



My Research Practicum at York University

Aleah McCook, BHS Health Management, School of Health Policy & Management

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

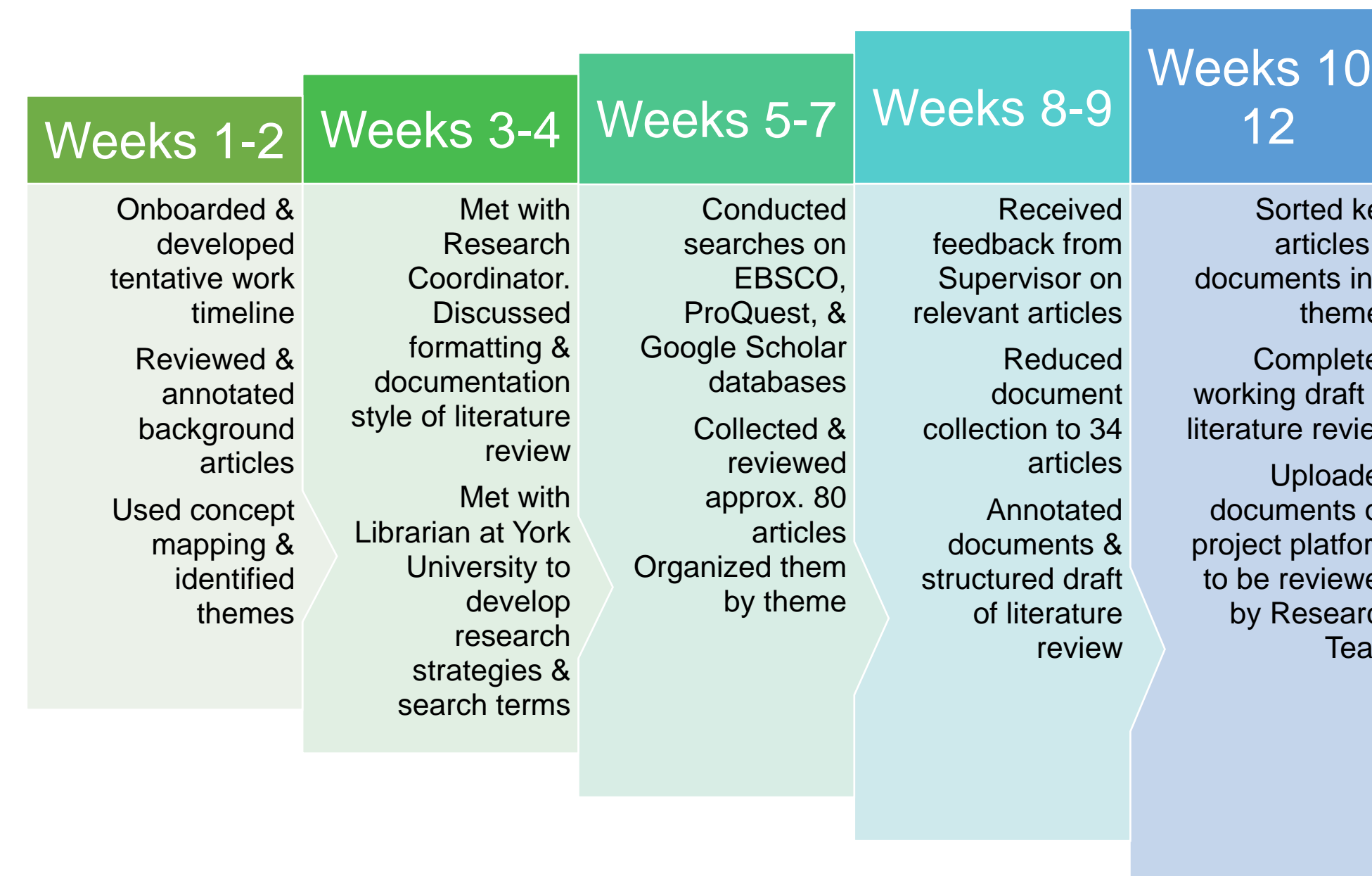
- I assisted with a sub-study that investigated community support services for Indigenous people living in Toronto community housing
- I conducted academic research, source analysis, and wrote a literature review/annotated bibliography

