



Centre de recherche  
sur le vieillissement

# HEALTHY *Aging*

## 313 members

- 59 permanent research members
- 22 associate research members
- 154 graduate student members
- 78 research staff members

## 292 *scientific* publications

- 221 publications in peer-reviewed journals
- 45 book chapters and books
- 14 research reports
- 12 non-peer-reviewed articles

## *Hundreds of* public interventions

- 615 articles and interviews in the media

## 358 *scientific* presentations

- 137 guest-speaker presentations
- 221 peer-reviewed abstracts

**The Research Centre on Aging (CdRV) is proud to be one of Canada's largest specialized research centres on aging.**

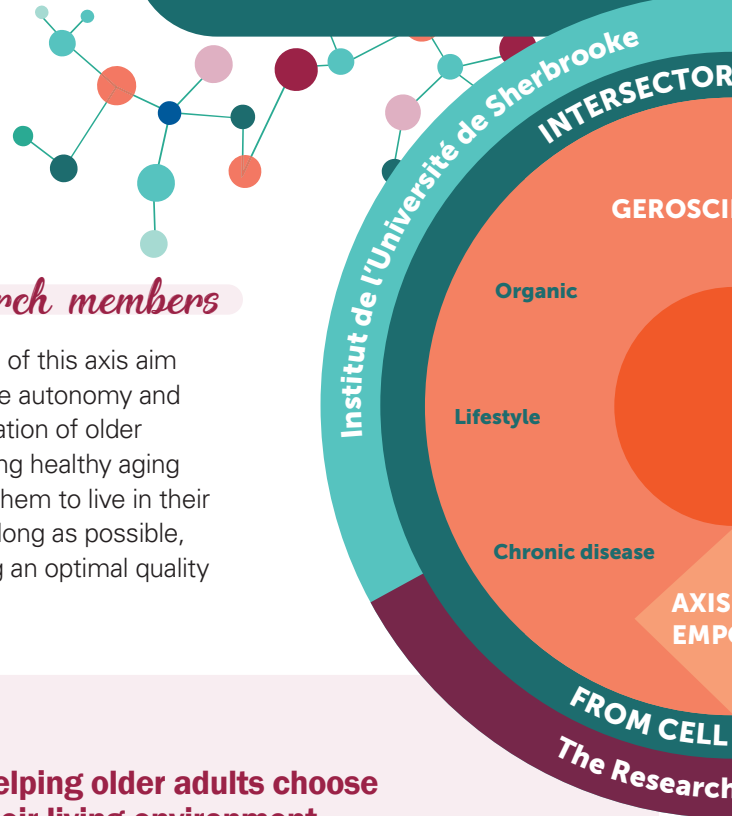
Our research supports society's efforts to better meet the needs of older adults and fosters adaptation to the demographic changes of our time.

***Our ultimate goal*** is to improve older adults' quality of life and support healthy aging for everyone, in conjunction with our partners as well as with the seniors themselves.

## \$8.3 million in *research grants*

**\$5.7 million** from organizations recognized by the Fonds de recherche du Québec – Santé (FRQS)

**\$2.6 million** from other organizations



## 32 research members

The members of this axis aim to promote the autonomy and social participation of older adults, fostering healthy aging and enabling them to live in their homes for as long as possible, while enjoying an optimal quality of life.

# AXIS Empowerment

**Co-directors:**

**Guillaume Léonard and Benoît Cossette**

### Two new areas of expertise within the axis!

- **Mélanie Bourassa Forcier.** Her research focuses on the legal issues related to the development of digital health in Quebec and Mali. She also works on policies to improve research and facilitate access to drugs and vaccines in the context of a pandemic.
- **Mélanie Couture.** Her research program aims to foster the co-construction and integration of clinical and organizational innovations for the prevention and management of mistreatment. Additionally, she focuses on advocating for the well-treatment of older adults and their caregivers.

