



DIGNITY OF RISK SYMPOSIUM

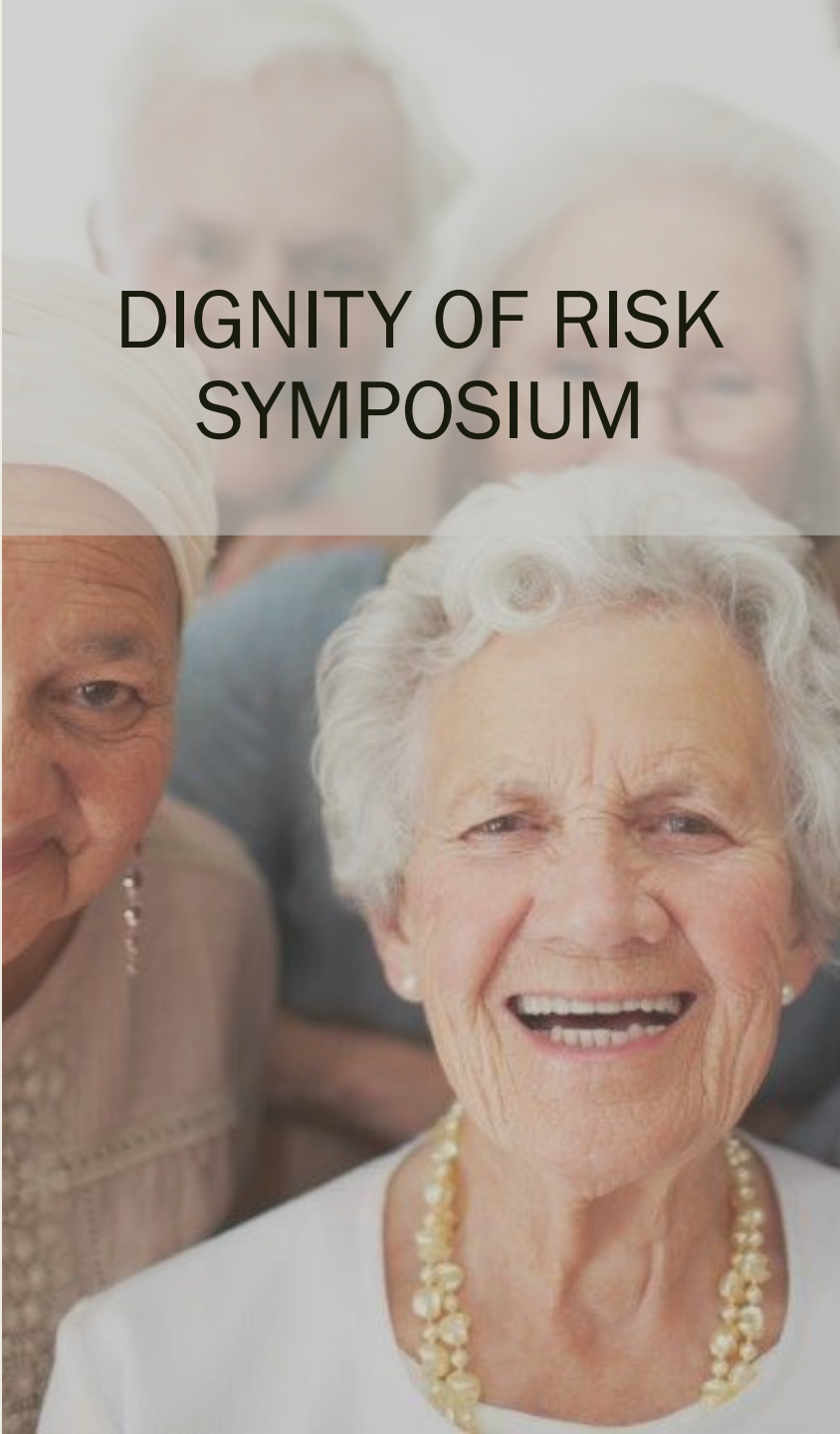
APRIL 29, 2026

How can we implement and
sustain innovations that
promote the dignity of risk
for older people?



**Biographies of the
speakers and summaries
of the conferences**

Living with Risk
Research Team



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INTRODUCTION

Presentation of 3
innovations promoting the
dignity of risk



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Heather MacLeod
Director, Programs & Partnerships
Provincial Geriatrics Leadership Ontario

Dr. MacLeod is the investigator of the "Living with Risk: Decision Support Approach" (LwR:DSA). She has over 20 years of experience as a practicing occupational therapist. Holding a doctorate in implementation science, she is a leader in the implementation of best practices and the development of knowledge transfer tools. Since 2016, Dr. MacLeod has collaborated closely with Professor Provencher on the development and knowledge transfer of the LwR:DSA. To date, over 2,000 decision-makers and stakeholders have participated in webinars delivered across Canada. Knowledge transfer tools, including a website with an online training module, have been developed and have garnered international interest.



"Living with Risks:Decision Support Approach" (LwR:DSA): A Collaborative Decision-Making Approach Centered on the Dignity of Risk

People often take risks to pursue positive outcomes. Yet when older adults enter the health care system, when clinicians identify potential safety concerns, the focus often shifts almost entirely to preventing negative outcomes. In today's presentation, Dr. MacLeod will introduce the Living with Risk: Decision Support Approach (LwR:DSA)—a framework that broadens and balances how we think about risk. This collaborative model acknowledges both the positive and negative physical, social, and emotional consequences of decisions, supporting older adults to make informed choices that reflect their values, preferences, and priorities. Dr. MacLeod will also share evidence of how the LwR:DSA benefits older adults, their families, and clinicians.

