

# UNIVERSITY OF VICTORIA

## CURRICULUM VITAE

KAITLYN PATRICIA ROLAND

### **1. MAJOR FIELDS OF SCHOLARLY OR PROFESSIONAL INTEREST**

My research aims to understand the care needs of older persons to ensure older adults have the option to remain in their own home environment and society as long as possible. Specifically, I examine functional abilities and caregiver needs in persons with Parkinson's disease (PD) and dementia. My training represents the *integration of physiology and health research* to support independence and well-being.

**My research program in physical and social gerontology in persons with PD, with a focus on public health to improve quality of life, is unique.** Even though I am early in my career, I have shown a commitment to excellence and aspire to be **leading researcher in this field.**

### **2. DEGREES AND DIPLOMAS**

DEGREE	FIELD	INSTITUTION	YEAR
PhD	Health & Exercise Sciences Health & Social Development	University of British Columbia	2012
<i>Title:</i> "Physical Function and Frailty in Persons with Parkinson's disease: a focus on females"			
MSc	Health & Rehabilitation Sciences	University of Western Ontario	2008
<i>Title:</i> "Creating a Burden Scale for Spousal Parkinson's Caregivers"			
BHSc	Health Science, minor medical sci	University of Western Ontario	2006

### **3. ACADEMIC POSITIONS**

#### **3.1. Fellowship Positions**

2012-present Post Doctoral Fellow (PDF)  
 2012-14 Canadian Institute of Health Research post-doctoral award  
 2014-16 Michael Smith Foundation for Health Research post-doctoral award  
 The Centre on Aging, University of Victoria, Victoria BC  
 • impact of dementia on Parkinson care needs and caregiver well-being

#### **3.2. Course Instruction**

2015 September-Dec Sessional Instructor Ageing 470 – 'Health, Family and Community Care Systems in Ageing' School of Public Health and Social Policy, Faculty Human and Social Development, University of Victoria  
 • revised content, delivery of online content, instruction, evaluation

2013 January-April Sessional Instructor Ageing 472 – ‘*Healthy Ageing*’  
2014 January-April School of Public Health and Social Policy,  
2015 January-April Faculty Human and Social Development, University of Victoria  
• development, delivery of online content, instruction, evaluation

### 3.3. Course Development

2012 Nov Ageing 472 – Healthy Ageing  
School of Public Health and Social Policy, Human and Social Development  
University of Victoria, Victoria BC  
• development of a new online course

2009 Jan Exercise Physiology I – laboratory  
Dept. Human Kinetics, University of BC Okanagan

### 3.3. Teaching and Research Assistantships

2011 January-April  
Teaching Assistant (Tutorial leader) - Exercise Prescription  
Dr. Gareth R. Jones, Department of Human Kinetics, University of BC Okanagan

2009 Jan-April, 2010 Jan-April, 2010 Sept-Dec, 2011 Sept-Dec, 2012 Jan-April  
Teaching Assistant (Sr. Lab Coordinator) - Exercise Physiology  
Dr. Jennifer M. Jakobi, Department of Human Kinetics, University of BC Okanagan

2010 May-September  
Research Assistant - Daily muscle activity (electromyography) in person with Parkinson’s  
disease *Functional assessments; daily muscle activity (electromyography)*  
Dr. Gareth R. Jones, School Health Exercise Science, University of British Columbia Okanagan

2009 May-September  
Research Assistant - Identifying Frailty among Community Dwelling Older Women  
*Grounded theory (qualitative interviews); daily muscle activity (electromyography)*  
Dr. Gareth R. Jones, School Health Exercise Science, University of British Columbia Okanagan

2008 September- December  
Teaching Assistant (Lab Coordinator) - Healthy Lifestyles  
Dr. Gareth R. Jones, Department of Human Kinetics, University of BC Okanagan

2008 September- December  
Teaching Assistant - Health inter-professionals: research & evidence-based practice  
Dr. Shirley Chau, Social Work in Health & Social Development, University of BC Okanagan

2006 September- December, 2008 January- April  
Teaching Assistant - Health and the Human Spirit  
Dr. Ann Schweitzer, Faculty of Health Science, University of Western Ontario

#### **4. SCHOLARLY AND PROFESSIONAL ACTIVITIES**

##### **4.1. Peer-Review Experience**

<b>YEAR</b>	<b>JOURNAL</b>
2015 -	<i>Leisure Sciences</i>
2015 -	<i>Journal of Alternative and Complementary Medicine</i>
2013 -	<i>Canadian Journal on Aging</i>
2013 -	<i>Journal of Aging and Physical Activity</i>
2012 -	<i>Applied Physiology, Nutrition and Metabolism</i>

