settings.

Funded by an award of \$23,953, the Virtual Calm project team, comprised of point-of-care homecare professionals, is assessing how participants with dementia and their family members respond to the use of commercially available VR technology in home settings in Toronto, Ontario.

This program will help us understand better the potential of 3D virtual reality scenarios as a tool to manage neuropsychiatric symptoms such as aggression, agitation and apathy.

Cognitive Fitness

PLEASE PROGRAM

Facilitating Spontaneous Leisure Activities

Host Institution: Baycrest Health Sciences

Seniors with cognitive challenges benefit from leisure activities. However, research has shown that those living in institutional settings participate in far fewer activities and spend more time alone than in community settings. As well, organizations will be mandated soon to move away from delivering prescribed activities within long-term care settings.

To address the gap, this project is evaluating the impact of training a team of volunteers to lead the Program for Leisure Engagement in Active and Spontaneous Experiences (PLEASE) among two groups of residents living with cognitive impairment at the Baycrest Apotex Centre. PLEASE requires volunteers to engage residents in spontaneous one-on-one or small group activities such as story-telling, games, reading, music and art. It was launched in January 2016 and expanded with improvements in January 2017, supported by \$28,000 in funding from CABHI.

Preliminary findings show that it is very feasible to train a team of volunteers to provide person-centred, spontaneous activities for residents with cognitive impairment. Both staff and volunteers reported significantly increased active engagement and enhanced quality of life for residents across a variety of measures, particularly those in the social domain such as talking and making eye contact with others. As well, volunteers found the PLEASE training very positive and helpful. The final project report will be completed in the summer of 2017, and results will be used to inform future volunteer training programs.

THE FOUNTAIN OF HEALTH INITIATIVE

Promoting Brain Health and Resilience

Host Institution: Nova Scotia Health Authority

A project team of geriatric psychiatry experts at Dalhousie University in the Nova Scotia Health Authority has developed the Fountain of Health (FoH) Initiative for Optimal Aging. It is one of the first educational initiatives of its kind in the world looking to translate the current science of healthy aging, well-being and resilience into practical tools for use by clinicians and the public.

Grounded in evidence-based principles of cognitive behavioural therapy, the FoH initiative uses a healthy aging prescription to promote healthy cognition and resilience in the areas of positive thinking, social activity, physical activity, mental health and lifelong learning.

Funded by an award of \$50,000, the project team will disseminate paper and online clinical tools to at least 50 healthcare providers. They will then measure how the intervention empowers people to make positive changes to their health behaviours and shift clinicians' practices toward more preventative care. If successful, this project will help change clinicians' practice and patients health behaviours to promote cognitive fitness.

LEARNING THE ROPES FOR LIVING WITH MCI

Optimizing Health Outcomes for Older Adults with Mild Cognitive Impairment

Host Institution: Baycrest Health Sciences

A group of psychologists and a social worker at Baycrest Health Sciences in Toronto designed an intervention program for people living with mild cognitive impairment (MCI) called Learning the Ropes for Living with MCI. With an award of \$49,675 from CABHI, they are scaling up the program to reach beyond the research setting to help more people with the brain disorder living in the community.

One in ten Canadian seniors experiences MCI, an identifiable cognitive decline that indicates a future risk of dementia. Behavioural approaches focused on cognitive strategies and brain healthy lifestyles have been proven effective, whereas pharmacological interventions may not be effective. Learning the Ropes for Living with MCI focuses on optimizing cognitive health through lifestyle choices, memory training and psychosocial support.

The project team members will produce program materials and facilitator manuals for healthcare professionals, create a real-time video conferencing version of the program to extend access to older adults who have geographical or other barriers to access, and develop a train-the-trainer webinar for health professionals. They also plan to commercialize the program to fund the costs of maintaining a website and keeping the content up-to-date on an ongoing basis. An ideal outcome for this project will increase the overall scalability and adoption of the program, establish a business plan, and publish program materials online.





LaserWalk



Falls Prevention

LASERWALK

Improving Mobility and Preventing Falls Using Visual Cueing

Host Institution:
Assistive Technology Clinic

Many older adults are at risk of falls and fall-related injuries as their ability to walk declines over time. A team of engineering and rehabilitation professionals at the Assistive Technology Clinic in Toronto is using their \$50,000 award from CABHI to develop a laser light module that can project a line of light in the user's path to help them navigate safely and independently.