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Catherine-Anne Murray

*Occupational Therapist, Dignity of Risk Team Lead
Frailty & Elder Care Network, Nova Scotia Health*

Graduated in occupational therapy and in dementia studies, Catherine-Anne is a team lead within the Frailty and Elder Care Network (FECN) of Nova Scotia Health. Her extensive experience working with older adults living with frailty and dementia has fostered a strong commitment to support health care staff in caring for this population. As the Dignity of Risk lead with the FECN, Catherine-Anne helps develop education initiatives, resources, and foster collaborations intended to reduce ageist and overprotective attitudes and practices. Catherine-Anne is a strong proponent of shifting healthcare practice, policy, and culture towards embracing the Dignity of Risk. This concept calls for ability-based and informed risk management care planning, to optimize maintaining older adults' autonomy and wishes at the forefront of care decisions.



Nova Scotia Health Frailty and Elder Care Network: Dignity of Risk Program

The Nova Scotia Health Frailty and Elder Care Network's Dignity of Risk (DoR) Program seeks to foster a cultural shift among healthcare professionals (HCPs) and leaders toward greater respect for the autonomy and preferences of older adults living with frailty. Its goal is to support HCPs with Frailty and DoR Informed care and enhance the care experience of older adults and their essential care partners across hospital and community settings. Through participatory workshops, the program engages HCPs in exploring ways to reduce ageism, overprotective attitudes, fear of liability, and an excessive focus on safety. Participants learn to assess frailty and functional risks, while applying an evidence-informed risk management approach that balances safety with autonomy. To further support sustained behavior change, the DoR Program developed and trialed a Frailty and DoR Informed care pilot on an acute care unit and will be evaluating the pilot's effectiveness and sustainability over time.

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Meiqi Guo

Physiatrist, Medical Director

Brain Rehabilitation Program, Toronto Rehabilitation Institute, UHN

Dr. Meiqi Guo (University Health Network) is a physician specializing in rehabilitation care for people living with acquired brain injuries. She had completed medical school at Queen's University, residency training in Physical Medicine & Rehabilitation at the University of Toronto, and a Masters in Quality Improvement and Patient Safety through the Institute of Health Policy, Management and Evaluation at the University of Toronto. Dr. Guo's academic work focuses on making rehabilitation care safer and creating innovative models of care for people with acquired brain injuries.



'Therapeutic' Falls - Embracing Risk, Enhancing Autonomy, and Accelerating Recovery

Rehabilitation settings inherently involve certain risks, such as falls, particularly when individuals are relearning mobility following illness or injury. There is a tension between rehabilitation's primary goals of maximizing patient recovery and keeping patients safe. In 2020, our group proposed the concept of a Therapeutic Fall as a fall that takes place during a higher-risk activity that a patient has chosen to practice as part of their goals for recovery. Over the next five years, our experiences implementing and evaluating the Therapeutic Falls framework suggest that for some people, falls and risk can be an integral part of recovery. Instead of restricting their activities, we should collaborate with individuals and their families to make informed decisions about mobility.

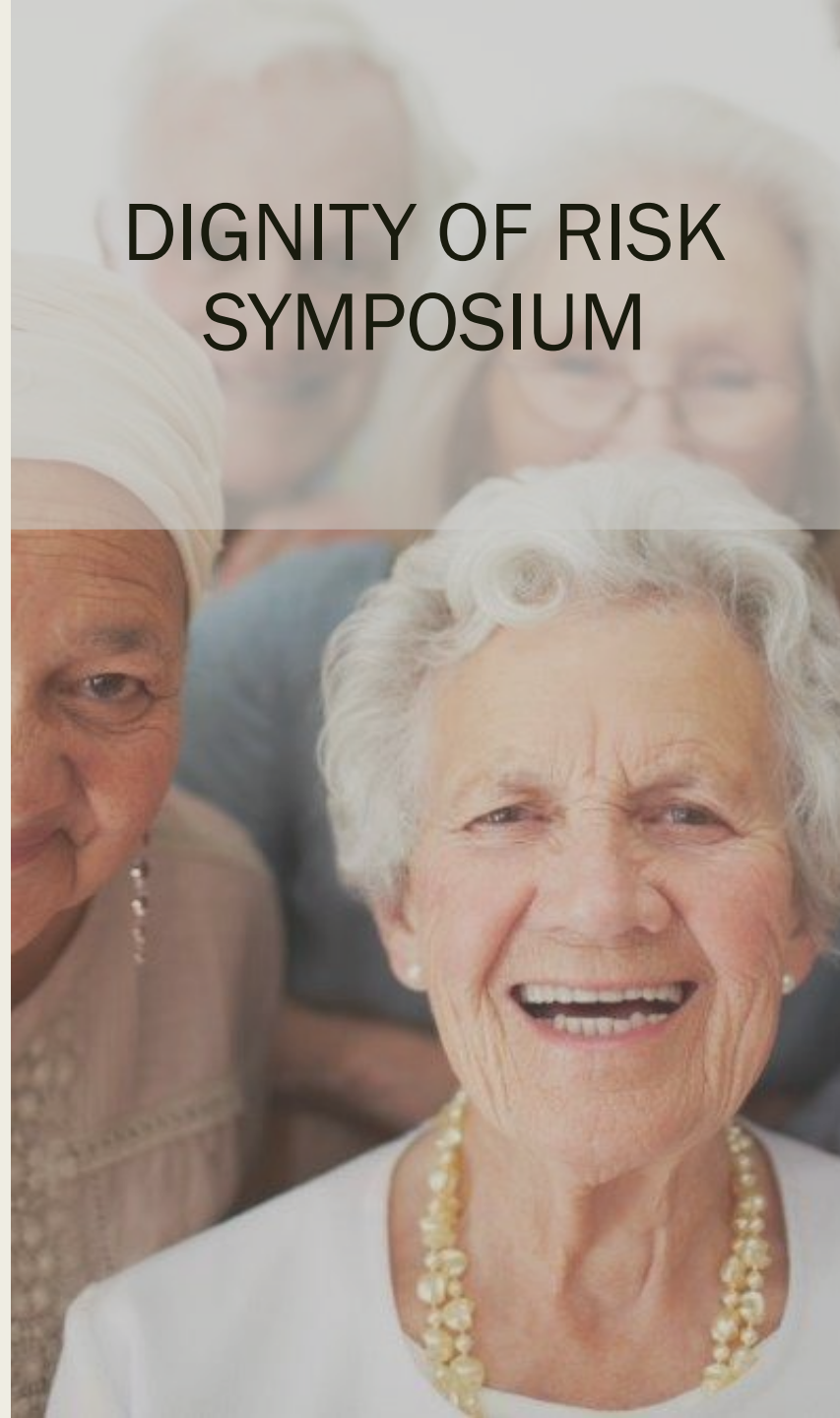
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PART 1