##### **4.2. Memberships in Scientific Societies & Professional Affiliations**

<b>YEAR</b>	<b>SOCIETY</b>
2014 -	The Gerontological Society of America
2011 -	Movement Disorders Society
2010 -	Canadian Association on Gerontology
2010 -	Kripalu Yoga Teacher Association
2010 -	Registered Yoga Teacher-200, Yoga Alliance Member
2010 - 2012	International Society for Gerontechnology
2009 - 2012	Canadian Society of Exercise Physiology
2008 - 2010	British Columbia Network for Aging Research
2006 - 2008	Canadian Psychology Association

##### **4.3. Supervisory Experience**

<b>YEAR</b>	<b>STUDENT</b>	<b>DEGREE</b>	<b>TYPE</b>	<b>CURRENTLY</b>
2014	Robertson, M.	BSc UVic	Research supervisor	BSc, University of Victoria
2013 - 2015	Laroque, K.	MSc UBC	Committee member	Employed
2012 - 2015	Neubauer, N.	MSc UBC	Mentor	PhD, University of Alberta
2011 - 2012	Cornett, K.	MSc UBC	Mentor	PhD, University of Sydney
2010 - 2011	Carlyle, J.	BHK UBC	Research supervisor	MSc, University of Toronto
2010	Karn, N.	BHK UBC	Research supervisor	Health and Wellness Coordinator, Stuart Olson Inc. Calgary AB
2009	Panton, S.	BHK UBC	Research supervisor	Occupational Therapy, U Alberta
2009	Various	BHK UBC	Systematic review	

#### **5. SCHOLARSHIPS, FELLOWSHIPS, GRANTS, AND AWARDS**

##### **5.1. Awards, Travel & Scholarships**

<b>YEAR</b>	<b>AGENCY / DESCRIPTION</b>	<b>AMOUNTS</b>
2015	Canadian Association on Gerontology – Conference Travel Award	250
2015	Kripalu/NPF Yoga for Parkinson’s retreat – Travel Expenses	1,260

	National Parkinson Foundation, Miami FL	
2014	Gerontological Society of America - Douglas Holmes Award for Quality of Life/Quality of Care (Quality of Care Interest Group)	500
2014	Canadian Association on Gerontology – Conference Travel Award	400
2014	Kripalu/NPF Yoga for Parkinson’s retreat – Travel Expenses National Parkinson Foundation, Miami FL	1,370
2013	Kripalu/NPF Yoga for Parkinson’s retreat – Travel Expenses National Parkinson Foundation, Miami FL	1,031
2013 -16	Michael Smith Foundations for Health Research – Post-doctoral Fellowship Award	87,125
2013	Canadian Association on Gerontology – Conference Travel Award	450
2013	World Parkinson Coalition – Conference Travel Award	650
2013	Kripalu/NPF Yoga for Parkinson’s retreat – Travel Expenses National Parkinson Foundation, Miami FL	1,068
2013	Special University of BC Okanagan Award *awarded, but declined	1,500
2012 -14	Canadian Institute of Health Research – Post-doctoral Fellowship Award Gender, Work & Health Priority Announcement	90,000
2012 -14	Alzheimer Society Research Program – Post-doctoral Fellowship Award *awarded, but declined	86,000
2011	Canadian Federation of University Women - Kelowna Graduate Scholarship	2,000
2011	Canadian Association on Gerontology – Conference Travel Award	475
2011	Vancouver Integrated Study on Aging (VISA) Training Award Conference Travel Award	400
2011	UBC Okanagan Graduate Fellowship	1,000
2011	UBC Okanagan Graduate Student Travel Grant	500
2010	Canadian Association of Gerontology - Conference Travel Award	475
2010	World Parkinson Coalition - Conference Travel Award	1,200
2010	Canadian Institute of Health Research – Institute of Aging Conference Travel Award	1,000
2010 -12	Canadian Institute of Health Research - Doctoral Scholarship Parkinson Society Canada Priority Announcement	51,333
2010	Canadian Institute of Health Research Student Program in Aging (SPA) Workshop	1,600
2010	British Columbia Network for Aging Research Gerontechnology Master Class & Conference Travel Award	700