Many older adults, especially those with Parkinson's disease, develop instability, a shuffling gait or freezing of gait. In published, evidence-based research, researchers found that laser light visual cues could overcome freezing of gait and reduce falls for some individuals.

The project team will refine and test an existing laser unit prototype that can be mounted securely on a wide variety of assistive devices, such as canes and walkers. They will test their innovation with clients in a clinical setting with engineering and rehabilitation staff and ultimately seek to create a market-ready device for widespread dissemination.

RNAO FALLS FELLOWSHIP PROJECT

Reducing Falls with Improved Communications

Host Institution:
Baycrest Health Sciences

Falls are the predominant cause of injury for older Canadian adults, accounting for over 85 per cent of all injury-related hospitalizations. The purpose of this project was to translate patient-identified risk factors into collaborative interventions for patient-centred care plans that work to reduce falls.

With \$14,000 in CABHI funding, the Registered Nurses' Association of Ontario (RNAO) Falls Fellowship Project found that safety huddles and in-patient self-assessments can better identify patients at risk, inform the creation of patient-centred care plans and help engage patients in the falls care planning process. The patient falls self-assessment questionnaire was in addition to the standard Falls Risk Assessment Tool completed by the clinical staff for newly admitted patients. Almost all clinical team members (97.9%) reported that the falls risk self-assessment tool was moderately to very helpful in translating patient identified risk factors into individualized patient care plans. They also rated the use of safety huddles highly as an effective way to engage patients.

The project was conducted in select units of the Apotex Centre and In-Patient Rehabilitation Centre at Baycrest. The next step involves the development of a knowledge translation strategy to disseminate best practices throughout our SQLI network partners.



Toolkit for Assessing Balance and Mobility

TOOLKIT FOR ASSESSING BALANCE AND MOBILITY

An Affordable Balance Assessment Tool for Broader Patient Reach

Host Institution: Grand River Hospital

A team of bioengineers and doctors from the University of Waterloo and the Grand River Hospital at Freeport in Kitchener-Waterloo, Ontario has developed a balance assessment toolkit that costs under \$3,000. The team envisions expanding the reach of more accurate balance assessment to physicians, physiotherapists and other healthcare professionals in a wide range of healthcare settings.

Clinically assessing balance helps patients avoid injury and maintain independence, and is critical to care planning. However, patients living outside major centres are typically assessed with manually-timed tests and visual observation since "gold standard" assessment equipment costs over \$20,000, a fee that is out of reach for most primary care clinicians.

The innovation developed by the Affordable Balance Assessment Tool project team uses inexpensive wearable technologies to collect patient data using tablet software, providing test results and possible interventions to improve health in real-time. The data can also be reviewed later to look for further insights.

With an award of \$50,000 in project funding, the project team will test how well the tool performs among rehabilitation patients at the Grand River Hospital at Freeport to generate insights on usability with a view to commercializing the tool in the future.

AM-PAC™ TOOL

Measuring Rehabilitation Outcomes to Inform Care

Host Institution: Baycrest Health Sciences

The Activity Measure-Post Acute Care (AM-PAC™) tool is a short paper questionnaire that measures basic mobility, daily activities and applied cognitive ability. It has been validated in multiple clinical settings, including acute care. This project is evaluating its use among frail elderly adults in high and low-intensity rehabilitation programs at Baycrest.

Preliminary results from our pilot test showed that most participants in the high tolerance, short duration rehabilitation unit had improved function on discharge compared to admission. They also showed improved and sustained functional abilities one-month post-discharge.

To date, the tool is performing well overall. We will complete final analyses in the summer of 2017. In the future, we anticipate applying the tool to other rehabilitation settings and contexts, for example: triaging patients to the most appropriate rehabilitation units on admission; tailoring patients' needs to goals; predicting outcomes for discharge planning; helping to maximize patient potential while making efficient use of healthcare resources; and providing outcome information post-discharge. Future studies may also investigate a digital version.



ICCT

Connecting Care for Frail Older Adults

Host Institutions:

**North York General Hospital
and Baycrest Health Sciences**

The Integrated Community Care Team (ICCT) is a joint initiative of North York General Hospital, the Toronto Community Care Access Centre and Baycrest, created to combat the fragmented care that frail seniors with complex needs often receive and that often results in poor outcomes and unnecessary use of healthcare system resources.

The ICCT connects frail, older adults to an inter-professional team that includes registered nurses, a social worker, a physiotherapist, an occupational therapist, geriatricians, a nurse practitioner, family physicians with training in elderly care and care coordinators.

