



**Center for Research and Expertise  
in Social Gerontology**

**ANNUAL REPORT  
ON RESEARCH ACTIVITIES**

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

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Centre for Research and Expertise in Social Gerontology**

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Gerontology at [www.creges.ca](http://www.creges.ca).**

# TABLE OF CONTENT

**At a glance.....8**

**Highlights 2016-2017.....9**

**Research axes:**

- 1. Seniors as Social Actors.....12
- 2. Heterogeneity of Aging: Bodies, Identities and Society.....14
- 3. Service Delivery to Seniors and their Loved Ones.....16
- 4. Living Environments.....18
- 5. Public Policy and Social Gerontology.....20

**Contributions to program development and public policy.....22**

**Looking ahead.....24**

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# A WORD FROM THE SCIENTIFIC DIRECTOR OF THE CENTRE FOR RESEARCH AND EXPERTISE IN SOCIAL GERONTOLOGY

**Patrik Marier**

I am delighted to present this 2016–2017 annual report on the research activities carried out by the Centre for Research and Expertise in Social Gerontology (CREGÉS). This report highlights our team’s achievements over the past year, including **67** research projects, **52** publications, and **152** knowledge transfer and communication activities.

Some of these accomplishments are described in the sections that follow on our various research axes. This report attests to the leadership, expertise and interdisciplinary approach of our team and gives an idea of the many collaborative relationships we have established with practitioners in the field.

This past year, CREGÉS welcomed two new members: Maude Benoit, from the Political Science Department of the Université du Québec à Montréal, and Kirstie McAllum from the Department of Communication of the Université de Montréal. In addition, in June 2017, research coordinator Julie Beausoleil joined the CREGÉS team. She replaced Maya Cerda who left us to take up new challenges at Concordia University. We thank Maya for her collaboration and welcome Julie to our large CREGÉS family.

Lastly, I would like to congratulate and thank our regular members and collaborators, including students and community partners, for a very fruitful past year.

# / social gerontology /

a multidisciplinary field of study  
focused on the social aspects of age  
and aging

## / mandate /

CREGÉS is a research infrastructure facilitating a sharing of knowledge and expertise between universities and practice settings in the health and social services network.

Our mandate is to stimulate, develop and disseminate research on social gerontology, and to support the development of leading practices at the University-Affiliated Centre (CAU) in social gerontology of the Integrated Health and Social Services University Network (CIUSSS) of West-Central Montreal. To fulfill this mission, CREGÉS counts on the participation and support of researchers and skilled professionals in various milieus, including health and social services organizations, universities and the community

### team

1	Scientific director	2	Institutional researchers
18	University researchers (regular members)	22	University researchers (affiliated members)
1	Government researcher	34	Students*
5	Practitioner-researchers	9	Collaborators from practice settings

\*Students of regular researchers whose thesis topic is related to social gerontology (14 Master's students and 20 Ph.D. students)

### Research partnership teams

- + ACT – Ageing + Communication + Technologies  
A research partnership project funded by the Social Sciences and Humanities Research Council (SSHRC) that aims to create bridges between generations, discover how new media can better meet the needs of seniors, and fight against digital ageism.
- + VIES – Vieillesse, exclusions sociales et sociétés (Aging, social exclusion and society)  
A research partnership in critical social gerontology, funded by the Fonds de recherche du Québec – Société et culture (FRQSC), that examines social issues related to aging and notions of social inclusion, recognition and redistribution.

### University affiliations

- + Université de Montréal
- + Université du Québec à Montréal
- + McGill University
- + Concordia University (ongoing)

### Partners

- + Centre de recherche Individus, Épreuves, Sociétés (CeRIES)
- + NDG Senior Citizens' Council
- + Institute for Research on Public Policy (IRPP)
- + Réseau FADOQ
- + Table de concertation des aînés de l'Île de Montréal (TCAÎM)





# HIGHLIGHTS 2016–2017

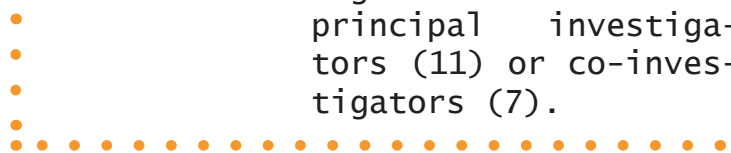
67 research projects: 53 projects in progress and 14 projects to be completed this year