How can we reduce the fears of
accountability associated with
adopting an approach that
values the dignity of risk?



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Rosie Macri

Bioethicist, Site Lead

Hennick Bridgepoint Hospital & Sinai Health, Toronto

Rosie Macri is currently a Bioethicist at Sinai Health and the site lead for Hennick Bridgepoint Hospital. She is a Lecturer in the Department of Radiation Oncology and the Dalla Lana School of Public Health, and Associate Member in the School of Graduate Studies at the University of Toronto. She is also a member of the Joint Centre for Bioethics at the University of Toronto.



An Approach for Working with At-Risk Patients Expressing Desire for Discharge

(co-presented with Jordan Pelc, Omar Ghaffar and Si Mei (Amy) Li)

This presentation explores how clinicians can address fears of accountability when supporting patients who choose to live with risk. Using a real-world rehabilitation case, we discuss the ethical and legal challenges that arise when cognitively impaired or medically stable patients wish to return home despite ongoing care needs. We introduce a structured legal-ethical decision support tool developed at Hennick Bridgepoint Hospital to guide clinicians through these complex situations while balancing patient autonomy, safety, and professional responsibility. We also share findings from a pilot implementation on an acquired brain injury rehabilitation unit, including clinician perspectives on moral distress, feasibility, and decision-making confidence. Our experience highlights how structured frameworks and interprofessional dialogue can support teams in navigating at-risk discharge decisions.

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Jordan Pelc

Hospitalist, Hospital Medicine Director
Hennick Bridgepoint Hospital & Sinai Health, Toronto

Dr. Jordan Pelc is a hospital physician at Sinai Health in Toronto. He is the director of hospital medicine and head of medical informatics at Hennick Bridgepoint Hospital, as well as an adjunct professor at the Temerty Faculty of Medicine, University of Toronto.



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Omar Ghaffar

Staff Psychiatrist & Physician Lead

Hennick Bridgepoint Hospital, Sinai Health & University of Toronto

Dr. Omar Ghaffar practices liaison psychiatry and geriatric psychiatry at Sinai Health in Toronto, where he is the Chief of Mental Health at Hennick Bridgepoint Hospital. He is also an Assistant Professor in the Department of Psychiatry at the Temerty Faculty of Medicine, University of Toronto. Dr. Ghaffar is board-certified in psychiatry and geriatric psychiatry by the Royal College of Physicians and Surgeons of Canada, and in behavioral neurology and neuropsychiatry by the United Council of Neurologic Subspecialties.



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Si Mei (Amy) Li

Hospitalist, Clinician Investigator
Sinai Health, Toronto

Dr. Si Mei (Amy) Li is a hospitalist and clinician investigator at Sinai Health. She earned her MD from the University of Calgary and completed a family medicine residency at Women's College Hospital. She then completed a clinical fellowship in hospital medicine. She holds an MSc in community health and prevention research from Stanford University, where she was a Knight-Hennessy Scholar. She also completed a certificate in innovation and entrepreneurship from the Stanford Graduate School of Business. In addition, she completed the Machine Learning Software Foundations Certificate at the University of Toronto's Data Sciences Institute. Her research and academic interests include quality improvement and care transitions. She also focuses on using machine learning and predictive analytics to guide clinical and operational decisions that enhance quality of care.



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Didier Mailhot-Bisson

Professor & Researcher - Nursing Science
Université de Sherbrooke

With a background in nursing, Professor Mailhot-Bisson focuses on the organization of care for older adults and the implementation of best practices in geriatrics, particularly recognizing the importance of adopting a care approach that values respect for individuals' emotional and physical needs, as well as their decision-making autonomy. He has worked primarily with older adults and their families in various care settings, including long-term care, short-term care, emergency care, and home care. In collaboration with Méliissa Leblanc, one of his students, he will offer a highly relevant and insightful perspective on the importance of autonomy, self-determination, and the dignity of risk in shared decision-making within the context of long-term care.



Empowerment in Long-Term Care Facilities: A Dilemma of Values at the Heart of the Dignity of Risk

(co-presented with Méliissa Leblanc)

In Quebec long-term care facilities, valuing the dignity of risk represents a person-centered approach to empowerment, essential to a humanistic and respectful professional practice. It involves recognizing residents' right to make informed choices, even if those choices carry a degree of risk. For staff, this means shifting from a control-oriented approach to a supportive one, where the resident's autonomy and quality of life take precedence. The aim is to assess and mitigate risks collaboratively, taking into account preferences, abilities, and living circumstances. This empowerment approach fosters engagement, a sense of purpose, and self-esteem among residents, while strengthening a relationship of trust. It requires ongoing ethical reflection and rigorous, yet profoundly meaningful, interdisciplinary work.

