

B.2 The Healthcare Perspective – Living Longer, Living Well

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York's Coming of Age



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York Region Seniors Strategy Task Force

24 February, 2016

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How Ready Are We to Meet the Needs of Our Aging Population?



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How Ready Are We?

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Opinion / Commentary

Ontario hospitals unprepared for aging population

The province's cash-strapped health system needs to start planning now for the challenges ahead.

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Over the past decade, Ontario hospitals have become the most efficient in Canada, write Samir Sinha and Anthony Dale. But enormous challenges lie ahead.

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Establishing our Context

- 14.9% of Ontarians are 65 and older, yet account for nearly half of all health and social care spending *(Census, 2011)*.
- Canada and Ontario's older population is set to double over the next twenty years, while its 85 and older population is set to quadruple *(Sinha, HealthcarePapers 2011)*.
- Our ageing population represents both a challenge and an opportunity.
- Ageing is NOT a Disease, It is a TRIUMPH.

Triumph or Tsunami?



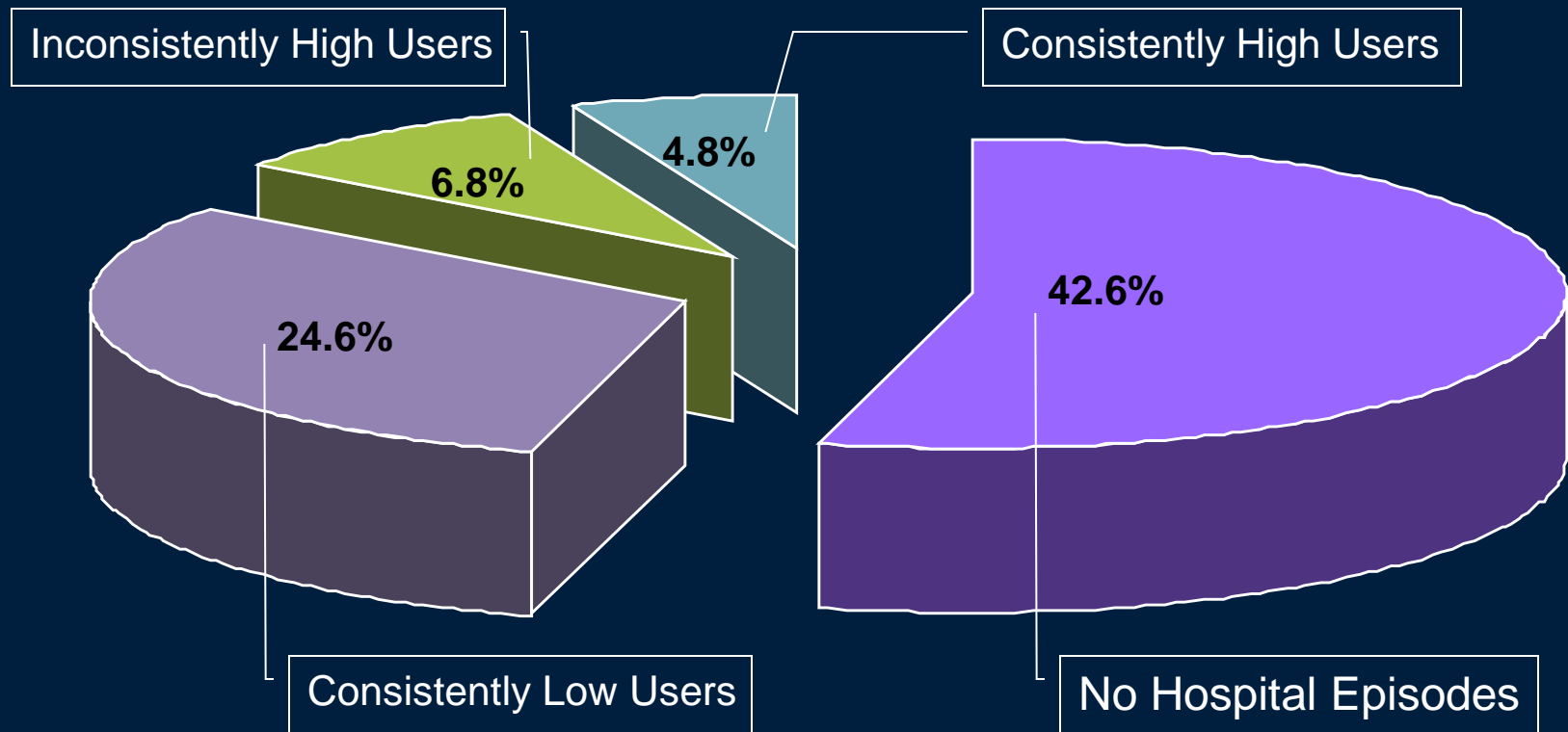
Triumph or Tsunami?