This project evaluated the service, processes and overall effectiveness of three different streams of care offered by the ICCT: (1) in-home consultation on specialty geriatric and nursing services; (2) shared-care, co-managed with patients' primary care physicians; and (3) primary care where ICCT assumes responsibility for primary care on a temporary or permanent basis. A variety of evaluations measured how these approaches better met the care needs of complex, frail patients living in the community and their caregivers, and of "solo" doctors trying to manage patients.

Preliminary results among over 250 patients show that the ICCT helps frail, older patients with increasingly complex healthcare needs to continue living at home. In addition to providing medical and emotional care and support, the ICCT approach reduces stress among caregivers and provides knowledge to help them manage patients' conditions. Solo community care physicians report they are also benefitting from ICCT support. We will report full results in the summer of 2017.

illuminAID

Designing Residential Lighting
to Prevent Falls

Host Institution:

Providence Health Care

Individuals with dementia often experience challenges with sensory input and interpreting the environment. They can take longer to adapt to sudden light changes and may experience an increased sensitivity to glare. Light and other visual disturbances can cause illusions and misperceptions that put them at a higher risk of falling.

Funded by an award of \$50,000, the illuminAID project team of academic design and residential seniors' care experts in Vancouver, British Columbia is designing a working prototype of an innovative lighting system that provides light where and when it is needed in various environments.

The project team will develop the lighting system and then test it in a residential care home setting to determine whether it helps decrease the number of falls and sleep disturbances at night. As a secondary outcome measure, they will also track the number of staff reporting an improved ability to do their job as the number of falls and sleep disturbances declines.

Once tested and validated, this prototype will be refined to increase resident autonomy and to provide lighting where and when it is needed.

Emergency Department Visit Reduction

VIRTUAL CARE IN TRANSITION

Helping People with Dementia Move to Long-Term Care

Host Institution: Baycrest Health Sciences

Virtual Care project builds on an existing Baycrest program, which uses video to help transition clients with dementia-related responsive behaviours to long-term care. The current program uses a secure, cloud-based platform that allows Baycrest to share vital patient care information through documents, photos, videos, and health records.

INTEGRATED CARE PATHWAY

Improving Care for Neuropsychiatric Symptoms of Dementia

Host Institution: Centre for Addiction and Mental Health

An integrated care pathway (ICP) is a new approach pioneered at the Centre for Addiction and Mental Health (CAMH) in Toronto, designed to ensure that a person with dementia who needs help sees the right people in the right order, at the right place, and at the right time throughout their treatment journey.

With \$50,000 in funding from CABHI, a project team from CAMH will adapt and implement an ICP to evaluate and treat people with Alzheimer's disease who are experiencing neuropsychiatric symptoms. These symptoms include aggression and agitation, anxiety, depression, hallucinations and delusions, and can affect up to 80% of patients with the disease. Aggression and agitation pose the greatest burden for patients, families, caregivers and the healthcare system.

The ICP takes an evidence-based approach to identify a team of professionals who coordinate a personalized care plan throughout the person's treatment journey. The project team is using their award to adapt and implement their ICP for people with Alzheimer's disease in a long-term care community with a future goal to create better clinical outcomes, more appropriate use of treatments, better patient experience, improvements to the healthcare system and fewer visits to the emergency department.

DEMENTIA OBSERVATION MOBILE APP

Improving Observation Reporting in Real-time

Host Institution: Toronto Rehabilitation Institute / University Health Network

Led by a geriatric psychiatrist/clinical researcher, a project team from the Toronto Rehabilitation Institute is using their Spark award of \$48,650 to accelerate the development of a mobile app that can track and assess responsive behaviours in people with dementia.

Most people with dementia will develop behavioural symptoms that are distressing and difficult for caregivers to manage. Over time, these behaviours can progress, putting people with dementia at risk of violence and falls that may require the use of physical restraints and antipsychotic medication. In addition to safety issues, these behaviours have a negative impact on dignity, independence and quality of life, and they increase the cost of care.

As it can be challenging for caregivers to remember and report specific episodes and possible triggers from memory alone, the project team developed a working prototype of a mobile device app called Dementia Observation (DObs). The app allows caregivers to record responsive behaviours in real-time, using a proven framework for direct observation. With more accurate data collection and an easy to read report, clinicians will be able to prescribe effective strategies to manage and avoid these behaviours without the use of medications. The team will advance their prototype to produce a working app that is ready for clinical research and test it in a clinical setting.