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Mélissa Leblanc

Master's student - Nursing Science
Université de Sherbrooke

A Master's student in Nursing under the co-supervision of Professor Mailhot-Bisson, Ms. Leblanc has a diverse background: initially as a personal support worker, then as a registered nurse, assistant head nurse, head of department in a long-term care facility, and as a clinical advisor in residential care settings. She has developed expertise in the area of senior empowerment and dignity, making her a key resource within her institution. Ms. Leblanc has authored several practical summaries of relevant knowledge, including one on unstructured care and shared decision-making. Her presence alongside Professor Mailhot-Bisson is a major asset to the symposium, allowing participants to learn from her expertise.



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Marie-Ève Carignan

Professor & Researcher – Communication
Université de Sherbrooke

Professor in the Department of Communication and co-holder of the UNESCO Chair in the Prevention of Radicalization and Violent Extremism at the Université de Sherbrooke, Marie-Ève Carignan is an expert in media communication, journalistic practices, public relations, and strategic communication. Professor Carignan's work focuses particularly on journalistic ethics and professional conduct, the civic and social responsibilities of the media, disinformation, and risk and crisis communication, especially in public health. Her extensive and rich expertise will be highly relevant during the symposium, as she will share concrete, real-life examples on the importance of adopting a collaborative approach with the media to promote the dignity of risk.



Promoting the Dignity of Risk Through a Collaborative Approach with the Media

This conference will begin by addressing the ethical and professional frameworks surrounding journalistic practice, the civic and social responsibilities of the media, the relationship between the media and their sources, and the potential impacts of disinformation. Professor Carignan will then illustrate her points with real-life situations encountered during the pandemic to highlight the challenges faced by the media in raising awareness of the risks to which vulnerable older adults are exposed, in order to promote their safety without compromising their autonomy and quality of life. Finally, avenues for reflection and action will be proposed to explore whether a collaborative approach with the media could help them distinguish between situations that value the dignity of risk and those that demonstrate genuine negligence.

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Angie Andreoli

Physiotherapist, Safety & Quality Lead
Toronto Rehabilitation Institute, UHN

Angie Andreoli is the Safety & Quality Lead at Toronto Rehabilitation Institute (Toronto Rehab), Canada's largest rehabilitation and complex continuing care hospital. An expert in health management and policy, she co-leads Toronto Rehab's virtual rehabilitation strategy and supports innovative strategies for organizational learning and improvement. Among other responsibilities, Angie has co-led how organizations, seniors, and their families adopt Therapeutic Falls across Canada for organizational learning and improvement.



The Hidden Cost of Safety: How Zero Falls Policies Can Hold Patients Back (and How Data Can Help)

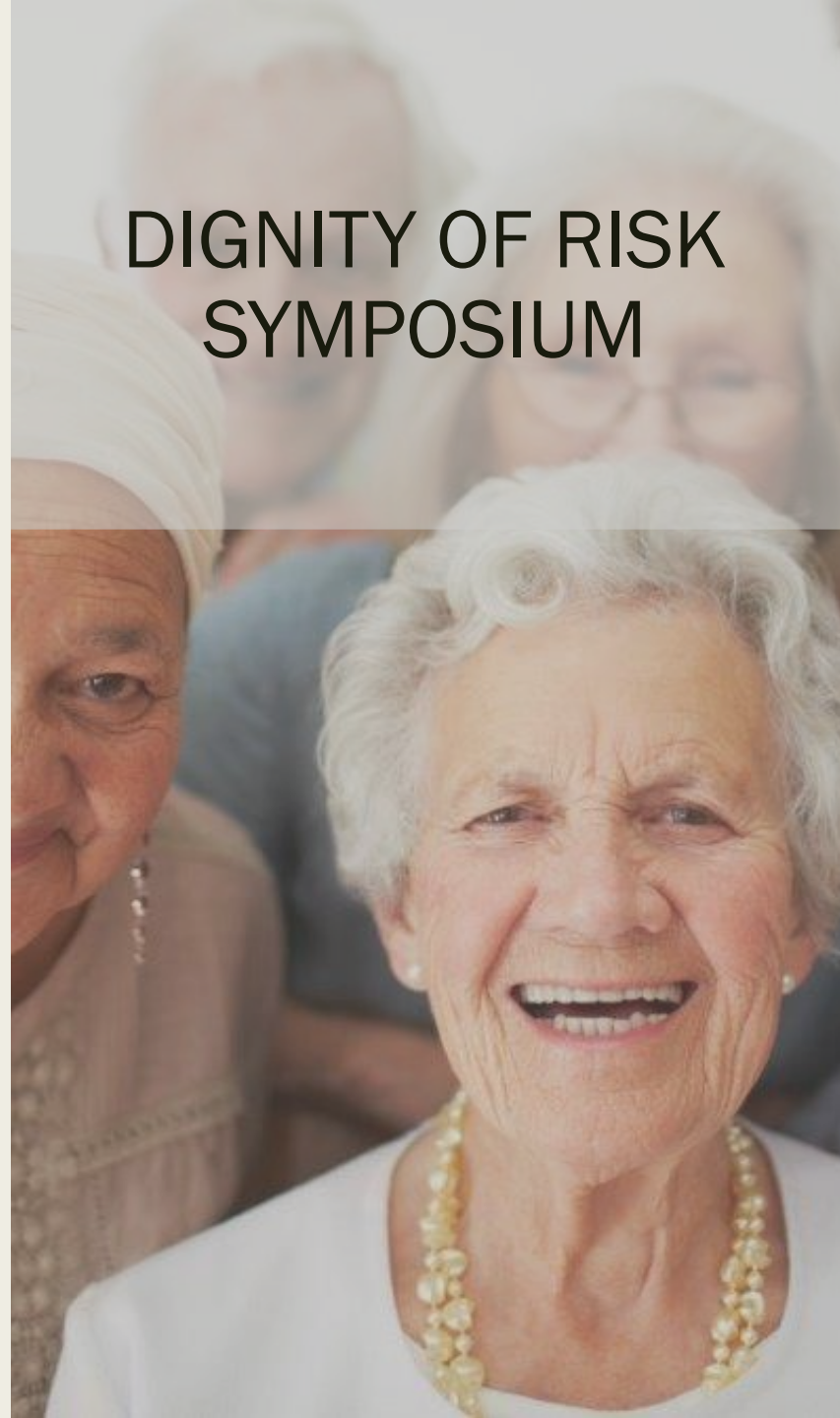
Falls remain the most common safety event in rehabilitation and many organizations have responded with a zero-falls policy. While well intentioned, such policies infer that all falls are preventable and have led to custodial approaches to falls prevention such as constant supervision, alarms and restraints, as well as shame and blame for providers when a patient in their care falls. Therapeutic Falls joins the growing momentum in which falls are not seen as something to avoid at all costs, but rather can be part of recovery. We will share multi-year outcomes that suggest for many patients, practicing higher-risk activities improves motor recovery, decreases length of stay and does not change falls rates. By sharing our open-source implementation toolkit, we also hope to support scale and spread, and view this work not through a legalistic prism, but rather an ethical and practical one.