### Helping older adults choose their living environment

**Nathalie Delli-Colli, Dany Baillargeon and Véronique Provencher** have launched the **EMilia** (Exploring Your Senior Living Environment Today and for the Future) tool. Accessible online, it is design to assist Quebec seniors in making informed decisions about their living environment. The tool encourages older adults to engage in an active, autonomous, and informed approach while facilitating dialogue with their loved ones. Currently undergoing testing by older adults and their caregivers in several Quebec regions, it will be rolled out across the province in 2024.

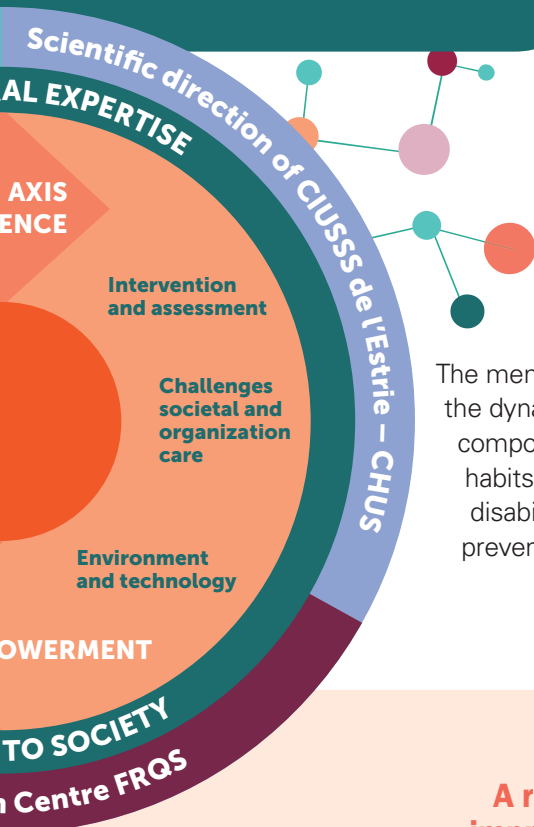
### Ongoing research into the mistreatment of older adults

**Mélanie Couture** is the new chairholder of the *Research Chair on Mistreatment of Older Adults* previously held by Marie Beaulieu. The \$1.5 million chair aims to improve knowledge on the prevention and detection of mistreatment in older adults as well as on the interventions to counter such mistreatment. The research findings will inform enhancements in interventions for older adults.

### How does living environment impact older adults' happiness?

**Mélanie Levasseur** is conducting an extensive study on the elements of the living environment that contribute to the happiness of the aging population. This research will foster greater understanding of the factors that impact happiness and provide key stakeholders with decision-making tools for developing living environments. Ultimately, these findings will inform the quality of services provided to older adults, with the goal of maintaining and enhancing their happiness.





## 27 research members

The members of this axis aim to understand the dynamic interrelationships between the components of a living system and the life habits that contribute to chronic diseases, disability or frailty. Their goal is to develop preventive approaches that can be applied throughout life.

## AXIS Geroscience

Director: **Eléonor Riesco**

### A research chair to improve brain health

**Karl Fernandes** has been awarded the *Canada Research Chair in Brain Aging and Repair*. This \$1.4 million chair aims to improve the brain health of our aging population. Dr. Fernandes' research interests include the use of ketogenic supplements to improve healthy brain aging and the developing state-of-the-art stem cell technologies to better understand brain aging. Ultimately, their research will accelerate the development of new strategies and treatments that will improve the quality of life for older adults as our population ages.

### Improving the care pathway for people living with COPD

**Guillaume Blanchet, Bessam Abdulrazak, Benoît Cossette, Marie-France Dubuc, Véronique Provencher** and **Shengrui Wang** want to optimize the care pathway of patients living with chronic obstructive pulmonary disease (COPD). As part of a research project, they will develop software that healthcare professionals can use to improve the care management of patients with COPD. This tool will use healthcare data from users' electronic records, providing a better understanding of how patients health status evolves over time as they progress through the healthcare network.