A photograph of a young woman with long dark hair and glasses, wearing a black blazer over a white top, and an older man with a beard and glasses, wearing a maroon blazer over a blue plaid shirt. They are both smiling at the camera. The background is a modern interior space.

FOSTERING A CULTURE OF INNOVATION



CABHI is a solution accelerator focused on driving innovation in the aging and brain health sector and a member of the Ontario Network of Entrepreneurs (ONE). As the first-ever partnership in aging and brain health, we are committed to supporting a culture of innovation to achieve our mission to accelerate the development, validation, commercialization, dissemination and adoption of innovative products, services and next practices in aging and brain health.

In 2016-17, we brought stakeholders together in new and unique ways to drive ideation, collaboration, dissemination and adoption of new products, processes and methodologies that can help older adults age safely in the setting of their choice while maintaining quality of life, and that have significant potential to stimulate the economy. The following is an overview of the outreach, knowledge dissemination, international business development and network partnership activities we championed in the last year, illustrating the scope of our outreach.

Aging@Home Design Sprint



Hacking Health Waterloo Hackathon

OUTREACH ACTIVITIES

AGING@HOME DESIGN SPRINT

Recognizing the rising number of seniors with dementia and the increasing challenges of meeting their needs, CABHI brought together a diverse group of stakeholders for a 2.5-day design sprint to drive collaboration in new and unique ways. Almost 100 people attended the event held at Centennial College in Toronto, Ontario in February 2017, including senior caregivers and providers, students in healthcare and technology programs, and leaders from healthcare system partners.

Our partners for this event were: Baycrest Health Services; Saint Elizabeth Health Care; the Ontario Telemedicine Network (OTN); and Centennial College's Wearable, Interactive and Mobile Technology Access Centres (WIMTACH), an academic-based accelerator dedicated to grassroots innovation in health technologies.

Participants were led through several engaging and interactive exercises that tested assumptions about aging and envisioned a future where technology could optimize the experience for adults living at home. After the sprint, 30 per cent of participants said they had applied the design tools and exercises to problems they faced and 20 per cent brought ideas generated at the sprint to their organizations for consideration.

Based on the best results from the sprint, Baycrest, Saint Elizabeth and OTN have proposed an integrated system solution aimed at creating a responsive, dementia-friendly community. Plans are underway to recruit other system partners and to submit a proposal for funding.

HACKING HEALTH WATERLOO HACKATHON

Overcoming Isolation and Preventing Mental Health Decline in Older Adults

CABHI proudly sponsored the Hacking Health Waterloo Hackathon held on November 18-20, 2016 at the Kitchener, Ontario City Hall. Sixteen teams of participants, comprised of clinicians, technologists, students, researchers, hackers and innovators, came together to create and accelerate solutions in aging and brain health within a 52-hour innovation sprint.

In addition to pitching new and innovative ideas, teams also created robust presentations that included workable hardware prototypes, business models, pricing, user profiles, and workable websites and apps.



Hacking Health Waterloo Hackathon

Nearly all the teams pitched ideas at the end of the Hackathon to compete for prizes that included cash, software and a CABHI innovation workshop to help the winning team advance their idea to the next level. Leading experts from diverse fields, including the seniors' care sector, computer services, financial investment and product engineering, served as judges.

Team Genesis was the winner of the competition for the development of a web-based platform solution that connects service seekers to providers through an online marketplace. Their solution serves a dual purpose of promoting aging at home and building community connections in the aging and brain health sector.

MOBILE INNOVATION CART

Point-of-care staff at hospitals and long-term care centres, and the older adults they care for, are in an ideal position to provide valuable insights for innovations. However, it can be very challenging to interrupt busy workflows and to transfer older adults to workshop spaces to attend design-thinking ideation sessions.

The Mobile Innovation Cart is a moveable lab that brings design-thinking tools to these subject matter experts at the point of care. CABHI challenged design students at OCAD University to create a mobile cart that contains tools for ideation such as whiteboards, sketch pads, writing tools and simple blocks and other manipulatives for brainstorming solution scenarios.

The Mobile Innovation Cart design was finalized in December 2016. We have hired a designer to build a prototype cart that will be trialed on the floor at Baycrest.

