



## Research Chair Named to Lead the First Centre of Excellence in Frailty-Informed Care™.

*Annie Robitaille, Ph.D., named first Chair of the Centre of Excellence at The Perley and Rideau Veterans' Health Centre*

Tuesday, February 4, 2020 – Ottawa, Ontario

The Perley and Rideau Veterans' Health Centre, one of Ontario's largest and most progressive long-term care homes, has named Annie Robitaille, Ph.D., Research Chair of the first Centre of Excellence in Frailty-Informed Care™.

Dr. Robitaille, Assistant Professor in the Interdisciplinary School of Health Sciences at the University of Ottawa, has dedicated her career to researching a broad spectrum of issues related to the aging process. During the past decade, Dr. Robitaille's research initiatives ranged from the study of long-term care to responsive behaviours and social isolation of older adults living with frailty. Her breadth of experience supports the mission of the Centre of Excellence by fostering innovations in the provision of care and sharing practical research.

“With Dr. Robitaille's guidance, the Centre of Excellence in Frailty-Informed Care™ will help develop and implement effective solutions to current and emerging serious challenges facing the health care system and society in general,” says Akos Hoffer, CEO, The Perley and Rideau Veterans' Health Centre.

“By leveraging the size of the Perley Rideau, our unique expertise and history of innovating, the Centre of Excellence will advance relevant – and useful - knowledge to effectively care for the rapidly growing population of frail older adults while benefitting their families and caregivers.”

A graduate of the University of Ottawa's School of Psychology, Dr. Robitaille completed her postdoctoral research in the Department of Psychology and Centre on Aging at the University of Victoria and the Integrative Analysis of Longitudinal Studies on Aging and Dementia (IALSA) research network. She returned to the Capital Region to serve as a postdoctoral Research Associate with the Centre for Learning, Research and Innovation in Long-Term Care at the Bruyère Research Institute and the Interdisciplinary School of Health Sciences at the University of Ottawa.

“So many people living in homes like the Perley Rideau are frail. We need to change that,” says Dr. Robitaille.



“Building on well-established links to the University of Ottawa and reaching out to researchers and other partners and stakeholders, the Centre of Excellence will generate meaningful and actionable outcomes to improve the quality of life of older adults living with frailty.”

Currently, Dr. Robitaille’s research focuses on supporting caregivers while reducing social isolation of older adults living with frailty across the continuum of care.

### Research Interests

- Aging
- Frailty
- Dementia
- Caregivers of people with dementia
- Lifespan development
- Long-term care
- Research methods for longitudinal studies

### Quick facts

- The population of Canadians 85 years of age and older is growing approximately four times faster than the general population; by 2051, it will include approximately 2.7 million Canadians, or 5.7% of the national population.
- About 50% of those aged 85 and older are medically frail.
- According to the Canadian Frailty Network (CFN), “No care setting in Canada currently identifies and assesses frailty as standard clinical practice.”
- The Perley Rideau Foundation, supported by generous donors, funds the position of the Research Chair.

### Frailty Defined

Frailty reduces a person’s physical reserve and can result in loss of function. This affects a person’s ability to recover from illness. Frailty-informed care is healthcare that is based on a comprehensive and inclusive assessment of a person’s strengths, weaknesses, values and preferences. Frailty-informed care focuses on maximizing quality of life. The healthcare system primarily aims to extend life by curing diseases, treating conditions and fixing injuries. For frail individuals, however, healthcare interventions often risk significantly diminishing quality of life. Frailty-informed care takes into account an intervention’s impact on quality of life and helps frail individuals and their families make informed decisions about care and treatment. Frailty-informed care involves an effective, ongoing partnership between a person, and their family, healthcare professionals and care providers. Together, the partners consider the frail person’s wishes and strengths and determine how best to maximize their quality of life, and their ability to experience life’s pleasures.



## About the Perley Rideau

The Perley Rideau's facilities, expertise, programs and population make it the ideal host for a Centre of Excellence in Frailty- Informed Care. One of Ontario's largest and most innovative long-term care homes, the Perley Rideau occupies a 25-acre campus adjacent to The Ottawa Hospital. Along with 450 long-term care beds, the campus also includes 139 independent-living apartments (the Seniors' Village), and delivers a growing number of clinical, therapeutic and recreational services. The Perley Rideau has earned a reputation for providing top-quality care and earned Accreditation Canada's top designation – Exemplary Status – in 2018 following a comprehensive review. Many programs and initiatives underway at the Perley Rideau support one or more of the Centre of Excellence three-part model (Research, Educate, Care).

*Together, we improve the well-being of the people we serve.*



### Perley Rideau

The Perley and Rideau  
Veterans' Health Centre

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