



Become an Affiliated Researcher

Centre of Excellence for Healthy Aging (CEHA) at CBU

[Cape Breton University's Centre of Excellence for Healthy Aging \(CEHA\)](#) is a collaborative research initiative to advance research in healthy aging and inform evidence-based healthy practices for rural, semi-rural, post-industrial, and Indigenous communities across Nova Scotia, Canada and around the world. The CEHA is funded by Research Nova Scotia, Nova Scotia Department of Health and Wellness, Nova Scotia Health and with a contribution from Dr. Kenneth Rockwood's 2021 Ryman Prize.

Grounded in the Island communities, engaging health professionals, patients and their families, the Centre catalyzes research and health innovation that investigate ways both to encourage healthy aging and to promote whole-patient care for older adults, ensuring improved health outcomes for people living with frailty and/or dementia.

Through health research and innovative initiatives, the Centre's vision is to improve the quality of life of Nova Scotians as they age.

Dr. Kenneth Rockwood, MD, FRCPC, FRCP, FCAHS is Special Counsel on Frailty and Dementia reporting to President Dingwall. Dr. Rockwood, a world leader in the study of frailty and dementia, is Professor of Medicine (Geriatric Medicine & Neurology) and the Kathryn Allen Weldon Professor of Alzheimer Research at Dalhousie University. Dr. Rockwood, recipient of [the 2021 Ryman Prize](#), is contributing a portion of the Ryman prize money to advance this research program at CBU and promote whole-patient care for people living with frailty and/or dementia. Dr. Rockwood will work with the Centre as an advisor and help CBU and our researchers build capacity to engage in local, national, and international health and clinical research that promotes whole-patient care for people living with frailty and/or dementia.

The Centre is inviting CBU faculty and researchers to express their interest to join the Centre of Excellence for Healthy Aging as its inaugural affiliated researchers.

- With the assistance of the Office of Research & Graduate Studies (ORGS), the affiliated researchers will work collaboratively and with strategic partners to identify needs and priorities that align with the CEHA's goals and research focus areas.
- They will be invited to connect and/or join other projects and networks related to frail care, long-term care, and healthy aging research and training.

- Building on the university's expertise in community-based research and practice, population health, rural health, and Indigenous health research, the affiliated researchers with their teams will advance and build capacity in research related to healthy aging, dementia and frailty care.
- Affiliated researchers will contribute to the CEHA's growth by helping to shape its future directions.

CEHA's Goals and Focus Areas:

ADVANCE RESEARCH IN HEALTHY AGING – CONTRIBUTE TO BETTER UNDERSTANDING OF FRAILTY AND DECLINE

FOCUS AREA I. The Centre will engage in applied research that aims to prevent dementia and address decline among the aging and identify and implement alternatives to the growing need for long-term care capacity to support older Nova Scotians.

DEVELOP INNOVATIVE APPROACHES TO DEMENTIA CARE AND NON-TRADITIONAL INTERVENTIONS TO REDUCE RISKS, PREVENT AND/OR TREAT DEMENTIA

FOCUS AREA II. CEHA research will include the assessment of dementia prevention interventions focused on physical activity, social interaction, and health guidance.

ADVANCE EVIDENCE-BASED, CULTURALLY SAFE, WHOLISTIC ROUTINES OF IMPROVED CARE FOR OLDER PATIENTS

FOCUS AREA III. CEHA will include studies that demonstrate the positive impact that improved, more holistic routines of care for patients can have on their recovery and vitality.

IMPROVE HEALTH OUTCOMES OF AGING ADULTS

FOCUS AREA IV. Through health policy and geriatrics research CEHA will identify organizational and system changes that could be implemented to realize improved health outcomes for aging patients with complex needs.

ADVANCE INTERACTIONS BETWEEN RESEARCHERS AND KNOWLEDGE USERS TO HELP TURN RESEARCH INTO INNOVATIVE CARE FOR HEALTHY AGING

FOCUS AREA V. CEHA will collaborate with other Centres, researchers, and community partners to collectively support health research.

Submit your expression of interest (EOI):

There is no deadline to submit your EOI to become an affiliated researcher with the CEHA; please complete the form following the link below or email your submission to the Office of Research and Graduate Studies (ORGS) at research@cbu.ca.

While the intake of the submissions is ongoing, by forwarding your expression of interest to us early, you will have an opportunity to participate in the introductory “lunch-and-learn” meetings hosted by the CEHA.

The first meeting at the Centre is planned for **later this summer** (date TBD). All researchers expressing their interest to become affiliated researchers with the Centre before that date will receive an invitation to the welcome meeting. Apply soon!

CEHA Affiliated Research Form:

Please compile the following details and submit through Microsoft Forms:

[LINK to SUBMIT YOUR EOI](https://forms.office.com/r/u5f2dvti8C) - <https://forms.office.com/r/u5f2dvti8C>

First Name:
Last Name:
Institution:
Department:
Title:
Email Address:
Research Interests (up to 10 keywords):
Bio (Up to 100 words. This short bio may be used for future profiles on the Centre’s website):
Alignment with CEHA's Focus Areas: Please include a brief description of how your research interests align with the CEHA’s focus area(s) (up to 250 words):

Contact Information:

For any questions or for informal discussion on potential projects, please contact research@cbu.ca. More information about the Centre, including current and proposed projects can be found at <https://www.cbu.ca/research/healthyaging/>.