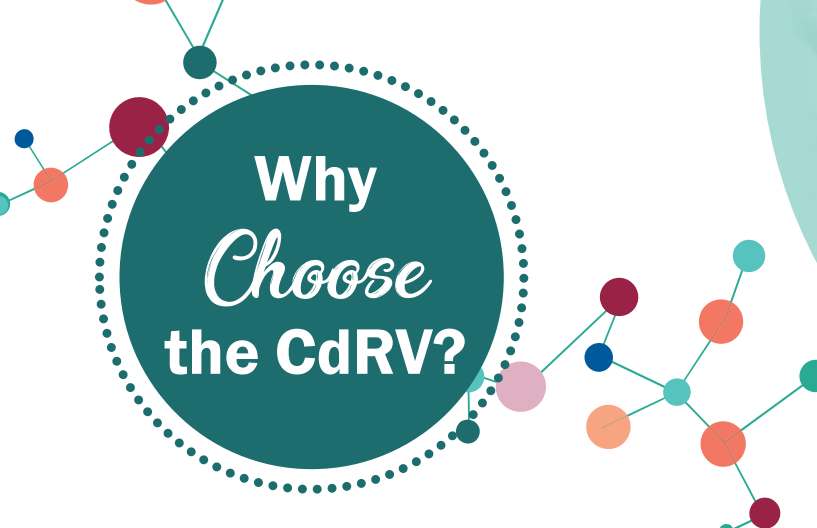
### The benefits of exercise!

Hemodialysis stands as the most common renal replacement therapy for individuals living with chronic end-stage renal disease. **Eléonor Riesco** is seeking to understand the complexity of biological interactions influenced by exercise in older adults, with the ultimate goal of offering targeted exercise interventions. To this end, she evaluated the impact of an exercise session—performed during dialysis—on blood pressure evolution during treatment and the occurrence of physical and psychological symptoms reported by patients. She discovered that exercising during dialysis resulted in a reduction in blood pressure and sleepiness within two hours of treatment, without any adverse effects.

### Ensuring better follow-up of older adults

**Eléonor Riesco** and **Karl Fernandes**, along with **Audrey Perreault** and **Mathieu Hamel**, are spearheading the establishment of a mobile assessment unit at CdRV. This initiative enable CdRV research members to involve a greater diversity of older adults living outside Sherbrooke into its research projects, eliminating the need for them to travel to the Centre. The CdRV's mobile assessment unit will facilitate the collection of biological samples (blood, urine, etc.) and conduct assessments using clinical and specialized tools. It will also improve the inclusion of individuals who may have previously faced barriers accessing studies that significantly impact their quality of life.





## Why Choose the CdRV?

### For *Intersectoral Research* Initiatives by and for Older Adults

The Innovation Laboratory by and for Older Adults (LIPPA) is a living laboratory-style initiative. LIPPA's mission is to foster dialogue between older adults and Research Centre on Aging stakeholders to promote collaborative participation in scientific life and to contribute to the development of innovative strategies aimed at promoting the well-being of older adults in all aspects of their life.

- Development and support of research initiatives by and for older adults.
- Knowledge pooling activities.
- Seniors' Committee.

[lippa.recherche.usherbrooke.ca](http://lippa.recherche.usherbrooke.ca)

### For Supporting *Student Success*

- A dynamic student committee.
- Interdisciplinary activities and direct ties to the clinical setting.
- More than \$100,000 per year in CdRV scholarships.

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universitaire de santé  
et de services sociaux  
de l'Estrie – Centre  
hospitalier universitaire  
de Sherbrooke



Université de  
Sherbrooke

### For Supporting the *Achievement of Research Projects*

- Some 20 laboratories, platforms and databases.
- A biotechnology consultation and support service.
- An engineering research platform.
- An administrative support team.
- A participant recruitment centre.
- Financial support for clinical research from the Vitae Foundation.
- Financial support of up to \$150,000 per year from the CdRV for structuring projects and strategic initiatives.

### For Outstanding *Collaboration* Opportunities

**8 university faculties**  
**9 research chairs**



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### Contact us

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