- According to the 2015 Global AgeWatch Index – Canada ranks 5/96 as the best country to age in.
- Health and Finances are the primary concerns for Older Canadians ...
 - *While 97% of Canadians receive a pension... the average CPP Benefit is 6,800 per year.*
 - *While Canadians have one of the longest life-expectancies...79% are concerned about having access to quality acute, home and long-term care services.*

Ontario Inpatient Hospitalizations

Age	Hospitalizations	Total Hospital Days	ALOS
Population Total	992,533	6,253,167	6.3
Population 65+	414,339 (42%)	3,702,664 (59%)	8.9
65-69	7.8%	8.6%	6.9
70-74	7.6%	9.3%	7.7
75-79	8.0%	11.1%	8.8
80-84	8.0%	12.5%	9.8
85-89	6.3%	10.8%	10.8
90+	4.0%	6.9%	11.0

Ageing and Hospital Utilization in the 70+



- Only a *small* proportion of older adults are consistently extensive users of hospital services (Wolinsky, 1995)

What Defines our Highest Users?

- Polymorbidity
- Functional Impairments
- Social Frailty

Age-Related Changes

As We Age...We Increasingly Experience...

- Visual Changes
- Hearing Changes
- Cognitive Changes
- Skeletal/Muscle Changes
- And Others