Project Relevance to Organization

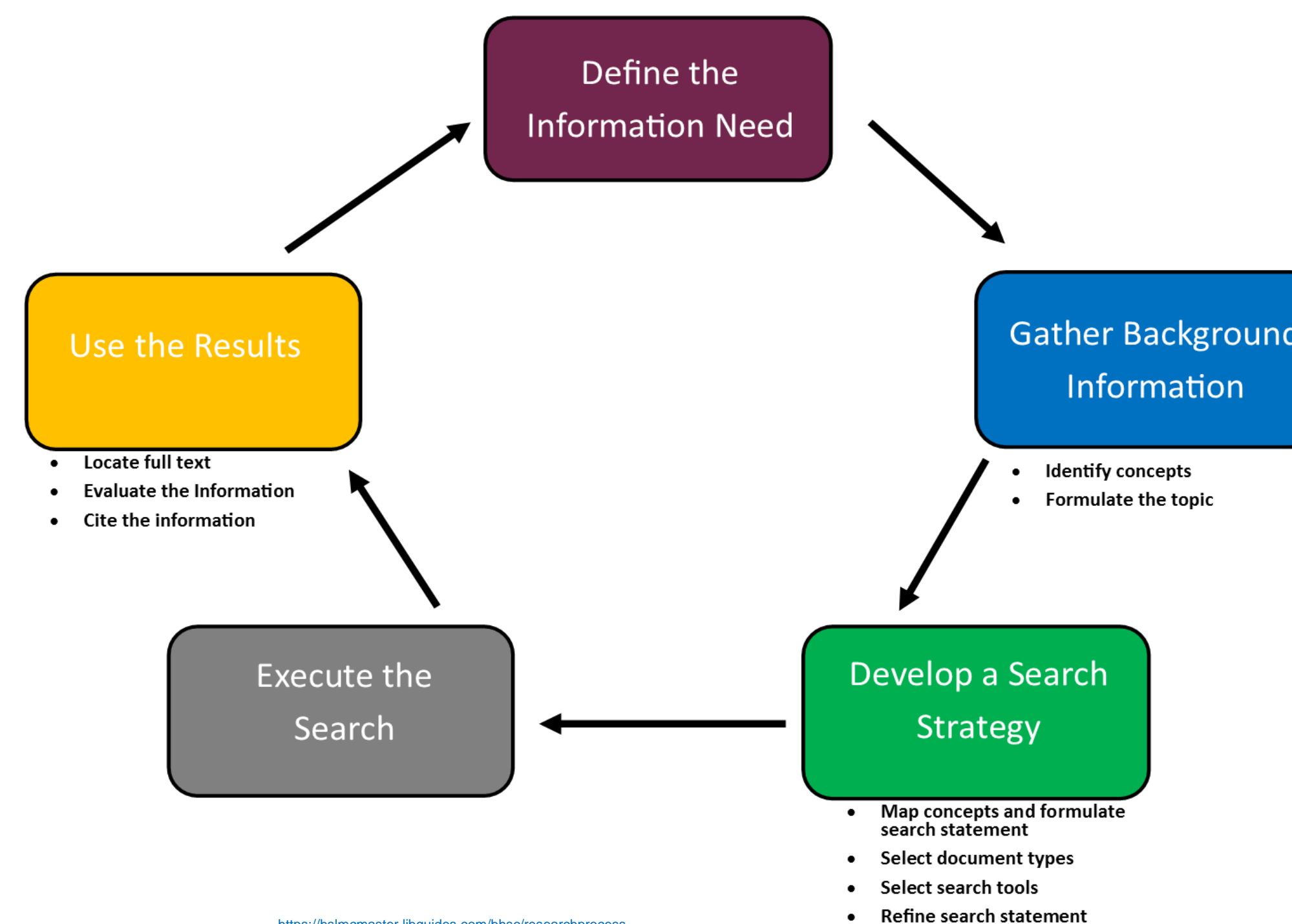
The literature review will contribute to the overall project & will fill informational gaps. This sub-study will:

- 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

Development of Literature Review



Literature Search Process



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.