SENIORS' ADVISORY PANEL

A strong culture of innovation takes the end-users' lived experience into account. In 2016-17, we established the Seniors' Advisory Panel with six extraordinary seniors. They provided important input into project selection, design sprints and the creation of a video on the future of aging. They also provided feedback to students on the design of the mobile innovation cart prototype and participated in panels on the user experience. We plan to double the size of this group and include participants from across Canada by introducing a virtual forum.



KNOWLEDGE DISSEMINATION

For stakeholders to have the opportunity to adopt aging and brain health issues and solutions, they must first be aware of the possibilities.

To promote the awareness of new innovations, CABHI delivered: 54 public lectures, oral or poster presentations; 29 workshops, lectures, train-the-trainer or telemedicine events; 53 learning modules, such as eLearning modules, manuals and workbooks; and 13 display booths at conferences or tradeshows throughout 2016-17.

- On December 6-8, 2016, we were proud to be a sponsor for the SharpBrains Virtual Summit. The focus of this year's conference was "Reinventing Brain Health in the Digital Age." More than 30 of the world's top scientists, innovators and experts presented how they are working on ways to improve brain health in light of emerging science, technology, needs and market demand. Our Vice President Innovation and Chief Technical Officer, Ron Riesenbach, shared CABHI's vision and program news and learned more about how brain health is being reinvented in the digital age from other speakers from



OLTCA Conference

around the world. The convenient virtual conference was attended by 228 participants in 16 countries. Participants posed questions to experts and benefitted from answers in real-time.

- On November 23-25, 2016, CABHI participated in the Ontario Long Term Care Association's annual This is Long Term Care Conference (This is LTC) as a Strategic Alliance Partner. CABHI sponsored the 3rd Annual Innovators' Den, where five companies showcased their product or service to a panel of "dragons" to prove that their innovations had potential to improve quality, care, operations or efficiencies in seniors' care. The panel was moderated by Candice Chartier, CEO, Ontario Long Term Care Association and the "dragons" on the panel were: Bianca Stern, Executive Director, Health Innovations, CABHI; Brent Gingerich, Owner/CEO, peopleCare; Darryl Jam, VP, Controller, Schlegel Villages; David Jarlette, President, Jarlette Health Services; and John Scotland, CEO of the Steeves & Rozema Group. The winner will enjoy a complimentary booth at This is LTC 2017.

INTERNATIONAL BUSINESS DEVELOPMENT

CABHI is actively developing national and international partnerships with organizations that are aligned with the World Health Organization's global dementia strategy, to amplify Canada's role in shaping the evolution and care of seniors living with dementia around the world. We are focusing initially on select countries facing similar dementia-care challenges and with partners within these countries that have the potential to have a significant impact on care for our senior population, and generate economic growth for Ontario and Canada.

Israel Innovation Authority

A special collaboration between lead partner Baycrest Health Sciences, CABHI, and the Israel Innovation Authority was announced in May 2016. This multi-year partnership agreement will bring Israeli innovations in seniors' care to Baycrest and CABHI affiliated organizations.

A new CABHI program, the Solutions Validation (SV) program, will connect Israeli innovators with North American seniors' care organizations to test, validate and commercially disseminate their brain health technologies in the North American marketplace. Both our partners and the seniors we serve will benefit from the opportunity to access expertly selected solutions, evaluate their effectiveness, and adopt and implement them as soon as possible. The Israel Innovation Authority, long recognized for its excellence in technology innovation, will gain access to a larger group of seniors to validate promising ideas or to adopt them upon commercialization.

Following our first call for innovation, we received six expressions of interest from Israeli companies, of which four were invited to submit full applications. Funding for one project will be announced in 2017. The Baycrest Foundation is currently fundraising for a second project and plans to support up to two projects per year for four years.

NETWORK PARTNER COLLABORATIONS

We are grateful to be working with network partners who have dedicated resources, infrastructure and expertise to help us develop new solutions, test them in real-world settings and disseminate knowledge and best practices.

SENIORS QUALITY LEAP INITIATIVE (SQLI)

Innovation accelerators are emerging in many sectors; however, a key differentiator in the development of CABHI was its focus on the seniors' sector, building upon the existing partnership with the members of the SQLI.

A unique collaboration of 12 leading North American senior sector organizations, SQLI members believe that the best care for clients and support for families will come from widespread adoption of the best evidence-based solutions and the ongoing search for innovative next practices. SQLI provides a testing ground for innovative products and services in various provinces across Canada and hotbed regions for innovation in the US. Members provide their unique expertise to enable evaluation, dissemination and adoption of new care practices, while designing and beta-testing emerging technologies that support seniors' well-being in real-world care settings.