11 new research grants for principal investigators  
-> 604 000\$

## Research projects

As...	Principal investigators	Co-investigators	Total
Current	40	13	53
Completed	9	5	14
<b>Total</b>	<b>49</b>	<b>18</b>	<b>67</b>

Among the 53 projects currently under way, 18 are new projects that received funding this year, headed by our regular researchers as principal investigators (11) or co-investigators (7).



## 52 publications

A number of articles were published in prestigious peer-reviewed journals such as *Ageing & Society*, the *Journal of Ageing Studies*, *Journal of Population Ageing*, *Journal of Health and Social Work*, and the *Journal of Gerontological Social Work*

	TOTAL
Articles in peer-reviewed journals	30
Book chapters	7
Research reports	5
Practical guides and intervention tools	3
Articles in non peer-reviewed journals	7
<b>Total</b>	<b>52</b>

## Knowledge transfer and communication activities

	TOTAL
Scientific conferences	86
Presentations in the community to knowledge users and decision-makers	30
Media appearances	19
Contributions to the development of government programs and policies	17
<b>Total</b>	<b>152</b>

- ▶ **ANNUAL SYMPOSIUM** | In May 2016, CREGÉS held its annual symposium, titled **Vieillir et agir dans un monde numérique**, at the Université de Montréal. Co-organized by CREGÉS, ACT (Ageing + Communication + Technologies) and the VIES research team, the symposium was attended by **150 participants**, including practitioners and managers from the health and social services network, university researchers and members of various community groups. The main themes were technology as a symbol of social inclusion and exclusion, and the ways in which seniors can use technology as a means to enjoy leisure activities and to participate in society. The program (<https://www.creges.ca/colloque-annuel>) along with papers, photos and short interviews recorded at the event (<http://actproject.ca/act/vieillir/>) are available online.
- ▶ **FOCUS DAY ON CAREGIVERS** | In November 2016, a focus day titled **Current and Future Challenges in Caregiving** was held at Concordia University, as part of National Caregiver Week. Organized by CREGÉS and the Concordia University Research Chair in Aging and Public Policy, the event aimed to raise awareness around issues related to caregiving and the implications for practice in health and social service organizations and the community sector. The goal was to help develop best practices, intervention models and tools, and to support practitioners and caregivers. The event was attended by **115 participants**, mainly practitioners and managers from the health and social services network, as well as representatives of community organizations, researchers, students and caregivers. The program and presentations are available (<https://www.creges.ca/conference-current-and-future-challenges-in-caregiving/>)
- ▶ **COLLECTIVE WORK ON AGING** | Over the course of 2016–2017, the CREGÉS research team, in partnership with VIES, began working on a collective work to be published in fall 2017 by Les Presses de l'Université Laval: **Le vieillissement sous la loupe. Entre mythes et réalités**. The project was directed by **Véronique Billette**, Coordinator of the VIES team, **Patrik Marier**, Scientific Director of CREGÉS, and **Anne-Marie Séguin**, Scientific Director of VIES. In 2016, the three project directors invited researchers to submit proposals for chapters on persistent myths that negatively impact experiences of aging in Quebec. As research partners, members of the VIES and CREGÉS teams in particular were encouraged to share their perspectives and expertise. The publication features the work of **62 authors**. Of this number, some 20 are CREGÉS members, including researchers, practitioner-researchers and collaborators from practice settings. In addition, close to **10 master's and doctoral students** from CREGÉS contributed to the book. The topics examined include social representations of aging, the relationship between the body and sexuality, seniors' living environments, diverse experiences of aging, bereavement and death, social roles and caregivers. Stay tuned for the launch!

# SCHOLARSHIP GRANTS 2016–2017

To encourage social gerontology research, CREGÉS offers scholarship grants to students supervised by its regular members  
This past year -> grants totaled \$23,000

## Doctoral awards (\$15,000 in total)

**Isabel Wiebe**, Studies, INRS-UCS (student of Anne-Marie Séguin)

- > Les pratiques et expériences de mobilité des personnes âgées dans l'arrondissement Rosemont-La Petite-Patrie : gouvernance des structures de soutien pour les aînés ayant une déficience intellectuelle au Québec et en Ontario.