2010	Government of British Columbia Knowledge & Information Services Student Research Symposium Travel Award	500
2009	British Columbia Network for Aging Research Student Training in Aging Research Skill Development Workshop	800
2008 -12	PhD Tuition Award University of British Columbia	21,424
2008 -10	Ontario Student Opportunity Grant	14,600
2007 -08	Province of Ontario Graduate Scholarship	15,000
2007	Society of Graduate Studies (SOGS) 125 <sup>th</sup> Anniversary Scholarship University of Western Ontario	1,250

## 5.2. Research Funding

YEAR	AGENCY / DESCRIPTION	AMOUNTS
2014 -	Alzheimer's Drug Therapy Initiative – Caregiver Appraisal Study University of Victoria, Ministry of Health, Government of British Columbia, Co-Investigator, PI. Dr. N. L. Chappell	2.9M
2013	SSHRC internal research grant, University of Victoria, Co- Investigator, PI. Dr. N. L. Chappell	7,000
2009	Government of British Columbia Knowledge & Information Services Student Data Collection, Primary Investigator	1,500
2009	British Columbia Network for Aging Research - Student Data Collection, Primary Investigator	1,500
2008	British Columbia Network for Aging Research – Student Data Collection, Primary Investigator	5,000

## 6. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

### 6.1. Published Peer-Reviewed Articles

18. Roland, K.P. & Chappell, N.L. (2015). Relationship and stage of dementia differences in caregiver perspectives on the meaning of activity. *Dementia*. Epub ahead of print DOI: 10.1177/1471301215586287.
17. Roland, K. P. & Chappell, N. L. (2015). Meaningful Activity for Persons with Dementia: Family caregiver perspectives. *American Journal of Alzheimer's Disease & Other Dementias*, 30(6), 559-568. doi:10.1177/1533317515576389.
18. Roland, K. P., & Chappell, N. L. (2015). A typology of caregiving across neurodegenerative diseases presenting with dementia. *Ageing & Society*, 35(9), 1905-1927. doi:10.1017/S0144686X1400066X

16. Roland, K. P., Theou, O., Jakobi, J. M., Swan, L., & Jones, G.R. (2014). How do community physical and occupational therapists classify frailty? A pilot study. *Journal of Frailty & Aging*, 3(4), 247-250.
14. Roland, K. P. (2014). Applications of yoga in Parkinson's disease: A systematic literature review. *Journal of Parkinsonism and Restless Legs Syndrome*, 4, 1-8. doi: 10.2147/JPRLS.S40800
13. Roland, K. P., Jones, G. R., & Jakobi, J. M. (2014). Daily electromyography in females with Parkinson's disease: A potential indicator of frailty. *Archives of Gerontology and Geriatrics*, 58(1), 80-87. doi:10.1016/j.archger.2013.08.008
12. Roland, K. P., Jones, G. R., & Jakobi, J. M. (2013). Parkinson's disease and sex-related differences in electromyography during daily life. *Journal of Electromyography and Kinesiology*, 23(4), 958-965. doi:10.1016/j.jelekin.2013.03.008
11. Roland, K. P., Cornett, K. M. D., Theou, O., Jakobi, J. M., & Jones, G. R. (2012). Concurrence of frailty and Parkinson's disease. *Journal of Frailty and Aging*, 1(3), 123-127.
10. Roland, K. P., Cornett, K. M. D., Theou, O., Jakobi, J. M., & Jones, G. R. (2012). Daily physical activity across frailty phenotypes in community-dwelling females with and without Parkinson's disease. *Journal of Aging Research*, vol. 2012(Article ID 468156), 8 pages. doi:10.1155/2012/468156.
9. Roland, K. P., Jakobi, J. M., Powell, C., & Jones, G. R. (2012). Quality of life as a determinant of frailty phenotype in community-dwelling persons with Parkinson's disease. *Journal of the American Geriatrics Society*, 60(3), 250-252. doi:10.1111/j.1532-5415.2011.03862.x
8. Roland, K. P., Jenkins, M. E., & Johnson, A. M. (2012). Caregiver burden among spouses of individuals with Parkinson's disease. *Journal of Current Clinical Care*, 2, 33-39.
7. Theou, O., Bruce, S. H., Roland, K., Jones, G. R., & Jakobi, J. M. (2011). Portable electromyography: Application for understanding muscle function of daily life in order adults. *Gerontechnology*, 10(3), 146-156. doi:10.4017/gt.2011.10.3.003.00
6. Johnson, A. M., Hyson, H. C., & Roland, K. P. (2011). Identification and management of impulse control disorders among individuals with Parkinson's Disease. *Journal of Current Clinical Care*, Sept/Oct, 33-40.
5. Roland, K. P., Theou, O., Jakobi, J. M., Swan, L. & Jones, G. R. (2011). Exploring frailty: Community physical and occupational therapists' perspectives. *Physical and Occupational Therapy in Geriatrics*, 29(4), 270-286. doi:10.3109/02703181.2011.616986
4. Roland, K. P., Jakobi, J. M. Powell, C., & Jones, G. R. (2011). Factors related to functional independence in females with Parkinson's disease: A systematic review. *Maturitas*, 69(4), 304-311. doi:10.1016/j.maturitas.2011.05.009
3. Theou, O., Stathokostas, L., Roland, K. P., Jakobi, J. M., Patterson, C. J., Vandervoort, A. & Jones, G. R. (2011). The effectiveness of exercise interventions for the management of frailty: A systematic review. *Journal of Aging Research*, vol. 2011(Article ID 569194), 19 pages. doi:10.4061/2011/569194

