



Canadian Mental  
Health Association  
Ontario  
*Mental health for all*

Association canadienne  
pour la santé mentale  
Ontario  
*La santé mentale pour tous*

# OLDER ADULTS LIVING LIFE TO THE FULL

AN ONTARIO PILOT PROJECT



This project is funded by the Ontario Ministry of Health and  
Long-Term Care through the Healthy Communities Fund.

Visit **LLTTF.CA**

## THE NEWS IS IN

# MENTAL HEALTH SERVICES FOR OLDER ADULTS IS A PROVINCIAL PRIORITY

By 2041 Ontario's population  
of older adults aged 65+  
will nearly double.



**2013**  
2.1 million  
15.2% of  
population



**2041**  
4.5 million  
25.5% of  
population

UP  
TO **30%**

of Ontarians aged 65+ experience  
mental health challenges.

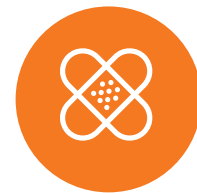
## WHY IS THIS RATE SO HIGH FOR OLDER ADULTS?



Loss of family  
and friends



Loneliness



Caregiving  
challenges



Social  
isolation



Physical and chronic  
health issues



Transition to  
retirement

## PILOTING A NEW SOLUTION

# "LIVING LIFE TO THE FULL" COURSE



8 weeks



12 hours



Group-based



A fun and  
interactive  
course



Based on cognitive  
behaviour  
therapy (CBT)  
principles



Developed by  
Dr. Chris Williams,  
UK psychiatrist

Learn more at **LLTTF.CA**

The Canadian Mental Health Association,  
BC Division, holds the exclusive  
Canadian license to Living Life to the Full.



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British Columbia  
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PART 2

# PILOT TIMELINE



## TIMELINE

# BRINGING THE “LIVING LIFE TO THE FULL” PILOT TO LIFE



In 2014, the Canadian Mental Health Association (CMHA) set out to introduce and evaluate the Living Life to the Full course with older adults (50+) in community centres across Ontario. This is how it happened.

### JANUARY 2014

The Living Life to the Full team was assembled.



### FEBRUARY 2014

#### CMHA FACILITATORS HAVE DIVERSE BACKGROUNDS

Social Workers  
Occupational Therapists  
Nurses

All had mental health  
and facilitation  
knowledge.

**2 COURSES**  
delivered by each  
facilitator



16 Living Life to the Full facilitators from local CMHA branches were recruited, and attended a 2-day training workshop.

Partnerships with 16 older adult centres across Ontario were established to host the course.

IN PARTNERSHIP WITH

**OACAO**

The Voice of Older Adult Centres  
La voix des centres pour aînés



All research assistants attended a 2-day training taught by the Centre for Community Based Research.



Each research assistant recruited research participants.



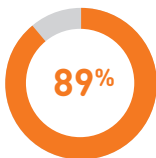
Each research assistant coordinated local data collection throughout the pilot.

14 older adult community members were hired as peer research assistants.

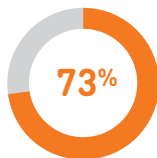
Older adults (50+) self-referred to the Living Life to the Full course advertised at local community centres.

375

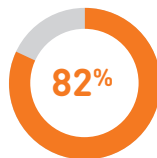
older adults enrolled in the course. Of those registered, 222 participated in the research study.



Female



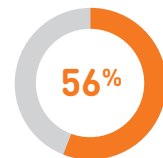
Between 65 and 84 years old



Retired

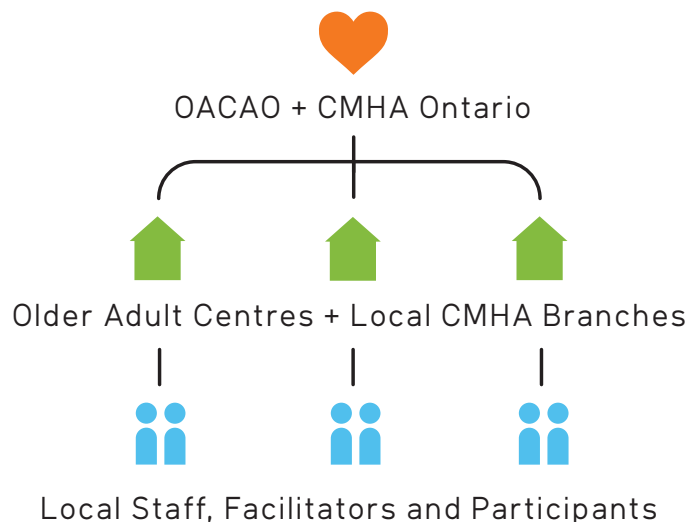


University educated or higher



Single, divorced, or widowed

APRIL-OCTOBER 2014



30 Living Life to the Full courses were held with 375 participants, representing successful examples of provincial and local partnerships.