**Marie-Michèle Lord**, Biomedical Science, Université du Québec à Trois-Rivières (student of Pierre- Yves Therriault)

- > Innovation et travail : les risques à la santé mentale pour les travailleurs vieillissants de l'intime du secteur de la santé et des services sociaux.

**Julien Simard**, Urban Studies, INRS-UCS (student of Anne-Marie Séguin)

- > Une ethnographie de la participation aînée dans l'action collective urbaine à Montréal.

**Julie Beauchamp**, Sexology, UQAM (student of Hélène Carbonneau)

- > La participation sociale des aînés gais et lesbiennes.

## Master's awards (\$8,000 in total)

**Kelly Leonard**, Department of Applied Human Sciences, Concordia University (student of Shannon Hebblethwaite)

- > Understanding online volunteering as a tool for community engagement in older adulthood.

**Nice da Silva**, Leisure, Culture and Tourism, Université du Québec à Trois-Rivières (student of Hélène Carbonneau)

- > L'actualisation de soi des aînés québécois et leur sentiment d'efficacité dans un contexte ludique.

**Chloé Dauphinais**, Sociology, Université de Montréal (student of Isabelle Van Pevenage)

- > Jeunes amours aux âgés avancés : l'exploration de la mise en couple après 65 ans.

**Anna Andrianova**, Social Work, Université Laval (student of Émilie Raymond)

- > La participation sociale dans les résidences privées.

# 01

## **RESEARCH AXIS SENIORS AS SOCIAL ACTORS**

This research axis aims to build the capacity of seniors in order to foster their resilience and well-being.

Seniors are not seen as a clientele to be served, but rather as active participants in their aging process.

# RESEARCH AXIS 1 – SENIORS AS SOCIAL ACTORS

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The CREGÉS journal *Pluriâges/Pluralages* devoted its fall 2016 issue to the symposium **Vieillir et Agir dans un Monde Numérique**. Organized by CREGÉS, ACT and VIES, the symposium focused on a highly relevant issue: the intersection between aging and technology in today's digital world. The editorial board was made up of **Line Grenier**, Professor of Communication at the Université de Montréal; Karine Bellerive, a doctoral communications student at the Université de Montréal; and **Kim Sawshuk**, Associate Dean of Research and Graduate Studies for the Faculty of Arts and Science at Concordia University. The issue features papers from the symposium as well as workshops given by graduate communications students. The symposium consisted of two main activities. In the morning, papers were presented in plenary sessions, portraying some of the issues related to the intersection of aging and technology in today's digital world. In the afternoon, workshops for small groups explored how various practices and technologies can impact experiences of aging in different settings and living environments. The presenters and participants discussed the following questions: What do aging and communicating mean in today's digital world? How do digital technologies affect the daily life of seniors and the care they receive? How much do digital technologies and the types of communication they permit contribute to the social inclusion of seniors?

The magazine is available online (<https://www.creges.ca/pluriages/>)

**Hélène Carbonneau**, Professor of Leisure, Culture and Tourism Studies at UQTR, in collaboration with several researchers from the School of Rehabilitation at the Université de Sherbrooke, received a grant from the **Social Sciences and Humanities Research Council** (SSHRC) to develop an innovative intervention aimed at introducing vulnerable seniors to compensatory strategies that can help them enjoy meaningful leisure activities. The project, supervised by researcher Véronique Provencher, at the Université de Sherbrooke, is titled *Optimiser la Participation des âgées fragiles et vulnérables à des activités de loisir significantes*. It explores the impact of this intervention on seniors' knowledge about strategies they can use to overcome obstacles and enjoy activities that will enhance their well-being.

# 02

## **RESEARCH AXIS HETEROGENEITY OF AGING: BODIES, IDENTITIES AND SOCIETY**

This research axis aims to put aging stereotypes into perspective, to examine the multiple ways in which people experience and perceive aging, and to explore the many ties between age and living environments.