2. Roland, K. P., Jakobi, J. M., & Jones, G. R. (2011). Does yoga engender fitness in older adults? A critical review. *Journal of Aging and Physical Activity*, 19(1), 62-79.
1. Roland, K. P., Jenkins, M. E., & Johnson, A. M. (2010). An exploration of the burden experienced by spousal caregivers of individual with Parkinson's disease. *Movement Disorders*, 25(2), 189-93. doi:10.1002/mds.22939

## 6.2. Peer-Reviewed Articles Currently under Review

1. Cornett, K., Crowell, S., Carlyle, J., Roland, K. P., Jakobi, J. M., & Jones, G. R. Lactate clearance differs between males and females across three recovery modalities. *J Sports Med Phys Fitness*. (#5646).
2. Roland, K. P., Neubauer, N. A., Jakobi, J. M., & Jones, G. R. Hand Grip Strength as a Clinical Alternative to Chronic Electromyography in Parkinson's disease. *J Parkinson's disease* (#15-763).
3. Roland, K. P. & Chappell, N. L. Caregiver Experiences across Three Neurodegenerative Diseases: Alzheimer's, Parkinson's and Parkinson's with dementia. *Journal of Gerontology B: Social Sciences* (#JGSS-2015-304).

## 6.3. Articles in Professional or Cultural Journals without Review Committee

2. Roland, K. P. (2010, March). Functional abilities in women with Parkinson's disease. *Viewpoints*. Parkinson Society British Columbia.
1. Roland, K. P. (2006, Summer/Fall). Volunteerism: Recognizing the support of volunteers & their families. *The Parkinson's Update*. Parkinson Society Southwestern Ontario.

## 6.4. Manuals

1. Roland, K.P. A Comprehensive Guide for Parkinson's Care Partners. Parkinson Society British Columbia. (In Progress). 60 pages.

## 6.5. Peer-Reviewed Abstracts

8. Roland, K. P. & Chappell, N. L. (2014). Meaningful activity for persons with dementia: caregiver perspectives. Gerontological Society of America. *The Gerontologist*, 54(S2), 587.
7. Roland, K. P. & Chappell, N. L. (2014). The role of symptom presentation in dementia caregiver burden and self-esteem. International Conference on Alzheimer's disease and Dementia. *Journal of Alzheimer's Disease & Parkinsonism*, 4(5), 121.
6. Roland, K. P., Jones, G. R., Jakobi, J. M. (2013). Disease and sex-related differences in daily electromyography influence functional performance in Parkinson's disease. World Parkinson Congress. *Journal of Parkinson's Disease*, 3(S1).
5. Roland, K. P. (2013). Daily physical function and frailty in persons with Parkinson's disease: A focus on females. *Applied Physiology, Nutrition, and Metabolism*, 38(3), 358. doi:10.1139/apnm-2012-0356

