

# What matters most for seniors' health in Alberta?

The AHS Seniors Health Strategic Clinical Network™ brought together patients, caregivers, and clinicians on equal footing to shape the health research agenda.

Working with our partners and guided by our steering group, we identified and prioritized the questions about seniors' health and healthcare that seniors, caregivers, and health/social care providers most want future research to answer.

## The Process:



### Gathering the questions:

**670** people provided over  
**3000** survey responses  
**97** summary questions were identified and found to be unanswered by current evidence



### Reviewing common trends:

**232** people then took part in a second survey to review the summary questions and select the questions they saw as being most important  
**22** questions were shortlisted as greatest priority



### Final prioritization:

**22** participants discussed and ranked the shortlisted questions. The result is a "Top 10" list of questions for future research to address.



Seniors Health  
Strategic Clinical  
Network™



# The Top 10 Questions



1. What strategies best allow older adults to remain independent for as long as possible?



2. In what ways can the healthcare system become more proactive, instead of reactive, in addressing and encouraging prevention of disease/disability?



3. In what ways can healthcare service accessibility for older adults living in a rural community be improved?



4. How can geriatric-related knowledge among healthcare providers be improved and applied when caring for older adults?



5. What are the optimal ways to ensure healthcare providers take into consideration the goals and wishes of the older adult during care/treatment?



6. What can be done to increase availability of dementia-related care and services for older adults?



7. What interventions and programs best enable older adults to more easily navigate the healthcare system?



8. What are the most effective programs and services which can be provided to caregivers to combat burnout and stress when caring for older adults?



9. What is the most effective strategy to ensure an optimal transition between care settings for older adults?



10. How can healthcare encounters be restructured to allow older adults sufficient time with providers to discuss complex concerns in one appointment?



**Help drive research forward in these priority areas.** Promote the top 10 list by encouraging research in these areas. You can also participate in and conduct research to generate evidence on one of the top 10 questions. For more information, contact [seniorshealth.scn@ahs.ca](mailto:seniorshealth.scn@ahs.ca).