## RESEARCH AXIS 2 – HETEROGENEITY OF AGING

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**Shari Brotman**, a professor in the School of Social Work at McGill University, is collaborating on the project *Caring across generations: The lived experiences and life course impacts of young adults caring for parents and grandparents*. In 2016, this project, led by Marjorie Silverman of the University of Ottawa, received funding from the **Social Sciences and Humanities Research Council** (SSHRC). The study aims to provide insights into the experiences of young adults providing care to older adults who are living with a disability or mental illness, or who are experiencing a loss of autonomy. By answering the question, “What are the lived experiences of young adults caring for an older person with a physical or cognitive disability?” the team wants to better understand issues related to the family and social support they receive.

**Isabelle Van Pevenage** is an associate professor in the Department of Sociology at the Université de Montréal. Her pilot project, *Le temps qu’il nous reste : identités et quotidienneté en soins palliatifs à domicile*, conducted in collaboration several researchers and practitioner-researchers, including **Valérie-Bourgeois Guérin**, **Isabelle Wallach**, **Patrick Durivage**, **Pam Orzeck**, and **Zelda Freitas**, received a start-up grant from CREGÉS, as well as support from the Quebec Network for Research on Aging. The project aims to shed new light on the experiences of spouses providing palliative care to end-of-life patients at home. By gathering the viewpoints of professionals and practitioners in the health and social services network regarding the upheavals, eventual transitions and ruptures experienced by spouses, the project aims to support the latter during this period. The researchers will hold six focus groups with health and social service practitioners and volunteers who work with older patients receiving palliative care at home.

**Annette Leibing**, a professor in the Faculty of Nursing at the Université de Montréal, will be collaborating on a new project funded by the **Canada Institutes of Health Research** (CIHR): *Moving with and tuning in: a participatory mixed methods study to foster social inclusion of individuals with dementia and carers*. The project will be directed by Mélissa Park and Stefanie Blain-Moraes at McGill University. Dr. Leibing is interested in how dementia affects the relationship between patients and caregivers, and between the latter and their environment. Working with the hypothesis that dementia leads to social exclusion, the team aims to study the effects of two interventions—“moving with” and “tuning in”—on perceptions of personhood and social inclusion/exclusion.

# 03

## **RESEARCH AXIS SERVICE DELIVERY TO SENIORS AND THEIR LOVED ONES**

This research axis helps to develop innovative modes of service delivery aimed at supporting practice and evaluating current practices. Areas of focus include mistreatment, mental health issues, chronic diseases, cognitive aging and palliative care.

Interventions should be aimed not only at clinical recovery, but also at adaptation, integration and the increased participation of seniors.



## RESEARCH AXIS 3 – SERVICE DELIVERY

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**Mélanie Couture**, an institutional researcher at CREGÉS and an associate professor in the Department of Psychology at Université de Sherbrooke, is in charge of the research project *Résistance aux soins personnels par les clients atteints de démence ou de problèmes de santé mentale dans un contexte de soins à domicile : Perspectives des proches-aidants et des auxiliaires familiales*, in collaboration with **Kirstie McAllum** and **Sarita Israel**. This project, funded by the **Quebec Network for Research on Aging**, seeks to track the evolution of resistance to care among older adults suffering from dementia or other problems related to mental health, from the perspective of home helpers and caregivers. By conducting a qualitative analysis of interview data, the study hopes to support caregivers in such situations.

**Mélanie Couture** is also involved as a co-investigator in a pilot study aimed at improving the functional independence of patients at risk of self-neglect: *Soutien à domicile des personnes âgées vulnérables via la technologie : un projet pilote*. The research team is developing a technology-based service delivery mode that will help to reduce obstacles to functional independence and improve home care practices.

**Sophie Laforest**, a professor in the Department of Kinesiology at the Université de Montréal, submitted her evaluation report for the **Jog Your Mind** program, developed at CREGÉS in collaboration with **Kareen Nour** and **Manon Parisien**. The development and evaluation of this program were funded by the **Canada Institutes of Health Research (CIHR)**. The program consists of interactive workshops aimed at improving the cognitive abilities of seniors in an active aging context.