4. Roland, K. P., Jakobi, J. M., Jones, G. R. (2011). Contributing factors to frailty status in persons with Parkinson's disease. *International Congress of Parkinson's disease and Movement Disorders. Movement Disorders Journal, 26*(S2), S296. doi:10.1002/mds.23764
3. Karn, N., Roland, K. P. & Jakobi, J. M. (2010). Does whole body vibration enhance blood lactate clearance? *Canadian Society for Exercise Physiology. Applied Physiology, Nutrition, and Metabolism, 35*(S1), S47. doi:10.1139/H10-907
2. Roland, K. P., Jones, G. R., & Jakobi, J. M. (2010). Evaluation of sex- and stage progression of Parkinson's disease during functional tasks. *World Parkinson Congress. Movement Disorder Journal, 25*(12), S638. doi:10.1002/mds.23386
1. Roland, K. P., Jakobi, J. M., & Jones, G. R. (2009). Does yoga engender fitness in older adults? A critical review. *Canadian Society for Exercise Physiology. Applied Physiology, Nutrition, and Metabolism, 34*(S1). doi:10.1139/H09-906

### 6.6. Other Conference Poster Presentations

9. Roland, K. P. & Chappell, N. L. (2015, October). *Unique contributors to caregiver burden across neurodegenerative diseases that present with dementia*. Poster presented at the Canadian Association on Gerontology, Calgary AB.
8. Roland, K. P. & Chappell, N. L. (2015, March). *A comparison of caregiving outcomes in Parkinson's disease and Parkinson's disease dementia*. Poster presented at the International Conference of Alzheimer's and Parkinson's diseases, Nice, France.
7. Roland, K. P. & Chappell, N. L. (2014, October). *Meaningful activity differences in spouse compared with-adult children dementia caregivers*. Poster presented at the Canadian Association on Gerontology, Niagara Falls ON.
6. Roland, K. P. & Chappell, N. L. (2013, October). *Caregiving factors across neurodegenerative diseases that present with dementia: a typology*. Poster presented at the Canadian Association on Gerontology, Halifax NS.
5. Roland, K. P., Jakobi, J. M., & Jones, G. R. (2010, May). *Assessing muscle activity using portable EMG in Parkinson's disease*. Poster presented at the International Society for Gerontechnology, Vancouver BC.
4. Roland, K. P., & Johnson, A. M. (2008, March). *A systematic review of pathological gambling in Parkinson's disease*. Poster presented at the Annual Western Research Forum, London ON.
3. Roland, K. P., & Johnson, A. M. (2008, February). *Using repertory grid to create a measure of burden for staff caregivers*. Poster presented at the Parkwood Hospital Symposium, London ON.
2. Roland, K. P., Miller J., Conners, C., & Johnson, A. M. (2007, October). *The integration of specialized training in community caregiver*. Poster presented at the Workplace Research, Waterloo ON.
1. Roland, K. P., Miller J., Conners, C., & Johnson, A. M. (2007, June). *Assessing the need for a specialized Parkinson's disease training program among community caregivers*. Poster presented at the Canadian Psychological Association's 68th Annual Convention, Ottawa ON.

### 6.7. Conference Oral Presentations



4. Roland, K. P. (2013, October). *Experience the benefits of yoga for persons with Parkinson's disease*. Workshop presented at the Canadian Association on Gerontology, Halifax NS.
3. Roland, K. P., Jakobi, J. M. & Jones, G. R. (2012, October). *The concurrence of frailty and Parkinson's disease*. Paper presented at the Canadian Association on Gerontology, Vancouver BC.
2. Roland, K. P., Jones, G. R. & Jakobi, J. M. (2011, October). *The use of electromyography in community therapists classification of frailty*. Paper presented at the Canadian Association on Gerontology, Ottawa ON.
1. Roland, K. P., Jakobi, J. M., & Jones, G. R. (2010, December). *Identifying community frailty*. Paper presented at the Canadian Association on Gerontology, Montreal QB.

### 6.8. Invited Presentations: Academic audience

8. Roland, K. (2014, March). *Self and informal care*. Sociology of Aging (Dr. Margaret Penning), University of Victoria, Victoria BC.
7. Roland, K. (2013, February). *Self and informal care*. Sociology of Aging (Dr. Neena Chappell), University of Victoria, Victoria BC.
6. Roland, K. (2012, March). *Applying for a Tri-Council Grant: A student's perspective*. Centre for Scholarly Communication (Carolyn Labun), University of British Columbia Okanagan, Kelowna BC. (declined)
5. Roland, K. (2010, November). *Parkinson's disease and frailty: An important relationship*, Human Kinetics 331 (Dr. Gareth R. Jones), University of British Columbia Okanagan, Kelowna BC.
4. Roland, K. (2010, September). *Using electromyography to measure muscle activity*, Human Kinetics 200 (Dr. Jennifer M. Jakobi), University of British Columbia Okanagan, Kelowna BC.
3. Roland, K. (2009, August). *Parkinson's disease: Current understandings*, Human Kinetics Laboratory, University of British Columbia Okanagan, Kelowna BC.
2. Roland, K. (2008, October). *Critical Appraisal of Qualitative Studies*, HINT-501 (Dr. Chau), University of British Columbia Okanagan, Kelowna BC.
1. Roland, K. (2008, February). *Ayurvedic (Indian) Medicine and Health*, Health Science 360 (Dr. Ann Schweitzer), University of Western Ontario, London ON.

