



Social Sciences and Humanities  
Research Council of Canada

Conseil de recherches en  
sciences humaines du Canada

Canada

# Symposium

**Bilingual event**  
**Simultaneous translation available**  
LSQ interpreters on site

# AGING AND ENGAGING IN A DIGITAL WORLD



**FRIDAY MAY 6TH, 2016 | 8:30 am - 5 pm**

Université de Montréal

3200 Jean-Brillant | B-0245

An event presented by  
Marguerite Blais



Centre intégré  
universitaire de santé  
et de services sociaux  
du Centre-Ouest-  
de-l'île-de-Montréal



Centre de recherche et d'expertise  
en gérontologie sociale



ageing + communication + technologies

équipe  
**VIES**

vieillissements  
exclusions sociales  
solidarités

# PROGRAM OF THE DAY

**7 : 45 am | REGISTRATION**

**8:30 am**

**Play and Engagement: Communicating Through Media Technologies | B-0245**

**Kim Sawchuk**, Concordia University | **Line Grenier**, Université de Montréal

**9 am**

**Participating in the Digital World: Commodification, Sharing and Surveillance | B-0245**

**Serge Proulx**, Université du Québec à Montréal

*Most people around the world follow the fast pace set by digital technologies. Human relationships are incessantly shaped by information and communication technologies (ICT), bringing about significant changes in many aspects of our existence—the social meaning of work; the intersubjective relationships that make up our daily life; and relationships of power with institutions. In today's digital era, we are facing a dual dynamic. On the one hand, we are experiencing a vertical concentration of power through the market domination of transnational media companies and the four Internet giants—Google, Apple, Facebook and Amazon, often referred to as GAFAs. At the same time, there is a horizontal trend toward citizen-focused action that keeps the promise of democracy alive as people participate in knowledge-sharing practices and the so-called sharing economy. In the 21st century, the promise of a democratic, non-hierarchical and participatory network society has gradually given way to the establishment of a society of control and surveillance. To be part of today's global modernity, we are under pressure to “participate” in this digital world. But this is a paradoxical injunction inasmuch as our participatory gestures—immediately captured, saved and transformed into data—are commodified (monetized) by the companies that own digital platforms. How can citizens' agency manifest itself in a society of digital surveillance?*

**9:45 am**

**Physical Activity and Exercise for the Aging Brain | B-0245**

**Louis Bherer**, Université Concordia

*Numerous studies suggest that cognitive training can help improve cognitive performance and that this improvement is associated with identifiable patterns of brain plasticity. An issue is to what extent cognitive training interventions lead to significant benefits that transfer to real life situations. Physical exercise can also help improve cognition in older adults. Our studies tried to better understand how cognitive training and physical exercise can help improve cognition in healthy older adults and those suffering from non-neurological chronic medical conditions. Our results suggest that although transfer effects are sometimes very limited, cognitive training can also lead to more than just task specific learning and thus supports the notion that cognitive plasticity is preserved in late adulthood. Moreover, physical exercise training can lead to significant benefits in cognitive performance and psychological well being in healthy and frail older adults. Results with patients at risk of cognitive decline also suggest that cognitive training and exercise interventions are promising non-pharmaceutical tools to help improve cognition in older patients.*

**10:30 | BREAK**

**10:50 am**

**Personal accounts of experiences with technologies | B-0245**

Community discussions

**11:30 am**

**Engaging Generations Through Leisure : Opportunities and Challenges | B-0245**

**Shannon Hebblethwaite**, Concordia University

*Intergenerational relationships have the potential to positively impact both older and younger people. These relationships exist among immediate and extended family members, but also in friendships between different generations. They can be fostered in institutions and communities by creating opportunities for younger and older people to interact. Intergenerational programs can increase life-satisfaction, enhance self-esteem, dispel negative stereotypes across generations, and increase knowledge of values, skills, and culture of the other generation. They have even been shown to decrease agitation and responsive behaviours in persons with dementia. Shared leisure experiences have the potential to result in stronger and more cohesive relationships and can contribute to a sense of generativity across generations. Technology is increasingly playing a role in these intergenerational interactions, including iPads, digital photography, Facebook, and Skype. Yet, there is both art and science to facilitating intergenerational programs and relationships. Care needs to be taken to provide opportunities for purposeful and meaningful engagement, not just activity for activity's sake. Reflecting on exemplary cases, we will critically explore opportunities and challenges for facilitating intergenerational interaction that results in valued contributions from people of all ages and abilities. With careful planning, implementation, and evaluation, intergenerational programming can enhance social capital and community capacity for all ages.*