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PART 2

How to engage a person living with
cognitive difficulties, and the family,
in decisions involving dignity of risk?



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Dominique Giroux

Professor & Researcher - Occupational Therapy
U. Laval et Centre d'Excellence sur le Vieillissement de Québec

Trained in occupational therapy, Professor Giroux has an extensive expertise in knowledge translation (co-design, dissemination, and implementation of innovations) and a recognized experience in developing decision-making tools to support professionals. Her work focuses on risk assessment and management, the need for protection, and support for caregivers in cases of loss of autonomy or behavioral and psychological symptoms experienced by individuals with neurocognitive disorders. Among other things, she has developed a tool to support the clinical assessment of the capacity for self-care and the management of one's assets. Her research focuses more specifically on respecting individuals living with neurocognitive disorders and their involvement in decisions where the dignity of risk is at stake.



Consent and Capacity to Consent

This conference will explore the ethical and legal issues surrounding the involvement of individuals living with cognitive difficulties and their caregivers in decisions involving the dignity of risk. More specifically, it will address the concept of consent and emphasize the importance of considering the values and habits of older adults when assessing their capacity to manage their personal affairs and property. Professor Giroux will present the process for assessing capacity to consent and will use concrete, real-life examples to illustrate her points.

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Véronik Lamoureux

Communications Professional
Université de Sherbrooke

A communication professional, lecturer, and educational advisor at the Faculty of Arts and Humanities at the Université de Sherbrooke, Ms. Lamoureux completed a Master's degree in Communication in March 2025 under the supervision of Professor Dany Baillargeon (Department of Communication, UdeS). Her research focused on interactions in clinical simulations in social work, specifically within the context of assessing incapacity for the purpose of validating a protection mandate. Her presentation provides insightful communication perspectives, particularly on the concept of incomplete intersubjectivity with older adults living with cognitive difficulties.



Co-constructing Commitment: Communication Challenges and the Dignity of Risk in the Context of Incapacity

Her research focuses on the approval of a protection mandate for an older adult living with cognitive impairment, a process that requires constant negotiation of the balance between protection and autonomy. She examines the assessment meeting between the social worker, the individual concerned, and their future legal representative, and how decisions are constructed through communication. Based on clinical simulations in social work, the study shows that the individual's engagement depends not only on their cognitive abilities, but primarily on how the dialogue is conducted. The results reveal a constant tension between institutional requirements, protection, and relational commitment. Even when understanding is fragile, the older adult contributes to meaning through micro-moments of validation and recognition. From this perspective, the dignity of risk lies not only on the final decisions, but also on maintaining a respectful dialogical space where the individual and their family are engaged, despite uncertainty, in a co-construction of meaning and the choices that concern them.

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Thomas Tannou

Geriatrician & Researcher

Centre de recherche de l'Institut universitaire de gériatrie de Montréal

Dr. Tannou (UdeM, IUGM), a geriatrician and researcher at the CR-IUGM, is interested in the involvement of people living with cognitive difficulties in decisions related to remaining at home. His research focuses on the misperception of illness (anosognosia) and how this influences decisions related to home care for older adults. He works as a clinician and researcher to facilitate collaboration between research, the community, and clinical practice in developing innovative solutions to support older adults living at home with cognitive impairments.



The Right to Risk: Clinical and Ethical Challenges of Aging at Home

During his presentation, Dr. Tannou will explore how misperception, such as anosognosia in Alzheimer's disease, influence the acceptance of care and services, generating risky behaviors that often go unrecognized. He will address the ethical and clinical issues related to this lack of perceived capacity, emphasizing the importance of understanding the motivations behind certain oppositional behaviors. More specifically, he will highlight the current limitations of assessing decision-making capacity. Finally, the presentation will open up to emerging approaches, including the use of technology and smart environments, to support home-based interventions while respecting what matters most to these individuals.