### 6.9. Invited Presentations: General audience

#### \*denotes Keynote speaker

34. Roland, K. (2015, October). Being an informed exercise participant with Parkinson's disease. *A Wellness Retreat for People with Parkinson's and Their Care Partners*. Kripalu Centre for Yoga and Health, National Parkinson Foundation, Stockbridge MA.
33. Roland, K. (2015, October). Yogadopa for Parkinson's. *Regional Conference*, Parkinson Society British Columbia, Victoria BC.
32. \*Roland, K. (2015, October). Parkinson's disease: Understanding cognition. *Caregiver support group presentation*, Parkinson Society British Columbia, Campbell River BC.

31. Roland, K. (2015, September). Being an informed exercise participant with Parkinson's disease. *Support group presentation*, Lopez Island, Washington USA.
30. Roland, K. (2015, June). Being an informed exercise participant with Parkinson's disease. *A Wellness Retreat for People with Parkinson's and Their Care Partners*. Kripalu Centre for Yoga and Health, National Parkinson Foundation, Stockbridge MA.
29. \*Roland, K. (2015, May). Parkinson's disease: Understanding cognition. *Support group presentation*, Headway, Sidney & Westshore (Victoria) BC.
28. \*Roland, K. (2015, April). Self-care for Parkinson's care partners AND Being an informed exercise participant with Parkinson's disease. *Support group presentation*, Parkinson Society British Columbia, Trail BC.
27. \*Roland, K. (2015, April). Cognitive Challenges and Caregiving in Parkinson's disease. *Community presentations*, Headway, Victoria BC.
26. \*Roland, K. (2014, December). Self-care for Parkinson's care partners AND Being an informed exercise participant with Parkinson's disease. *Support group presentations*, Parkinson Society British Columbia, Campbell River BC.
25. \*Roland, K. (2014, November). Self-care for Parkinson's care partners: Developing resilience. *Time Out for Caregivers Workshop*, Parkinson Society British Columbia, Vancouver BC.
24. \*Roland, K. (2014, September). Care partnerships in Parkinson's disease management AND Yogadopa for Parkinson's. *Young Onset Conference*, Parkinson Society British Columbia, Surrey BC.
23. Roland, K. (2014, June). Being an informed exercise participant with Parkinson's disease. *A Wellness Retreat for People with Parkinson's and Their Care Partners*. Kripalu Centre for Yoga and Health, National Parkinson Foundation, Stockbridge MA.
22. Roland, K. (2014, May). Parkinson's: Body, mind, mood. *Support group presentation*, Parkinson Society British Columbia, Sechelt BC.
21. Roland, K. (2014, April). Parkinson's disease: Understanding cognition. *Caregiver support group presentation*, Parkinson Society British Columbia, Kelowna BC.
20. \*Roland, K. (2014, March to May). Being an informed exercise participant with Parkinson's disease. *Support group presentations*, Parkinson Society British Columbia, Chilliwack, Vancouver, Kelowna, & Parksville BC.
19. \*Roland, K. (2014, March). Time out for care partners. *Victoria Epilepsy and Parkinson's Centre*, Victoria BC.
18. Roland, K. (2014, February). Mindful guided meditation. *Mind, Mood and Parkinson's Conference*, Victoria Epilepsy and Parkinson's Centre, Victoria BC.
17. \*Roland, K. (2013, November). Self-care for Parkinson's care partners: Developing resilience. *Time Out for Caregivers Workshop*, Parkinson Society British Columbia, Kelowna BC.
16. Roland, K. (2013, October). Being an informed exercise participant with Parkinson's disease. *A Wellness Retreat for People with Parkinson's and Their Care Partners*, Kripalu Centre for Yoga and Health, National Parkinson Foundation Stockbridge MA.
15. Roland, K. (2013, September). Yoga for Parkinson's disease and care partners. *Yoga Therapist Training Program instructor*, Pacific Rim College/Three Winds Academy, Victoria BC.
14. \*Roland, K. (2013, May). Self-care for Parkinson's care partners: Developing resilience. *Time Out for Caregivers Workshop*, Parkinson Society British Columbia, Surrey BC.

