



UNIVERSITY OF REGINA

N E W S R E L E A S E

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U OF R SENIORS EDUCATION CENTRE HEADS UP SASKATCHEWAN PORTION OF CANADA-WIDE SENIORS STUDY

Improving the quality of life of seniors is not only the title, but is also the goal of a Canada-wide research project being done in eight centres across the country. The University of Regina Seniors Education Centre is managing the project in Saskatchewan.

The research project, funded by Health Canada, is examining factors that promote health and happiness among people 55 years of age and older.

Information for the project is being collected through interviews with people aged 55 and over in the Regina area. Participants are asked about factors that enhance older adults' quality of life and factors that detract from it. The two researchers are interviewing older adults from a variety of socioeconomic circumstances and age ranges.

A 10-person advisory committee composed of seniors and representatives of groups working with seniors is providing direction for the project.

Advisory committee chair Beth Smith of Regina, a retired teacher, said there is a great importance for the project to interview seniors of all ages.

"There's as great an age span between 55 years old and 90 as there is between 25 years old and 55," Smith said.

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SENIORS SURVEY . . . 2

The project will focus on as many of the factors that contribute to quality of life as possible, Smith said. ““Quality of life results from a complex interplay of social, economic, personal and health-related factors. Through individual interviews information is being gathered that will be useful in identifying these factors and exploring their interrelationships.”

Some of the seniors being interviewed in Regina have been suggested by the 10-member project advisory committee, others are referred by those being interviewed.

Any senior interested in taking part in the project can contact:

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For further information on the Canada-wide project there is a website to visit. The address is: <http://www.utoronto.ca/seniors>