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Danielle Jepson

Advanced Practice Leader

Toronto Rehabilitation Institute, UHN

Danielle Jepson (University Health Network) is an Advanced Practice Leader for the Geriatric, Musculoskeletal and Multisystem Rehabilitation Programs. She notably co-led the development of the Therapeutic Falls Implementation Toolkit. This toolkit, comprised of four main steps, aims to support organizations in adapting, implementing, and evaluating the Therapeutic Falls program in various care settings. The toolkit includes two guides: one for service users and their families, and another to guide shared decision-making. It also incorporates a tool to support practitioners' reflection on their own perceptions of risk, safety, and well-being related to mobility and falls among service users.



When Risk Matters Most: Supporting Mobility for Patients with Cognitive Impairment

This session will examine the implementation of the Therapeutic Falls framework, which enables patients and families to participate in higher-risk mobility activities during hospitalization. Drawing on experiences piloting this work with individuals living with brain injury and later expanding it to those with advanced dementia, Danielle will explore how cognitive and behavioural challenges intersect with decisions about risk and autonomy. This presentation will address common questions raised by clinical teams and caregivers and offer practical strategies to support shared-decision making when cognition complicates consent. Finally, Danielle will argue that approaches embracing dignity of risk may offer the greatest benefit to those with cognitive impairment – promoting engagement, preserving identity, and enhancing quality of life even in the face of vulnerability.

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Lise Bergeron-Proulx (Michel Proulx)

Caregiver
(lived experience)



Who am I?

For this symposium, I am a caregiver who had never navigated the medical world before and who has had to immerse herself in it for almost six years, even though the official diagnosis came on May 16, 2022. My husband, Michel, lives with Alzheimer's. Michel and I sought out information and involvement to equip ourselves with the necessary tools on this subject. These efforts aimed to allow us to continue living our lives and enjoying all the happiness that comes with it.



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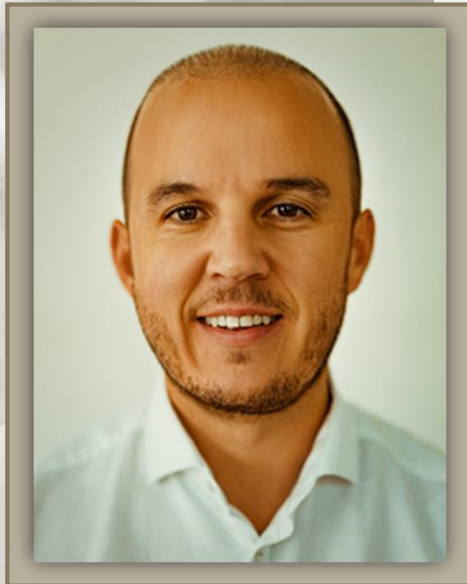


LUNCH-CONFERENCE

Winning conditions that enabled
innovations valuing the dignity
of risk to live and survive



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Francis Etheridge

Consultant, Trainer & Researcher
Gérontosphère

Mr. Etheridge, consultant, trainer, and researcher with the Gérontosphère collective, specializes in organizational development and change management in long-term care facilities. Holding a bachelor's degree in psychology and a doctorate in gerontology, he has been passionate about transforming living environments for older adults for nearly 20 years. Always committed to bridging the gap between research and practice, and to contributing to the well-being of people who live and work in these settings, his participation in this symposium was essential. He will share his experience on the conditions for success in ensuring the sustainability of innovations requiring a paradigm shift.



“Taking the Risk” of Embarking on the Path of Sustainable Improvement in Collective Living Settings

For innovations such as those promoting dignity of risk to thrive and survive in collective living settings, the implementation of a well-considered and context-specific "support for improvement" strategy is essential. During this presentation, Mr. Etheridge will share his observations and analyses regarding the challenges encountered and the conditions conducive to the implementation and sustainability of innovations aimed at enhancing the autonomy and quality of life of individuals living in collective living settings.



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PART 3

How to sustainably adapt an approach that values the dignity of risk in different settings and workers?

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Marta Woolford

Researcher - Organizational Change
Monash University, Australia

Dr Marta Woolford leads the Healthy Ageing Research Team in the Health and Social Care Unit, focusing on enabling older people with and without dementia to live meaningful, purposeful lives in community and aged care settings. Her research and industry-led projects promote wellbeing, strengths-based and person-centred care, and dignity of risk. Marta partners with aged care providers across residential aged care, home care, and geriatric acute hospital settings to drive quality improvement and change management initiatives. She co-designs, implements, and evaluates sustainable programs and models of care, including the Meaningful Purpose Centred Care Program, implemented nationally to improve quality of life and care. Her research interests align with her personal experience, with her mother living with Alzheimer's disease. Marta is currently undertaking an MBA specializing in organizational change, and is a Dementia Australia Research Foundation Postdoctoral Fellow.



Organizational Conditions for Dignity of Risk Implementation and Sustainability: A Systems View of Workforce Practice

High-quality care requires the workforce to consistently practice the principles of Dignity of Risk. Yet the extent to which staff can embed these principles into everyday practice - and into every interaction with older people - is shaped by the organization itself. Workforce capacity is influenced by the structural conditions in which people work - the functional, cultural, informational, environmental and political/leadership sub-systems that determine how well the workforce understands, enacts, and upholds Dignity of Risk in practice. This presentation describes strategies across these organizational sub-systems that can support effective implementation and long-term sustainability of Dignity of Risk. It highlights approaches that address organizational constraints and leverage existing enables, drawing on lessons from change management, implementation science, and practice-based translational insights to strengthen education and training, information flows and policy direction, leadership capability, and communication processes. Together these strategies respond to complexity, build organizational readiness, and recognize the interactions between sub-systems - supporting the sustained embedding of Dignity of Risk principles across care settings.

