Host Organization

My placement was with the Project Director of "Imagining Age-Friendly 'Communities within Communities': International Promising Practices"

- This 7-year project focuses on 12 cities in Canada and globally
- The aim is to analyze the differences within these communities & to identify the effects of culture and gender on the development of age-friendly cities, practices, and policies (imagine-aging.ca/project)

My Role in the Organization

I was an Undergraduate Research Assistant

- I assisted with a sub-study that investigated community support services for Indigenous people living in Toronto community housing
- I conducted academic research, source analysis, and wrote a literature review/annotated bibliography

Project Relevance to Organization

The literature review will contribute to the overall project & will fill informational gaps. This sub-study will:

- inform aging policies & community support services
- be useful for healthcare professionals, policy-makers, & other stakeholders
- help improve culturally sensitive community support services for Indigenous people in Toronto

Health Management Courses

HLST 3010 taught me about the Social Determinants of Health regarding Indigenous health & well-being, integration of Indigenous traditions & SDH in community care programs

HLST 4200 & HLST 3400 taught me to research & critically analyze key issues in community care delivery for Indigenous older adults

Personal Reflection

This practicum provided me with the technical skills necessary for qualitative research

- I gained a deeper understanding of research; how it is an iterative process that requires significant review & careful understanding
- I now appreciate the importance of culturally respectful research approaches to Indigenous health

Message to Future Students

Always ask questions if you are unsure about a task or if you need further explanation. Don’t hesitate to reach out to your Supervisor.

Manage your time well during the practicum & inform your supervisor about your progress & concerns.