



Abstract Title: The Fountain of health initiative for optimal aging

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Introduction/Background

The Fountain of Health (FoH) Initiative for Optimal Aging (www.fountainofhealth.ca) is a leading movement in positive psychiatry in Canada. Founded in 2010 in Dalhousie University, FoH is led by academic geriatric psychiatry in partnership with national seniors'-serving organizations.

Purpose

FoH translates the science of brain health and resilience to the public and to healthcare providers for use in front line care. The purpose of FoH is to promote positive health behaviour change for optimal aging and health promotion across the lifespan.

Approach

The FoH offers unique knowledge translation (KT) tools in positive psychosocial aging. KT mechanisms include a website, a Facebook page, an App, educational videos, a speakers' bureau and frontline care and community-based workshop materials.

Outcomes

Outcomes of the FoH's KT initiatives will be described including: website traffic, KT outcomes in frontline care and community workshops with success indicators of national scale up.

Conclusion

FoH Initiative is a national initiative for brain health and resilience to promote health behaviours across the lifespan. Promising outcomes in FoH KT to date suggest that wider scale-up across Canada will benefit providers, clients and the general public.

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