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Liza Behrens

Professor & Researcher – Nursing
Penn State University, États-Unis

Dr. Liza Behrens specializes in nursing, health professions, and community engagement. Her program of research advances person-centered care and the dignity of risk for older adults living in nursing homes, with an emphasis on shared decision-making in dementia care. Dr. Behrens leads EMPOWERING US to build a national stakeholder network that codesigns strategies to facilitate meaningful engagement of nursing home communities in patient-centered comparative effectiveness research. She is Principal Investigator on studies developing and testing the DIGNITY protocol, a multi-component approach that helps staff honor resident preferences while managing risks and organizational constraints. Recognized for its innovative aspects and impact, her work integrates research, education, and policy to elevate autonomy, well-being, and quality of life in older adulthood.



Scaling Evidence-based Training Approaches to Honor the Dignity of Risk in Long-Term Care Settings for Sustainability

This presentation explores an evidence-based and theoretically informed strategy to embed the dignity of risk in long-term care settings. It begins by defining dignity of risk as a cornerstone of person-centered care, emphasizing its role in balancing autonomy and safety. Evidence from the DIGNITY Protocol demonstrates feasibility and positive outcomes, including improved staff confidence and organizational alignment. The session highlights a “Training of Trainers” model as a scalable approach, combining interactive case-based learning with ongoing coaching and practical tools such as manuals and decision aids. Key challenges—staff turnover, resource limitations, and time constraints—are addressed through modular training, virtual support networks, and leadership engagement. Solutions focus on adaptability across roles and integration into organizational culture to ensure sustainability. The presentation concludes with a call to action for healthcare organizations to commit to evidence-based practices that honor individual preferences while fostering systemic change.

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Sarah Boudreault

Physiotherapist, Professional consultant
CIUSSS de la Capitale Nationale

Physiotherapist and professional consultant, Ms. Boudreault is committed to the adoption of innovative practices aimed at better risk management. Being an exceptional communicator, she has delivered nearly fifty training sessions on the Living with Risk approach to professionals (e.g., physiotherapists, occupational therapists, nurses, and personal care attendants) and managers working in various care settings (long-term care, mental health, pediatrics, etc.). Drawing on this extensive expertise and dedicated to continuously improving practices and the quality of life for older adults and all those receiving care and services, Ms. Boudreault will share proven strategies that can facilitate the scaling up and sustainability of innovations that value the dignity of risk.



Helping Users in Positive Risk-Taking: The Importance of Supporting the Whole Team!

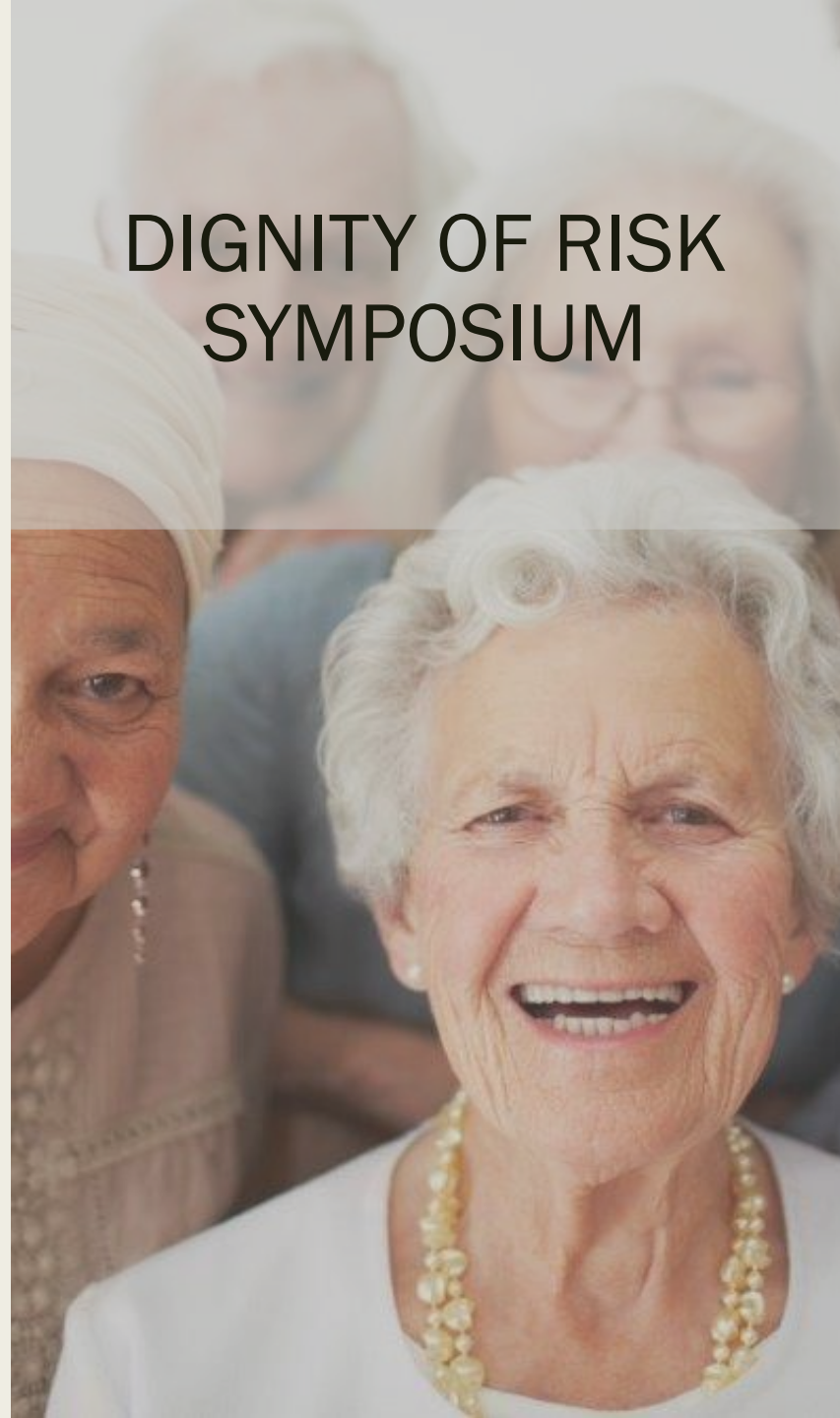
At the CIUSSS de la Capitale-Nationale, the Living with Risks approach was initially used during preparatory training for the opening of Seniors' Residences and Alternative Living Facilities. The goal was to foster dialogue within teams, including users and their families, regarding risk management. Subsequently, this approach was tested in pilot projects. These projects included training and support for all team members (e.g., managers, professionals, nurses, personal support workers), as well as the use of an official form that could be filed in the patient's record in the most complex cases, allowing for the exploration of its practical application in risky situations. These pilot projects identified the facilitating factors and challenges inherent in implementing the approach. During this conference, Ms. Boudreault will present the strategies tested, as well as the conclusions and possible solutions for a successful implementation of the approach within a team.