13. Roland, K. (2013, April). From anxiety to energy. *Westshore Support Group*, Westshore BC.
12. Roland, K. (2013, March). From anxiety to energy, *Sidney Support Group*, Victoria Epilepsy and Parkinson's Centre, Sidney BC.
11. \*Roland, K. (2012, March). Caregiver health: From research to real-life. *Time Out for Caregivers Workshop*, Parkinson Society British Columbia, Langley BC, March 15 2012.
10. \*Roland, K. (2011, October). Caregiver health: From research to real-life. *Time Out for Caregivers Workshop*, Parkinson Society British Columbia, Parksville BC.
9. \*Roland, K. (2011, May). Caregiver health: From research to real-life. *Time Out for Caregivers Workshop*, Parkinson Society British Columbia, Kelowna BC.
8. Roland, K. (2010, March). Research symposium: Identifying community frailty. *Social Policy and Practice Branch Student Symposium*, Government British Columbia, Victoria BC.
7. Roland, K. (2010, March). Research process and current Parkinson's research. *Support Group*, Parkinson Society British Columbia, Vernon BC.
6. Roland, K. (2010, February). Exercise benefits bone. *Osteoporosis Society Meeting*, Kelowna BC.
5. Roland, K. (2010, February). Research in action in Parkinson's disease. *Support Group*, Parkinson Society British Columbia, Kelowna BC.
4. Roland, K. (2009, November). Research process and current Parkinson's research. *Support Group*, Parkinson Society British Columbia, Kamloops BC.
3. Roland, K. (2009, May). How to get more out of your support group. *Support Group*, Parkinson Society British Columbia, Vernon BC.
2. Roland, K. (2008, August). Result dissemination presentation: Creating a burden scale for spousal caregivers of individuals with Parkinson's disease. *Southwestern Ontario Support Group*, Parkinson Society Canada, London ON.
1. Roland, K. (2006, July to October). Education presentation: *Parkinson Education Program for Paid Community Caregivers*. Parkinson Society Canada, London & Chatham, ON.

## 6.10. Research Profiles

8. Wiggins, C. (2015 September). Living well and caregiving; an interview with Kaitlyn Roland. *Viewpoints*. Parkinson Society British Columbia.
7. Stewart, L. (part 1 August 12, 2015; part 2 August 14, 2015; part 3 August 16, 2015). Yoga for Parkinson's; an interview with Kaitlyn Roland. *Physiocare at Home* <http://physiocareathome.com/category/healthy-living/>
6. Health and Social Development News. Health and Exercise Sciences Spotlight. "The First of Many". October 2, 2012. <https://news.ok.ubc.ca/hsd/2012/10/01/the-first-of-many/>
5. Research Highlights 2010-2011. Parkinson Society Canada. Psychosocial Doctoral Award. Page 25.
4. Parkinson Society British Columbia. "Assessing sex and stage differences in Parkinson's disease using portable electromyography". Parkinson's disease Research- Psychosocial Doctoral Research Award. <http://www.parkinson.bc.ca/Psychosocial-Doctoral-Award---Kaitlyn-Roland>. January, 2011.
3. Vernon MorningStar "Student Presents Research to Government". B12. March 12, 2010.
2. Kelowna Capital News "UBCO Student's Research of Frailty Catches the Eye of the Provincial Government". March 5, 2010.

1. University of BC Okanagan Public Affairs: Media Release “Student Presents ‘Frailty’ Research at Government Conference”. March 4, 2010.

### **6.11. Workshop Attendance**

6. Engaging the Public in Public Health. Public Health Association of British Columbia Summer School. Victoria BC. July 13-14, 2015.
33. An Identity Crisis? Enhancing Skills to Market Yourself in Gerontology. Canadian Association on Gerontology. Vancouver BC. October 18, 2012.
4. Interdisciplinary Research in Gerontology. Canadian Association of Gerontology Montreal QB. December 2, 2010.
3. Student Program in Aging. Canadian Institute of Health Research - Institute of Aging Jasper AB. June 13-18, 2010.
2. International Society for Gerontechnology Master Class. BC Network for Aging Research Vancouver BC. May 26-30, 2010.
1. Student Training in Aging Research (STAR). BC Network for Aging Research Parksville BC. Feb 26-28, 2009.