As SQLI's focus continues towards greater consistency and broader adoption of approaches that enhance the quality of care and quality of life for seniors, there is tremendous value in working with CABHI. CABHI will be a source of novel solutions, and together with SQLI/industry partners, will develop, test and drive the adoption of innovative models of service delivery and the application of emerging technologies to support exceptional senior care in congregate and individual family residential settings.

To date, 7 of the 12 SQLI members are active participants as pilot test sites for CABHI's Industry Innovation Partnership Program. SQLI members are actively engaged in shaping and informing CABHI's programs and activities related

to building a culture of innovation, innovation testing, and knowledge dissemination.

In 2016, SQLI members participated in surveys and focus groups to inform design specifications for a virtual learning platform to that will provide an innovative approach to disseminating knowledge to point of care providers, in a manner that will support better uptake and real-time engagement with peers. Until the platform is developed, CABHI established a tele-rounds portal with three SQLI test partners with the intention to expand in 2017-18. This year, 50 SQLI participants also took part in two design thinking workshops facilitated by CABHI focused on social innovation. The workshop generated new and innovative ideas for social integration of residents in long-term care settings.

ONTARIO LONG TERM CARE ASSOCIATION (OLTCA)

During 2016-17, CABHI was selected as a Strategic Alliance Partner to the OLTCA, an organization that represents over 400 long-term care homes across Ontario. In addition to CABHI participating in the OLTCA's This is LTC Conference in November 2016, leaders of both organizations met to pinpoint future opportunities for collaboration such as the OLTCA's Together We Care Annual Convention and Trade Show that takes place every spring. Also, CABHI and OLTCA explored ways to work together to learn more about digital learning models, and designing and pilot testing innovations. In future years, we anticipate learning more about the areas of need within OLTCA's senior population, which will serve as an input to our strategic pillars of funding categories for innovation programs.

SAINT ELIZABETH HEALTH CARE

Saint Elizabeth Health Care is a not-for-profit company that brings healthcare services, including senior living services, to people across Canada. Saint Elizabeth participated in the working group that coordinated our Aging@Home Design Sprint in February 2016 and we are excited to have them on board as a site interested in pilot testing innovations. We are currently collaborating on a proposal for a dementia innovation as well as developing the "Pilot in a Box" Toolkit.

ONTARIO TELEMEDICINE NETWORK (OTN)

OTN is an independent, not-for-profit organization funded by the Government of Ontario working to deliver care to more patients through innovative telemedicine solutions that bridge the distance of time and geography. OTN is constantly seeking the latest innovations that deliver on its mandate. CABHI collaborates with OTN on projects that involve validation testing of telemedicine technology. CABHI's community outreach teams have been working with OTN to integrate telemedicine into a number of projects. OTN also worked with us on the Aging@Home Design Sprint in February and is a collaborator together with CABHI working on the development of design specifications for a virtual learning platform to support knowledge dissemination on validation testing to all SQLI partners in the future.

AGE-WELL

AGE-WELL (Aging Gracefully across Environments using Technology to Support Wellness, Engagement and Long Life NCE Inc.) is a Canadian network of researchers and industry, government and non-profit partners dedicated to the creation of technologies and services that benefit older adults and caregivers. CABHI is partnering with AGE-WELL to facilitate the intake of innovations developed under their research programs. In 2016-17, CABHI recruited two Post-Doctoral researchers from AGE-WELL to assist with literature reviews and discussion papers on aging at home and consult on innovation projects. The researchers provided input on the development a map of all research and innovation centres across Canada. One researcher recruited members of our Seniors' Advisory Panel to inform a study on the use of senior advisors in innovation activities and another is currently consulting on a falls injury reduction project. CABHI's Executive Director of Health Innovations Bianca Stern participated in a study by one of the researchers on networks in innovation ecosystems.

AGING2.0

CABHI is Senior Care Provider Alliance Partner of Aging2.0, an international, interdisciplinary innovation community of leading seniors' care organizations and technology companies. As an Alliance Partner, CABHI participates in the Alliance Roundtable working group that helps define the programming and content surrounding Aging2.0's "Grand Challenges" for the future. Further, this partnership allows us to take advantage of opportunities to promote our programs and collaborate on innovations to improve the lives of older adults around the world through a variety of initiatives such as pitch events and conferences.