The research report explores the evolution of participants' cognitive abilities and examines the benefits obtained. A total of 300 older adults were followed via 17 community organizations in order to demonstrate the relevance, implementation and outcomes of these interventions. The study results indicate that the **Jog Your Mind** program is beneficial to older adults and easy for community groups to implement. The results also show that older adults use more memorization strategies in their daily life and participate in more intellectually stimulating physical and recreational activities. These behaviours were maintained several months after the program was completed.

**Kirstie McAllum**, a professor in the Department of Communication at the Université de Montréal, obtained funding from the **Fonds de recherche du Québec – Société et culture (FRQSC)** as lead investigator on the project *Caring heroes or workplace zeroes? Negotiating the role of paid home-based care workers within care teams*. The project aims to better understand how social workers perceive their role in the context of home care for older adults. More specifically, it will examine how social workers decide and negotiate their tasks in the workplace by analyzing these professional interactions.

**Manon Parisien**, a practitioner-researcher at CREGÉS, obtained a grant from the **2016 Bell Let's Talk Community Fund**. The project, coordinated by **Norma Gilbert**, a practitioner-researcher and coordinator of the Leading Practice on Prevention and Health Promotion for Seniors, will help to promote and publicize the **Participe-Présent program**, which seeks to encourage older adults living with mental health problems to participate in the community. The program was developed in collaboration CREGÉS researchers, including **Ginette Aubin** who is currently evaluating the results.

# 04

## RESEARCH AXIS LIVING ENVIRONMENTS

This research axis takes a critical view of the idealized “home environment” in light of the interpersonal dynamics and rules and regulations that exist in different living environments.

The goal is to understand how experiences of aging not only depend on the physical structures in which seniors live, but also on interpersonal exchanges and personal care.

## RESEARCH AXIS 4 – LIVING ENVIRONMENTS

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**Pierre-Yves Therriault** received funding from the **Social Sciences and Humanities Research Council (SSHRC)**, in 2016, as lead investigator on the project *Utilisation des nouvelles technologies pour améliorer les conditions de réalisation des activités quotidiennes des Canadiens dans des espaces privés et publics : vers le concept d'environnement capacitant*.

The project underlines the importance and effectiveness of new technologies in meeting the needs of an aging population. It also aims to promote the functional independence of older adults and reduce the need for institutionalization in specialized settings.

By conducting a literature review of available technologies in private and public settings, the project seeks to support interventions that facilitate the daily life of older adults.



An initiative of the VIES team, the symposium **Les territoires du vieillissement : dialogues interdisciplinaires et regards transatlantiques** was held during the 84th Congrès de l'ACFAS, in May 2016. Directed by **Anne-Marie Séguin**, **Patrik Marier** and two colleagues from the Université de Lille (Vincent Caradec and Aline Chamahian), this two-day symposium looked at aging-related issues using a multidisciplinary approach, and compared experiences in Europe and Quebec.

The geographical aspect of aging was explored via three themes: 1) aging-related public action and policies in France and Quebec, by region; 2) daily life as experienced by older adults and shared with others, and how they evolve with aging; and 3) living environments and ways of experiencing old age, at home or in a residential centre.

The symposium was featured in an article in **Le Devoir**. To read the article, based on an interview with **Anne-Marie Séguin** and **Patrik Marier**.

<http://www.ledevoir.com/societe/science-et-technologie/469953/vieillissement-les-enjeux-selon-les-territoires-ou-l-on-habite>

The VIES team, a CREGÉS research partner, is developing a scientific and knowledge transfer program around the themes of aging, recognition, redistribution and social inclusion. Directed by **Anne-Marie Séguin**, lead researcher and professor at the Institut national de la recherche scientifique (INRS) – Urbanisation Culture Société Research Centre, the team includes fourteen researchers from nine universities and organizations (INRS, Concordia University, Université Laval, McGill University, UdeM, UQAM, CREGÉS, Réseau FADOQ and TCAÎM).

# 05

## **RESEARCH AXIS PUBLIC POLICY AND SOCIAL GERONTOLOGY**

This research axis looks at the development of public policy and dissemination of knowledge in order to contribute to public debates in social gerontology.

