

“**ELISE KAYFETZ**, CARP’s gerontologist and community development officer, and I were recently invited to McMaster University’s Innovation Park in Hamilton to visit the new home base of the Canadian Longitudinal Study on Aging (CLSA).

The CLSA is the largest study of aging ever undertaken in Canada and will follow 50,000 men and women between the ages of 45 and 85, from St. John’s, N.L., to Victoria for at least 20 years.

The impressive facility is one of 11 data collection sites across Canada and the long-term secure storage facility for all the numerical and physical data gathered from study participants from coast to coast. The aim of the CLSA study is to “find ways to improve the health of Canadians by understanding the aging process and the factors that shape the way we age.”

So far, the study has attracted almost 30,000 of the 50,000 participants who will go through a series of tests at the local collection sites and return to the facility every three years for at least 20 years. Unfortunately, the study requires that participants be selected randomly, so volunteers

are not accepted. But the recruitment process continues across Canada, so keep an eye out for your invitation in the mail to join the CLSA.”



Minister of State for Seniors Alice Wong (second from left) celebrated the official grand opening and launch of the Canadian Longitudinal Study on Aging (CLSA) with lead researchers Susan Kirkland (left), Christina Wolfson (second from right) and Parminder Raina (right) in September 2012.



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