LEADING AGE

As stated on their website, Leading Age is a Washington, DC-based association of community-based, nonprofit organizations dedicated to making America a better place to grow old. Within Leading Age is CAST, the Centre for Aging Services Technologies, which is leading the charge to expedite the development, evaluation, and adoption of technologies that improve the aging experience. This mandate closely aligns with that of CABHI, and preliminary discussions are underway to determine opportunities for closer collaboration around such. CABHI is proud the Leading Age CEO, Katie Smith Sloan, has agreed to become an inaugural member of its new Board of Directors, a strong show of support for the work we are seeking to undertake in the aging and brain health innovation space.

OCAD U

CABHI and Baycrest have had a longstanding professional relationship with OCAD U, the largest and most comprehensive art, design and media university in Canada. OCAD U's programs and research bridge fields of digital media and design, sustainability, health and wellness, cultural diversity and indigenous cultures. This year CABHI has negotiated a new partnership with OCAD U that makes use of their Business Innovation Studio, allowing CABHI to tap into the diversity of OCAD U's design capabilities. This partnership will leverage the expertise of faculty and researchers from Strategic Foresight and Innovation, Digital Futures, User Interface (UI), User Experience (UX), Industrial and Inclusive Design.

REGIONAL INNOVATION CENTERS

The CABHI Innovation Office works in partnership with selected regional innovation centers (RIC) to broker relationships, resources and other opportunities for innovators whose projects enter the CABHI innovation pipeline. Venture Lab, Markham's RIC, has provided education and mentoring capabilities including help in developing business models, managing intellectual property, and brokering key partnerships. Moreover, working with MaRS Discovery's knowledge forums, panels, and workshops have offered innovators excellent networking opportunities.

ONTARIO NETWORK OF ENTREPRENEURS (ONE)

ONE is an organization committed to supporting entrepreneurs starting, growing or financing new business ventures. ONE supports individuals by providing a host of resources, including business support, online tools and connections with mentors and peers such that entrepreneurs have the best chance of success throughout their start-up journey. They provide critical support for new and aspiring entrepreneurs, including those leading CABHI projects who often are experts in their areas of focus, but require support to take their ideas and turn them into a business. The resources provided by ONE can also support companies who receive funding from CABHI programs such as I²P² or RCP², by offering Business Advisors to assist with developing business plans and financing options for optimal success.

FINANCIAL REPORT

SOURCE OF FUNDS	
Cash Contributions	
Public Health Agency of Canada	\$6,000,000
Ministry of Research, Innovation & Science	\$4,700,000
Other Funding	\$1,346
Total	\$10,701,346
In-Kind Contributions	
Baycrest Health Sciences	\$1,200,000
Industry & Other Partner Contributions	\$1,750,000
Baycrest Foundation	\$2,200,000
Total	\$5,150,000
TOTAL CABHI SOURCE OF FUNDS	\$15,851,346

USE OF FUNDS	
Operations	
Core Operations	\$4,624,419
Industry Partner Projects	\$757,117
Strategic Projects	\$1,775,696
Knowledge Mobilization Projects	\$504,031
Spark Program	\$1,459,435
Equipment	\$1,580,648
Total	\$10,701,346
Indirect Support & In-Kind	
Rent & Facilities	\$1,200,000
Industry & Other Partner Projects	\$1,750,000
Brain Health Foundations Program	\$2,200,000
Total	\$5,150,000
TOTAL CABHI USE OF FUNDS	\$15,851,346

OUR COMMITTEES

We wish to thank our committee members for their commitment and dedication to advancing CABHI's mandate. Their experience and expertise guide our strategic direction and support the achievement of our mission and vision.

STEERING COMMITTEE

William Reichman
President and Chief Executive Officer

Joni Kent
Executive Vice-President, Corporate Services & Chief Human Resources Officer

Brian Mackie
Vice-President, Finance & Chief Financial Officer

Randy McIntosh
Vice-President, Research & Director Rotman Research Institute

Ron Riesenbach
Vice-President, Innovation & Chief Technology Officer

Raymond King
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Bianca Stern
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CABHI COMMITTEE OF THE BAYCREST BOARD

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President and CEO, Saint Elizabeth

Katie Smith Sloan
President and CEO, LeadingAge

Andrew Szende
Founding CEO, Electronic Child Health Network

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(observer)
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INNOVATION ADVISORY COUNCIL

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Murali Doraiswamy (Co-Chair)
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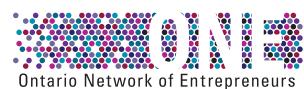
SENIORS ADVISORY PANEL