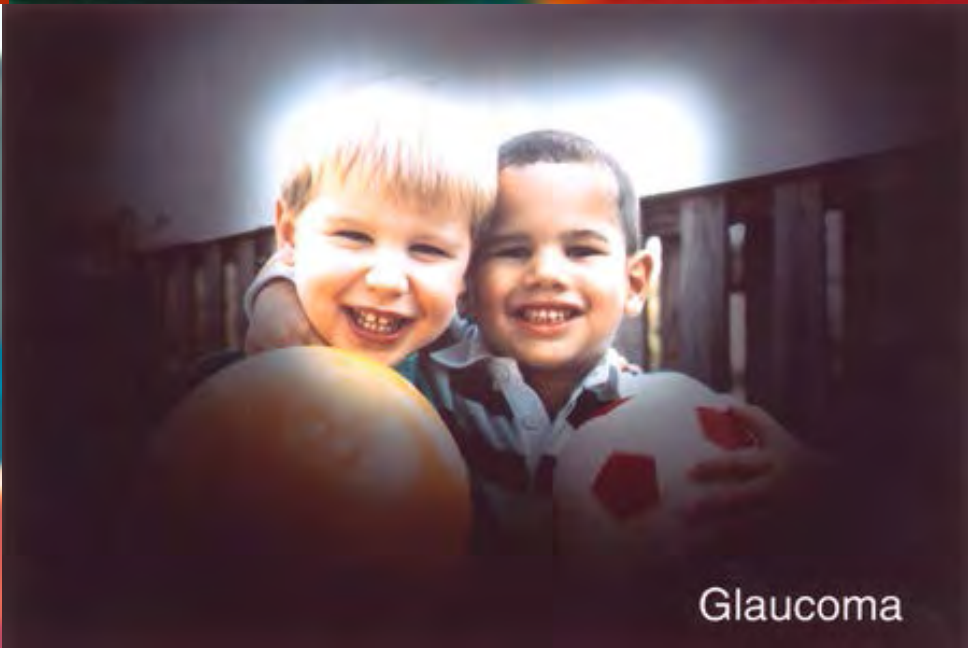
Normal Vision



Cataract



Age-related Macular Degeneration



Glaucoma

The Top 5 System Barriers to Integrating Care for Older Adults

- Issue 1:** *We Do Little to Empower Patients and Caregivers with the Information They Need to Navigate the System.*
- Issue 2:** *We Don't Require Any Current or Future Health or Social Care Professional to Learn About Care of the Elderly.*
- Issue 3:** *We Don't Talk to Each Other Well Within and Between Sectors and Professions.*
- Issue 4:** *We Work in Silos and Not as a System.*
- Issue 5:** *We Plan for Today and Not for Tomorrow with Regards to Understanding the Mix of Services we Should Invest In to Support Sustainability.*

Why Should this Matter?

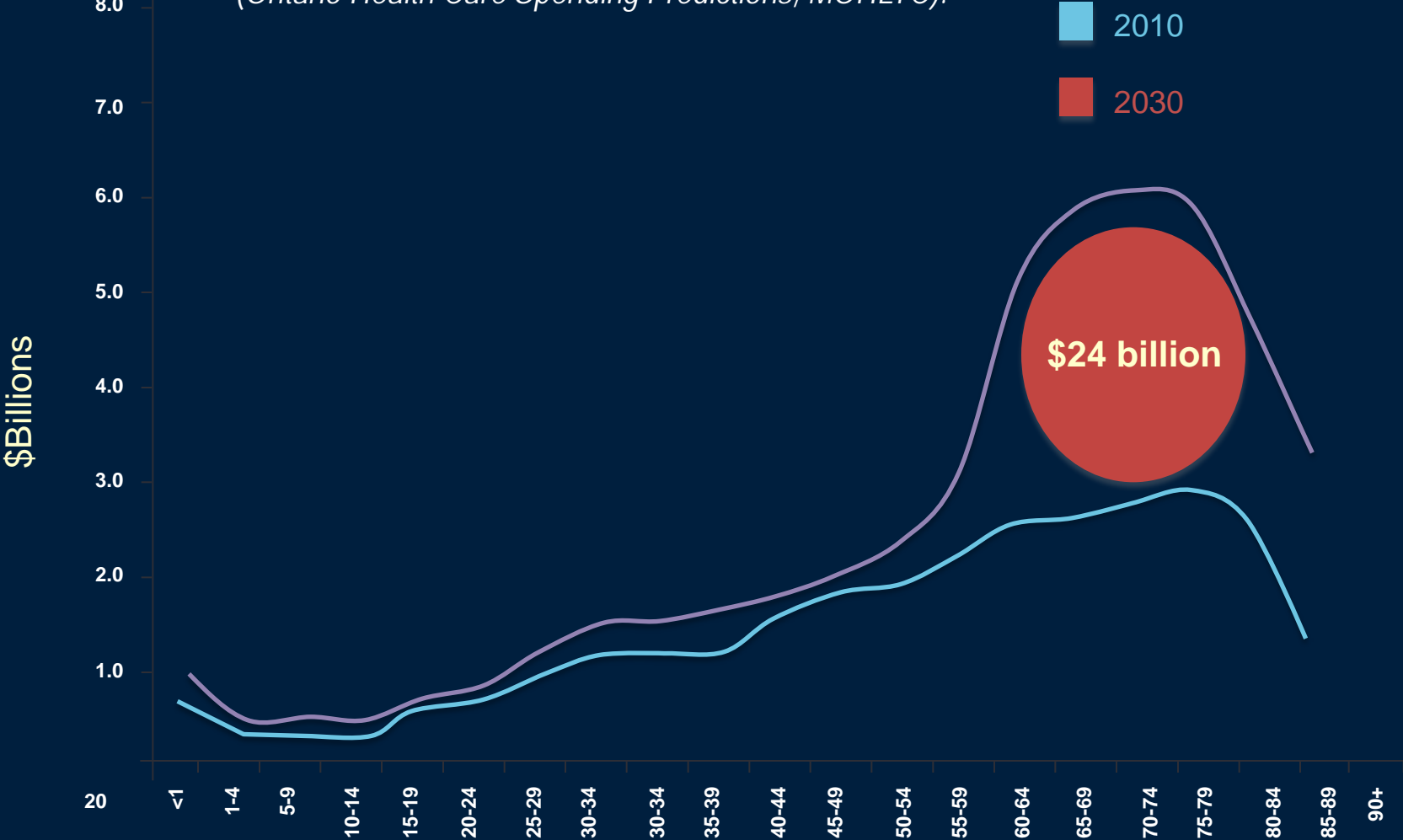
According to ICES, in Ontario amongst the 65+...

