



Canadian Study of Health and Aging

The Why and How

<http://www.csha.ca/>



Why?

- 1987 meeting in Ottawa
- 1989 consultations from across Canada with clinicians and researchers working with older adults Alzheimer disease and related dementias
- 1989 grant to University of Ottawa to staff Coordinating Centre



Why?

- **Objectives for the 1991 CSHA-1 study were:**
 1. To estimate the prevalence of dementia among elderly Canadians;
 2. To identify risk factors for Alzheimer's disease and for vascular dementia;
 3. To describe patterns of caring for patients with dementia in Canada and to assess the burden that caring places on the caregivers;
 4. To establish a database for subsequent follow-up studies.



Why?

- **At CSHA-1 about a dozen add-on studies were undertaken**
- **Spin-off studies included the development of further diagnostic criteria for cognitive impairment, which influenced the subsequent development of CSHA-2, the second wave of the study.**



How?

- **Planning**
 - **Subcommittees struck to identify information to be collected in each component of the study**
 - **Screening**
 - **Clinical**
 - **Nursing and Medical**
 - **Neuropsychology**
 - **Caregiver**
 - **Risk factor**



How?

- **External advisory committee:**

Dr. Joseph Foley (chair)

- **Dr. Denis Evans (prevalence and incidence estimation)**

Dr. Gerda Fillenbaum (screening and disability measurement)

Dr. Paul Levy (statistical methods)

Dr. Jim Mortimer (risk factor component)

Dr. Rachel Pruchno (caregiver component)



How?

- **Implementation**
 - **Committee structure**
 - **Staff selection and training**
 - **Communication**
 - **Monitoring Progress**
 - **Publications**