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Ian Goldman
Ruth Cymerman
Toby Belkin
Walter Seaton
Deborah Bernstein
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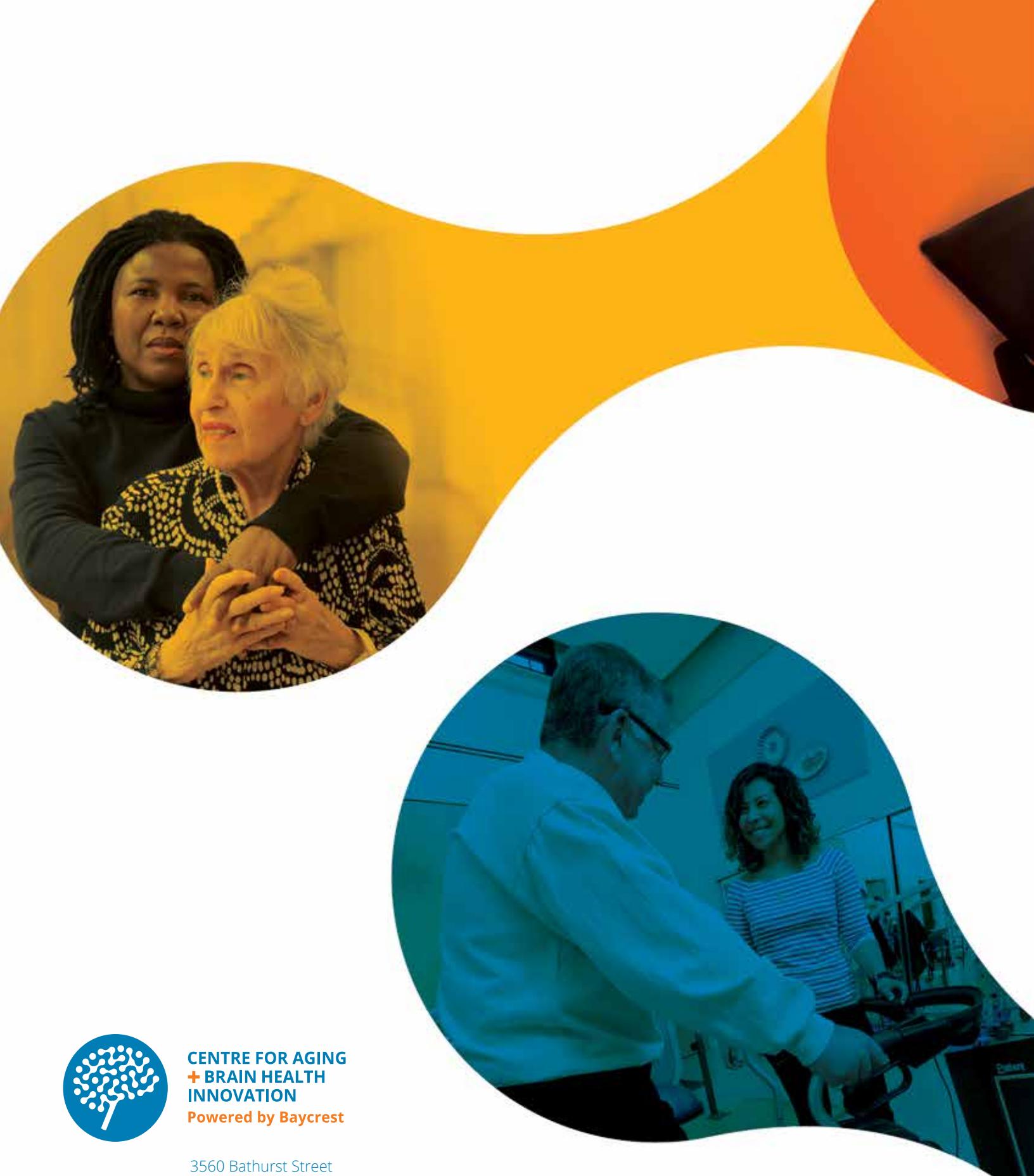
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The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada.

The Ontario Network of Entrepreneurs (ONE) is funded by the Government of Ontario. For more information visit ONEbusiness.ca. The views expressed herein are the view of The Canadian Centre for Aging + Brain Health Innovation and do not necessarily reflect those of the Government of Ontario.



**CENTRE FOR AGING
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