- The Most Complex **10%** of Older Adults Account for **60%** of our Collective Health Care Spending.
- The Least Complex **50%** of Older Adults Account for **6%** of our Collective Health Care Spending.

(ICES, 2012)

Our Future Will Cost Us More...

(Ontario Health Care Spending Predictions, MOHLTC).





Our Dilemma

The way in which our cities, communities, and our health care systems are currently designed, resourced, organised and delivered, often disadvantages older adults with chronic health issues.

As Ontarians and Canadians, our Care Needs, Preferences and Values are evolving as a society, with increasing numbers of us wanting to age in place.



Why Develop a Provincial Strategy?

Why Develop a Provincial Strategy?

- In 2011, the province announced a new vision to make Ontario the best place to grow up and grow old in North America.
- Given our current and future challenges, the development of Ontario's *Seniors Strategy* began in 2012 to establish sustainable best practices and policies at a provincial level.
- With a focus on ensuring *equity, quality, access, value and choice*, recommendations were developed that could support older Ontarians to stay healthy and independent for as long as possible.

Key Strategic Themes and Areas of Focus

- Supporting the Development of Elder Friendly Communities
- Promoting Health and Wellness
- Strengthening Primary Care for Older Ontarians
- Enhancing the Provision of Home and Community Care Services
- Improving Acute Care for Elders
- Enhancing Ontario's Long-Term Care Environments
- Addressing the Specialized Care Needs of Older Ontarians
- Medications and Older Ontarians
- Caring for Caregivers
- Addressing Ageism and Elder Abuse
- Addressing the Unique Needs of Older Aboriginal Peoples
- Necessary Enablers to Support a Seniors Strategy for Ontario

Recommendations from the *Living Longer, Living Well Report*

- **33 Broader Recommendations** that focus on issues that examine the development of *elder-friendly communities, housing, transportation, ageism and elder abuse* and the *needs of special populations like our aboriginal or LGBTQ populations.*
- **133 Health Recommendations** that span the continuum of care from *health promotion and healthy living* to the *delivery of health, social and community care services.*

The Province Responds...

- In early 2013, the Government of Ontario responds to *Living Longer, Living Well* with its *Action Plan for Seniors* with a focus on three core areas:
 - *Elder-Friendly Communities*
 - *Healthy Older Ontarians*
 - *Promoting the Safety and Security of Older Ontarians*
- To enable this bold new agenda, the Government of Ontario soon after appointed its *first* stand-alone Minister Responsible for Seniors Affairs

How We Are Enabling *Living Longer, Living Well* in Ontario

ESTABLISHING ELDER-FRIENDLY COMMUNITIES

- Ontario Municipalities are working to establish themselves as WHO designated Age-Friendly Cities.
- LHINs and Municipalities are establishing more supportive housing services for older adults, while the new Healthy Homes Tax Credit is enabling more ageing in place.
- The Ministry of Transportation has taken new measures to support older drivers and non-drivers to continually navigate around their communities.
- The new Ontario Retirement Pension Plan will enable us to ensure that no older Ontarian will age in poverty.
- New legislation and measures have been pursued to support caregivers.

What Defines an Elder Friendly Community?