**12:15 pm | LUNCH**

**1:30 pm & 3 pm**

**Workshops**

- ▶ The Soundtrack of Life: Developing, Implementing, and Sustaining Personalized Music Listening Programs for Persons with Mid-Late Stage Dementia (English) | **B-3250**
- ▶ Electronic Tablets at the Point of Care: Bringing a Focus on Patient and Family Concerns (English) | **B-3250**
- ▶ Picture Scanning : Honouring Memories and Sharing the Past (English) | **B-3255**
- ▶ Screening of "Un jour ou l'autre" and Reflections on the Challenges of life transitions for seniors (French) | **B-3260**
- ▶ Digital Games: Fun and Learning for Everyone, From Young Children to Grandparents (French) | **B-3275**
- ▶ Making it Easier for Physically and Sensorially Challenged Individuals to Use Tablets (Bilingual) | **B-3265**
- ▶ Creating Connections: Demystifying the Internet Through Intergenerational Workshops (French) | **B-3270**

**2:45 pm | BREAK**

**4:15 pm**

**Screening of « Fingers on the Line» and Final Words by Marguerite Blais | B-0245**

**Véro Leduc**, Université de Montréal | **Line Grenier**, Université de Montréal Paul Barber | Spécialiste en réadaptation

# SPEAKERS

- Paul Barber** | Vision rehabilitation Specialist | MAB-Mackay Rehabilitation Centre, CIUSSS West-Central Montreal
- Louis Bherer** | Department of Psychology | Concordia University
- Sara Brennan** | Vision rehabilitation Specialist | MAB-Mackay Rehabilitation Centre, CIUSSS West-Central Montreal
- Robin Cohen** | Research Director, Program in Palliative Care, Departments of Oncology and Medicine | Université McGill / Jewish General Hospital, CIUSSS West-Central Montreal
- Wendy Foster** | Therapeutic Recreation Specialist | St-Margaret Residential Centre, CIUSSS West-Central Montreal
- Eric Craven** | Digital Literacy Project Coordinator | Atwater Library
- Marie-Paule Gagné** | Occupational therapist and clinical coordinator | Constance-Lethbridge Rehabilitation Centre, CIUSSS West-Central Montreal
- Line Grenier** | Département de communication | Université de Montréal
- Sophie Guérin** | Film maker | Concordia University
- Shannon Hebblethwaite** | Applied Human Sciences | Concordia University
- Constance Lafontaine** | ACT Adjunct director | Concordia University
- Karen Lei** | Occupational therapist | Constance-Lethbridge Rehabilitation Centre, CIUSSS West-Central Montreal
- Véro Leduc** | Département de communication | Université de Montréal
- Esther Laforest** | Nurse in cardiovascular clinical care | Université McGill / Jewish General Hospital
- Myriam Lebel-Bernier** | ACT Research assistant | Concordia University
- Serge Proulx** | École des médias | Université du Québec à Montréal
- Kim Sawchuk** | Dean of Research and Graduate Studies for the Faculty of Arts and Science | Université Concordia
- Joanie Robidoux** | Chief of the Patient Experience Office | Donald Berman Maimonides Geriatric Centre, CIUSSS West-Central Montreal
- Margarida Romero** | Département d'études sur l'enseignement et l'apprentissage | Université Laval
- Laurel Young** | Creative Arts Therapies Department | Concordia University

## ORGANIZING AND SCIENTIFIC COMMITTEES

- Line Grenier** | Département de communication | Université de Montréal
- Kim Sawchuk** | Dean of Research and Graduate Studies for the Faculty of Arts and Science | Université Concordia
- Shannon Hebblethwaite** | Applied Human Sciences | Concordia University
- Constance Lafontaine** | ACT Adjunct director | Concordia University
- Myriam Lebel Bernier** | ACT Research assistant | Concordia University
- Anne-Marie Séguin** | Responsable de l'Équipe de recherche VIES (Vieillissements, exclusions sociales et solidarités) | INRS
- Nancy Cox** |
- Geneviève Lamy** | Chef de programme Valorisation et diffusion des connaissances – Pratiques de pointe - Partenariats - Direction adjointe de la recherche, secteurs social et communautaire | CIUSSS West-Central Montreal
- Virginie Tuboeuf** | Administrative assistant | CIUSSS West-Central Montreal
- Anne Fournier** | Professionnelle de recherche en transfert et mobilisation des connaissances | CIUSSS West-Central Montreal