

COMPENDIUM – AGING POLICY AND HEALTHY AGING PROMOTION

The research produced by YU-CARE members and associates with regards to aging policy and healthy age promotion are impactful at the individual, organizational, and societal levels. Research spans from topics including:

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*Authors shown in bold indicate a YU-CARE committee or associate member.

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Employment, retirement & aging

1. Higo, M. & Thomas R. **Klassen**, T.R. (2017) Reforms of Retirement Policies: Three Common Paths in Aging in Japan and Korea. [*Journal of Aging & Social Policy*, 29:1, 70-83.](#)
2. [*The Redirection Project: Movers, Shakers and Shifters*](#) Cannexus17, Ottawa, 2017
3. **Klassen** TR, Higo M (2016) Rapid Population Ageing and Reforms to Contractual Mandatory Retirement in Japan and South Korea. [*Journal of Gerontology Geriatric Research*. 5:350.](#)
4. Cook, S. L. (2015). Redirection: An extension of career during retirement. [*The Gerontological Society of America*, 55\(3\), 360-373.](#)
5. Hering, M., & **Klassen**, T.R. (2010). Strengthening Fairness and Funding in the Canada Pension Plan: Is Raising the Retirement Age an Option? [*Social and Economic Dimensions of an Aging Population Research Papers* 263](#), McMaster University.
6. **Klassen**, T.R. and Gillin, C.T. (2005). "Legalized Age Discrimination." [*Journal of Law and Social Policy* 20: 35-51.](#)
7. Gillin, C. T. and **Klassen**, T.R. (1995). "Age discrimination and mandatory retirement policies: A comparison of labor market regulation in Canada and the United States," [*Journal of Aging and Social Policy*, 7.1: 85-102.](#)

Sports & leisure programs for healthy aging

1. **Meisner, B. A.**, Hutchinson, S. L., Gallant, K. A., Lauckner, H., & Stilwell, C. L. (2019). Taking 'Steps to Connect' to later life: Exploring leisure program participation among older adults in rural communities. [*Society & Leisure*, 42\(1\), 69-90.](#)
2. Hutchinson, S. L., Lauckner, H., **Meisner, B. A.**, Gallant, K. A., & Silversides, C. (2017). Fostering self-determination and sense of belonging through leisure education: Reflections on the Steps to Connect program. [*Society & Leisure*, 40\(3\), 360-376.](#)
3. Manson, J., Rotondi, M., Jamnik, V., **Arden, C.**, & **Tamim, H.** (2013). Effect of tai chi on musculoskeletal health-related fitness and self-reported physical health changes in low income, multiple ethnicity mid to older adults. [*BMC Geriatrics*, 13\(114\), 1471-2318.](#)
4. Manson, J. & Ritvo, P. & Arden, C. & Weir, P. & **Baker, J.** & Jamnik, V. & Tamim, H. (2013). Tai Chi's Effects on Health-Related Fitness of Low-Income Older Adults. [*Canadian Journal on Aging / La Revue canadienne du vieillissement* 32\(3\), 270-277.](#)
5. **Meisner, B.**, Weir, P., & **Baker, J.** (2013). The relationship between aging expectations and various modes of physical activity among aging adults. [*Psychology of Sport and Exercise*, 14, 569-576.](#)
6. **Baker, J.**, Fraser-Thomas, J., Dionigi, R., & Horton, S. (2010). Sport participation and positive development in older persons. [*European Review of Aging and Physical Activity*, 7, 3-12.](#)
7. **Meisner, B.A.**, Dogra, S., Logan, A.J., **Baker, J.**, & Weir, P.L. (2010). Do or decline: Comparing the effects of physical inactivity on biopsychosocial components of successful aging. [*Journal of Health Psychology*, 15, 688-696.](#)
8. Baker, J., Meisner, B., Logan, J. Kungl, A.M., & Weir, P. (2009). Physical activity and successful aging in Canadian seniors. [*Journal of Aging and Physical Activity*, 17, 223-235.](#)
9. **Baker, J.**, **Meisner, B.**, Logan, J. Kungl, A.M., & Weir, P. (2009). Physical activity and successful aging in Canadian seniors. [*Journal of Aging and Physical Activity*, 17, 223-235.](#)
10. **Dogra, S.**, **Meisner, B.**, & **Baker, J.** (2008). Psychosocial predictors of physical activity in older aged asthmatics. [*Age and Ageing*, 37, 449-454.](#)

Long-term care policies and regulations for older persons

1. **Armstrong, P.**, Armstrong, H., & MacLeod, K. K. (2016). The threats of privatization to security in long-term residential care. [*Ageing International*, 41\(1\), 99-116.](#)
2. Banerjee, A., & **Armstrong, P.** (2015) Centring care: explaining regulatory tensions in residential care for older persons. [*Studies in Political Economy*, 95:1, p.7-28.](#)
3. Armstrong, H., **Armstrong, P.**, & **Daly, T.** (2012). The thin blue line: Long term care as an indicator of equity in welfare states. [*Canadian Women Studies*, 29\(3\), 49-60.](#)
4. **Daly T.** (2007). Out of place: mediating health and social care in Ontario's long-term care sector. [*Canadian journal on aging = La revue canadienne du vieillissement*, 26 Suppl 1\(Suppl 1\), 63–75.](#)