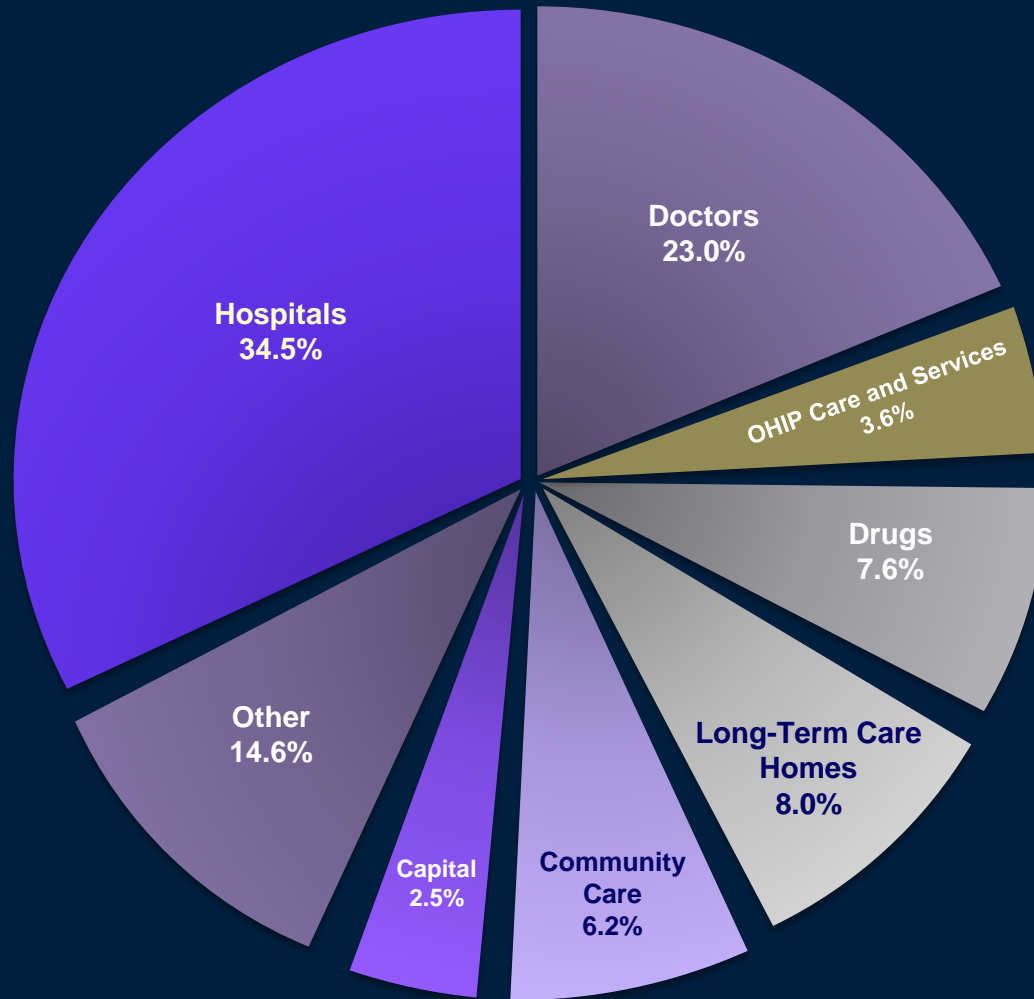
A community that **recognizes** the great diversity amongst older persons, **promotes** their inclusion and contributions in all areas of community life, **respects** their decisions and lifestyle choices, and **anticipates** and **responds** flexibly to aging-related needs and preferences. *(Aging and Life Course (ALC) World Health Organization, 2009)*



Why Does Mr. W Prefer this Park Bench?