NOVEMBER 2014-MARCH 2015

Research results were analyzed and shared across the province via publications, research posters, webinars and conferences.



PART 3

# RESULTS OF THE STUDY





# RESULTS

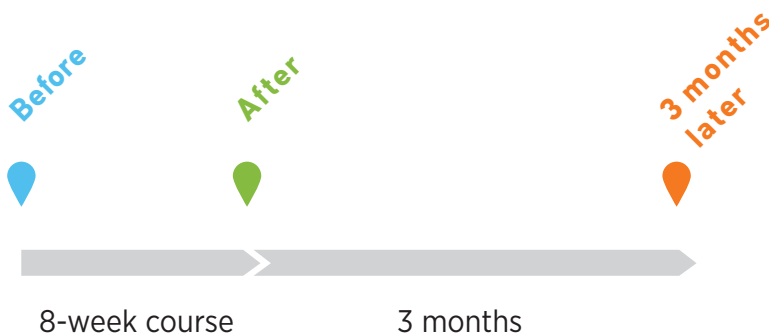
## POSITIVE IMPACTS ON OLDER ADULT MENTAL HEALTH

This pilot was evaluated in partnership with Dr. Nasreen Khatri (Rotman Research Institute at Baycrest) and Dr. Michaela Hynie (York Institute for Health Research). Local peer research assistants gathered information from the older adult Living Life to the Full participants at three points during the pilot.

Baycrest

YORK  
UNIVERSITÉ  
UNIVERSITY

### MEASUREMENT

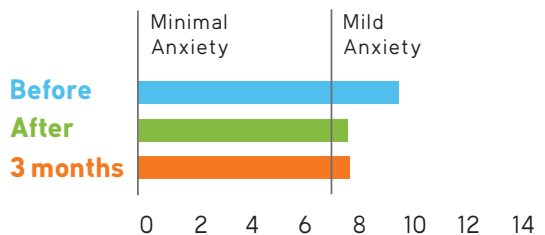


Measures of mood, anxiety, quality of life and overall well-being were collected before the course, after the course, and three months later.

### CLINICAL FINDINGS

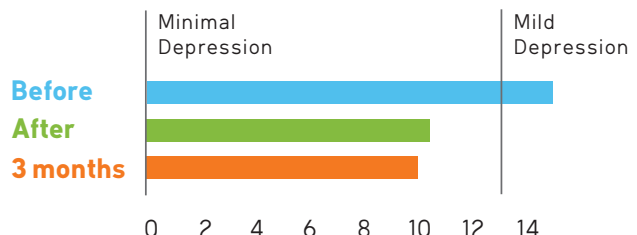
#### Improved Anxiety Levels

##### BECK ANXIETY INVENTORY



#### Improved Mood

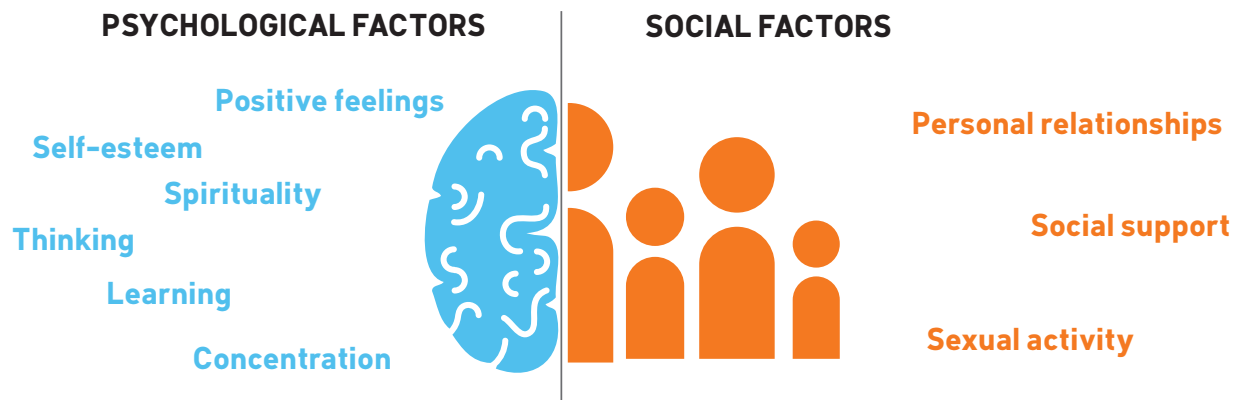
##### BECK DEPRESSION INVENTORY



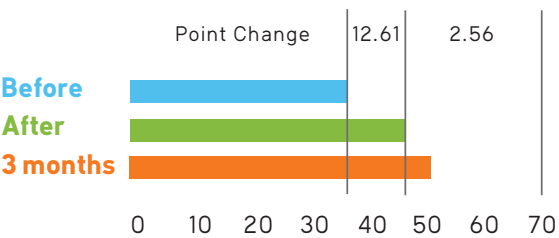
\* Participants experienced reduced symptoms of anxiety and depression.