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PART 4

How can an approach that values
the dignity of risk be adapted to
various clienteles and cultures?



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Martin Caouette

Professor & Researcher - Psychoeducation
Département de psychoéducation et travail social, UQTR

Professor Caouette is a psychoeducator and holds the Chair in Self-Determination and Disability at UQTR. His research focuses on the self-determination of adults with disabilities, primarily those living with intellectual disabilities, autism, or multiple disabilities, particularly within their residential settings. His research also examines the practices of the professionals who support them. Through ongoing collaboration with various practice settings, Professor Caouette is committed to promoting knowledge mobilization and close ties with practitioners. He has established numerous partnerships in Quebec, Canada, and Europe.



Self-determination and support for people with intellectual disabilities

This conference will address supporting the self-determination of individuals with intellectual disabilities, particularly during the transition from school to adulthood. The key concept of the dignity of risk will be discussed (1) from a developmental perspective, that is, as a lifelong learning process, and (2) from an ecosystemic perspective, that is, in relation to the opportunities and experiences offered by the individual's various living environments. In addition to presenting the main models underpinning the concept of self-determination, the speaker will illustrate the delicate balance between protection and overprotection in decision-making related to the residential context, especially when an individual with an intellectual disability begins living independently in a supervised apartment. Finally, suggestions for practical application and avenues for research will be offered.

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Sarah Boudreault

Physiotherapist, Professional consultant
CIUSSS de la Capitale Nationale

Physiotherapist and professional consultant, Ms. Boudreault is committed to the adoption of innovative practices aimed at better risk management. Being an exceptional communicator, she has delivered nearly fifty training sessions on the Living with Risk approach to professionals (e.g., physiotherapists, occupational therapists, nurses, and personal care attendants) and managers working in various care settings (long-term care, mental health, pediatrics, etc.). Drawing on this extensive expertise and dedicated to continuously improving practices and the quality of life for older adults and all those receiving care and services, Ms. Boudreault will share proven strategies that can facilitate the scaling up and sustainability of innovations that value the dignity of risk.



The Living with Risks Approach: Developed for Older Adults, but Applicable to Other Populations?

The intention to implement the Living with Risks approach in Seniors' Residences and Alternative Living Facilities has sparked interest in using this approach with other population groups, as these living environments accommodate both older adults and adults with intellectual disabilities, autism spectrum disorder, or physical disabilities (IDASDPD). Following an in-depth analysis conducted in collaboration with the research team responsible for the approach, it was determined that it is not only applicable to the IDASDPD population but also offers potential applications with other population groups. This presentation will showcase examples of pilot projects conducted with various population groups (e.g., pediatrics). Reflections on its application with individuals living with mental health disorders will also be shared. Finally, the challenges encountered and key considerations identified during these pilot projects will be addressed.

DIGNITY OF RISK SYMPOSIUM



Guy Drouin

Caregiver
(lived experience)

With a graduate degree in career counseling, I consider myself a chronic perseverer, having experienced dropping out and getting back on track at every stage of my academic journey. As a social support counselor, I have primarily worked with marginalized clients facing various challenges, including addiction, social exclusion, mental health issues, and anxiety.

For the past 25 years, I have been supporting students in developing their interpersonal skills through career counseling. My constructivist approach is now centered on co-development, reflection, and the adjustment of micro-behaviors, thereby fostering empowerment.

In January 2013, my daughter was the victim of a drunk driver, leaving her with major neurological damage (severe traumatic brain injury). Today, she struggles with impaired autonomy and judgment due to short-term memory loss. This event transformed me into a caring father, naturally leading me to work on implementing the "Patient Partnership" at the FMSS and supporting this approach in the various CIUSSS research centres.

It is with great pride that I now work as an Indigenous Liaison Officer for developing culturally safe skills, fostering greater compassion in healthcare for First Nations people.

Living with Risk
Research Team



Social Sciences and Humanities
Research Council of Canada

Conseil de recherches en
sciences humaines du Canada



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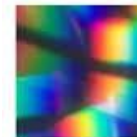
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