Projects examine the scope, application, independence and sustainability of social gerontology policies, which are often subject to political and socioeconomic factors such as the power of groups representing seniors, differences between social classes, governments' fiscal capacity and long-term structural impacts.

# RESEARCH AXIS 5 – PUBLIC POLICY

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## PERSONNES ÂGÉES ET SOLIDARITÉS LOCALES : PASOLO

The **Quebec branch of the PASOLO project** [older adults and local solidarities] has obtained funding as part of a France-Quebec initiative of the French National Research Agency (France) and the Fonds de recherche du Québec Société et Culture. **Patrik Marier** (the lead investigator) is co-directing the project and four CREGÉS members are involved: **Anne-Marie Séguin**, **Yves Carrière**, **Isabelle Van Pevenage** and **Maude Benoit**.

PASOLO is a three-year project that aims to study and compare the ways in which policies related to older persons in France and Quebec, more specifically social and medical services, take local factors into account and impact available home care services. The project will examine the local aspect of national policies and the intersection between demography and social policy.

Led by a multidisciplinary team (demography, social geography, political science and sociology), the project will pave the way for new collaborations between the French Institute for Demographic Studies (INED) (French section) and CREGÉS.

**Maude Benoit**, a professor in the Department of Political Science at UQAM, obtained a start-up grant from CREGÉS for the project *La gestion de cas dans les politiques de maintien à domicile : coordination ou managérialisation de l'action publique?* This project examines policies in Western countries that are geared towards keeping older adults at home. The researcher notes the shift from a medical approach to one focused on home support. The project examines the implications of this shift with regard to the effectiveness and coordination of public policy.

**Patrik Marier**, is a professor in the Department of Political Science at Concordia University and the scientific director of CREGÉS. He holds the Concordia University Research Chair in Aging and Public Policy and obtained a grant from the **Social Sciences and Humanities Research Council** (SSHRC) for the project *Precarity and Aging: Emerging Challenges of Contemporary Late Life*.

Conducted in collaboration with researchers from the University of Victoria and the University of Manchester, this project aims to explore the concept of “precarious aging” tied to low income, immigration and disability. The project seeks to provide insight into experiences of precarious aging, to better understand public action in the field of inequality, and to examine the characteristics of national, provincial and local policies.

# CONTRIBUTIONS TO PROGRAM DEVELOPMENT AND PUBLIC POLICY

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- » In June 2016, CREGÉS published a *Policy Template to Counter the Mistreatment of Residents in Long-Term Care Facilities*. This project was led by **Sarita Israël**, a practitioner-researcher and coordinator of the Leading Practice to Counter the Mistreatment of Older Adults, along with institutional researcher **Mélanie Couture**. The policy template assists managers in the health and social services network in adapting and implementing policies and procedures that will allow them to deal cases of mistreatment of residents.
  
- » **Mélanie Couture** and **Sarita Israël** were consultants on the team that developed the *Governmental Action Plan to Counter Elder Abuse*.
  
- » **Sarita Israël** was consulted as an expert for the writing of the Public Curator's brief presented as part of special consultations and public hearings on Bill 115, an *Act to combat maltreatment of seniors and other persons of full age in vulnerable situations*.
  
- » **Isabelle Van Pevenage** and **Patrick Durivage** were appointed members of the committee to implement Bill 52 (Act Respecting End-of-Life Care) and to harmonize palliative care and end-of-life services provided by the CIUSSS West-Central Montreal.
  
- » **Anne-Marie Séguin** was appointed a member, as a university researcher, of the steering committee of the Centre d'étude sur la pauvreté et l'exclusion (CEPE), on the invitation of the ministère du Travail, de l'Emploi et de la Solidarité sociale du Québec (MTESS).

## LOOKING AHEAD

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The Centre for Research and Expertise in Social Gerontology (CREGÉS) is well positioned to report on the different ways in which societies are managing issues related to their aging populations.

In this context, social gerontology has become an important area of research. Thanks to many multidisciplinary collaborations within our team, we continue to lead the way in the study of a vast range of social issues associated with aging. Building on last year's successes, CREGÉS is looking to the future with optimism.