# Enhanced Quality of Life

Participants reported improvements in psychological and social factors as measured through the **WHO QUALITY OF LIFE-BREF SCALE**

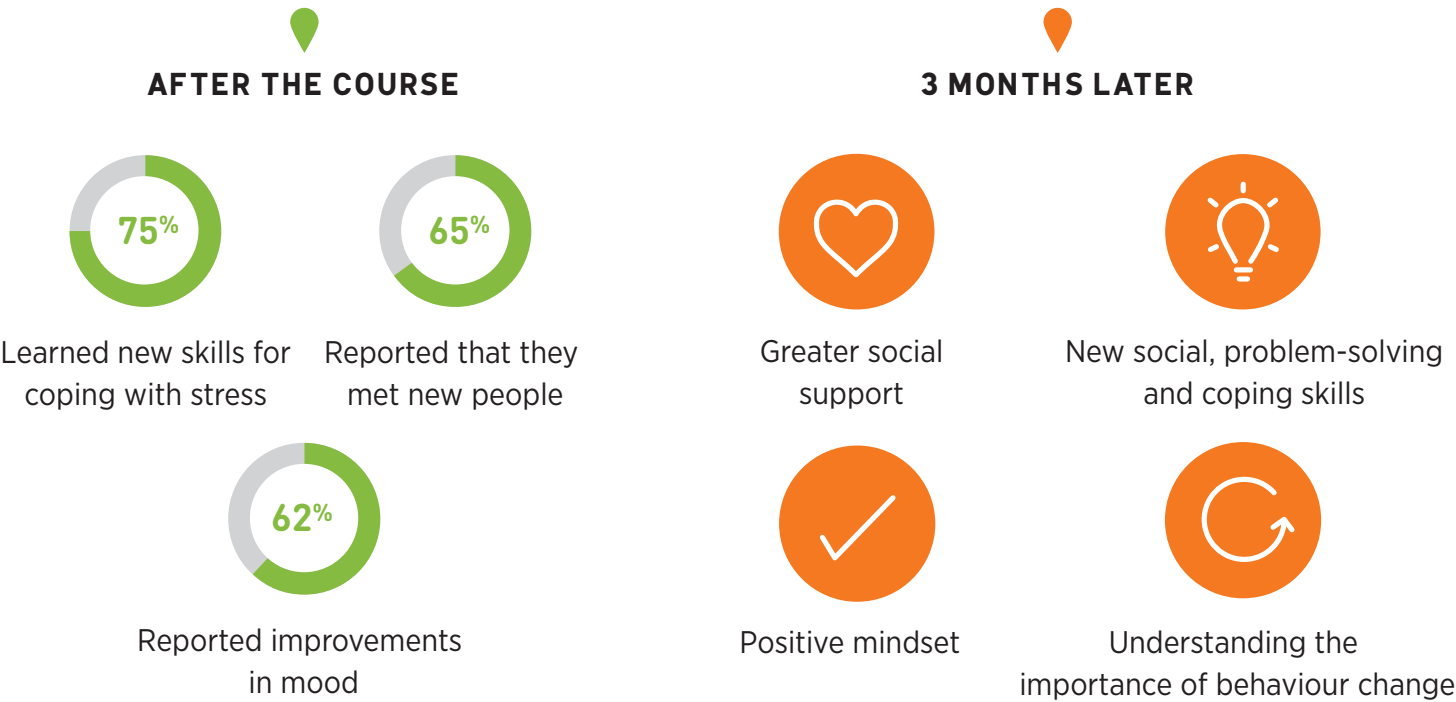


## Improved Overall Well-being



A 3 to 8-point increase represents a meaningful improvement in mental well-being. Living Life to the Full participants experienced significant increases in well-being at every step of the pilot.

## SELF-REPORTED BENEFITS



## POWER OF PARTNERSHIP

Partnerships were central to the success of the pilot. Including the provincial and local communities in the pilot design was mutually beneficial.

### KNOWLEDGE

Older adult centres increased their knowledge of mental health resources.



### SUPPORT

100% of older adult centres felt support from local CMHA branches and facilitators.

### CONNECTIONS

CMHA branches gained increased connections to communities serving older adults.

### COMMUNICATIONS

OACAO and CMHA Ontario enhanced cross-sector communications.

*"I became very enthused about taking part in and encouraging others to join the program. It was very worthwhile and satisfying to see the results. Many people who you would never suspect opened up and talked about their problems."*

– Older Adult Centre Staff

## IMPLEMENTATION RESULTS

By completion of the pilot it was clear that Living Life to the Full was an enjoyable experience that made a difference in the lives of older adults.

85%

Of participants completed the course

>95%

Of participants would recommend the course to a friend

>90%

Of participants were satisfied with the help they received



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