

Innovative, new research project from CIUSSS West-Central Montreal better supports Côte Saint-Luc seniors

City of Côte Saint-Luc's "Living Lab" aims to support seniors
by monitoring their everyday activities remotely

Côte Saint-Luc, May 3, 2022 – Innovative research is being launched to enable seniors to remain in their homes while having their everyday activities monitored remotely. This large-scale project is being undertaken by CIUSSS West-Central Montreal's Centre for Research and Expertise in Social Gerontology (*Centre de recherche et d'expertise en gérontologie sociale - CREGES*) and the City of Côte Saint-Luc.

Remote monitoring will improve the availability of information about the elderly, resulting in care that is better coordinated by their support system, including their loved ones, professional caregivers or any others who contribute to their well-being.

Launched by the *Fonds de recherche en santé (FRQS)*, this endeavour is being carried out by three researchers: Mélanie Couture of CREGÉS; Nathalie Bier of the *École de réadaptation de l'Université de Montréal*, CIUSSS du Centre-Sud-de-l'Île-de-Montréal and the *Centre de recherche de l'Institut universitaire de gériatrie de Montréal*; and Sylvain Giroux of the Department of Computer Science at the *Université de Sherbrooke*.

"There is consistency in the vision of the City of Côte Saint-Luc and our determination to deliver care wherever the patient happens to be (Care everywhere)," says Dr. Lawrence Rosenberg, President and CEO of CIUSSS West-Central Montreal.

The proportion of elderly residents in Côte Saint-Luc is among the highest in Canada. The City is committed, along with its partners, to implementing innovative solutions to better meet the needs of its senior citizens.

"The goal is to make the City the epicentre of innovation, where connected technologies are tested and applied, so that seniors can live more safely and independently in their homes and communities," says Mitchell Brownstein, Mayor of the City of Côte Saint-Luc.

The results of a pilot project, launched in 2018 by the City of Côte Saint-Luc's *Initiative VILLAGE - Défi des villes intelligentes*, found that elderly individuals are isolated and are unable to obtain all of the services they need to live at home as long as possible. With the COVID-19 pandemic having exacerbated this situation, there is an urgent need to better explore solutions related to remote monitoring and the involvement of all homecare stakeholders in Quebec.

The project's goal is to develop a "Living Lab" on the scale of Côte-Saint-Luc. It would allow for new solutions to be created in a real environment, and to place the focus on the elderly, with their collaboration and with that of other important stakeholders.

The objective is to better coordinate the efforts of those who deliver care at home. Digital technology would be used to more clearly understand the needs of older people and to more effectively identify and use the available community resources. This would include services supplied by the City, the public health and social services system, and community agencies, in combination with support from families and community volunteers.

- 30 -

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