## **7. COMMUNITY / VOLUNTEER ACTIVITIES**

### **7.1. Consulting / Contract / Volunteer Activities**

2015 September

Yoga for Parkinson’s disease instructor

Yogadopa classes with ParkinGo Wellness Society, Victoria BC

Brian Wood (Executive Director) / Jillian Carson PT (Chair)

2015 June 14-18

Yoga for Parkinson’s faculty, “A Wellness Retreat for People with Parkinson’s & Care Partners”

Kripalu Centre for Yoga and Health and the National Parkinson Foundation (NPF)

Joyce Oberdorf (NPF), Aruni (Kripalu)

2014 September to Present

Advisory Board Member

ParkinGo Wellness Society, Victoria BC

Brian Wood (Executive Director) / Jillian Carson PT (Chair)

2014 May to 2015 May

Yoga for Parkinson’s disease instructor

Yogadopa classes at Neuromotion Physiotherapy, Victoria BC

Hilary Acosta PT (Manager)

2014 June 14-19

Yoga for Parkinson’s faculty, “A Wellness Retreat for People with Parkinson’s & Care Partners”

Kripalu Centre for Yoga and Health and the National Parkinson Foundation (NPF)  
Joyce Oberdorf (NPF), Aruni (Kripalu)

2014 Jan 28 to 2015 September

Functional Movement workshop instructor

The Cridge Center for the Family – Seniors' Village, Victoria BC  
Sarah Smith (Manager, Senior Services)

2013 Oct 21-25

Yoga for Parkinson's faculty, "A Wellness Retreat for People with Parkinson's & Care Partners"

Kripalu Centre for Yoga and Health and the National Parkinson Foundation (NPF)

Joyce Oberdorf (NPF), Aruni (Kripalu)

2013 Oct 1-3

Yoga for Parkinson's instructor

Renewal Room sessions, World Parkinson Congress, Montreal QB

2013 June 10-14

Yoga for Parkinson's faculty assistant, "A Wellness Retreat for People with Parkinson's & Care Partners"

Kripalu Centre for Yoga and Health and the National Parkinson Foundation (NPF)

Joyce Oberdorf (NPF), Melanie Smith (NPF), Denise Beran (NPF), Aruni (Kripalu)

2013 April to Present

Yoga for Parkinson's instructor (workshops)

Cedar Hill Recreation, Trinity Yoga, MokSana Yoga, Oceanside Yoga

*Developed and taught posture and balance workshops, weekly yoga classes specific to PD*

2012 June 4-8

Yoga for Parkinson's assistant, "A Wellness Retreat for People with Parkinson's & Care Partners",

Kripalu Centre for Yoga and Health and the National Parkinson Foundation (NPF)

Leilani Pearl (NPF), Melanie Smith (NPF), Jennifer Young (Kripalu)

2012 January to May

Yoga for Parkinson's disease (classes/workshops); Moksha Yoga Kelowna

*Developed and taught posture and balance workshops, weekly yoga classes specific to PD*

2009 September to March 2011

Trainer assistant; Move it! And Mingle. Westside Health Network Society

*Assist in older adult exercise programs, monitor safety and technique* (Shannon Paul-Jost)

2006 September to July 2007

Program evaluation consultant; Program Evaluation Consultant

Hope's Garden Eating Disorders Support and Research Centre

*Program evaluation; development of improvement measures & revised evaluation strategies*

Dr. Andrew Johnson and Karen McGregor

2006 May to September

Special projects assistant; Parkinson Society Canada Southwestern Ontario Region

*Development: Parkinson education program, teaching strategies, presentations*

Carolyn Connors, Joanne Bernard

## **7.2. Web-based Writing / Publishing**

2015 July 1

Guest Blogger: Yoga for Parkinson's: what the research says. *Fox Feed Blog* by The Michael J.

Fox Foundation for Parkinson's Research.

<https://www.michaeljfox.org/foundation/news-detail.php?yoga-for-parkinson-what-the-research-says>

2013

Guest Blogger: <http://www.theparkinsonhubblogger.com>

*Monthly posts about the benefits of yoga for Parkinson's disease, from a scientific and experiential perspective.*

2011 January to Present

Blog: <http://yogadopa.com>

*1-2 weekly posts about research yoga, Parkinson's disease and caregiver health and well-being.*