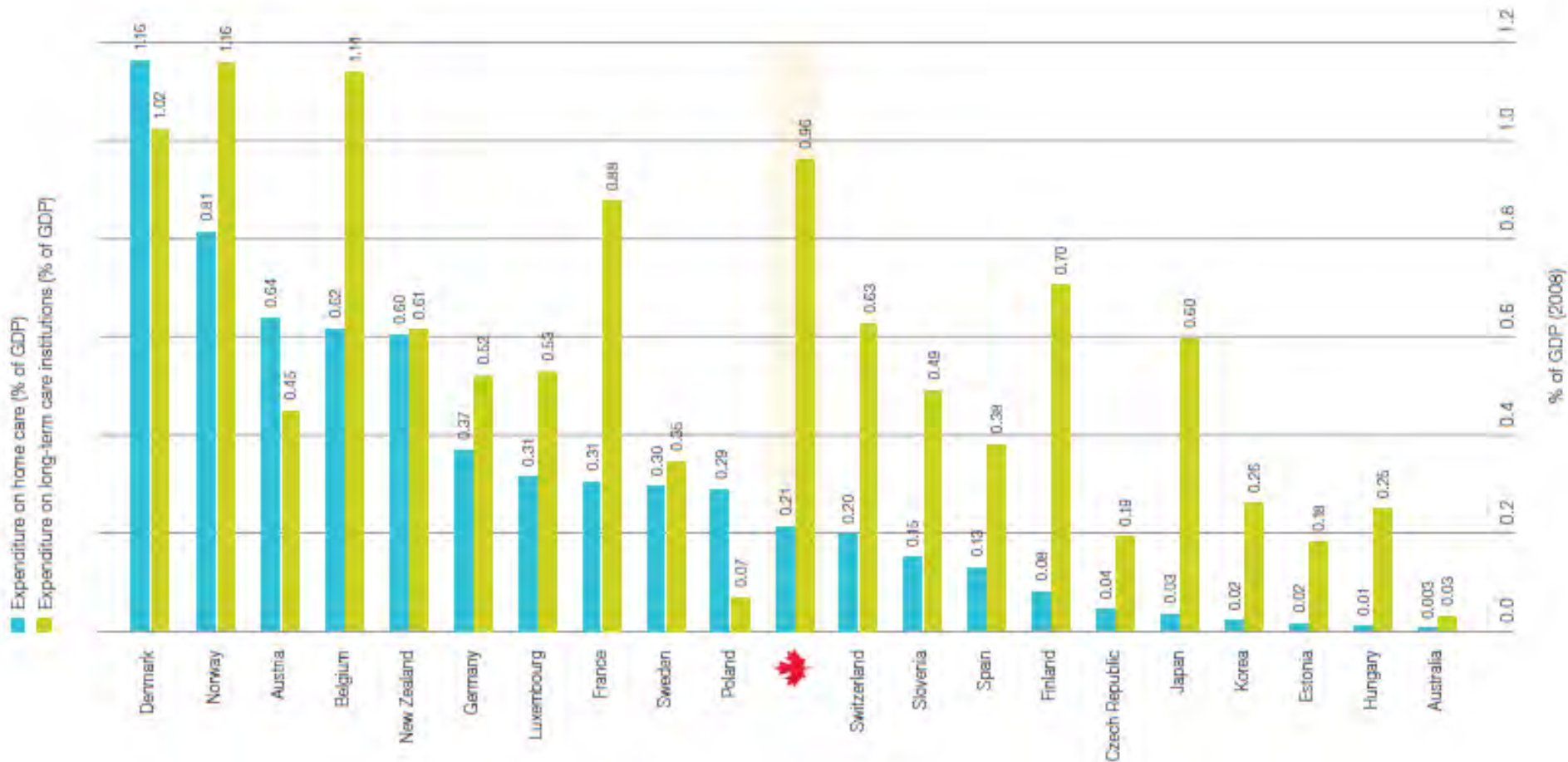


Our Future Requires Choices...



(Ontario Health Care Spending, MOHLTC).

Spending on Home and Long-Term Care Across OECD Nations.



Source: Organisation for Economic Co-operation and Development (OECD) Health Data 2011 (data collected in 2008). http://stats.oecd.org/index.aspx?DataSetCode=HEALTH_STAT

We Have Choices and Options...

- One Day in Hospital Costs ~ \$1000
- One Day in Long-Term Care Costs ~ \$160
- One Day of Supportive Housing or Home and Community Care Costs ~ \$55
- Denmark avoided building any new LTC beds over two decades, and actually saw the closure of thousands of hospital beds, by strategically investing more in its home and community care services.
- The Ontario government while freezing its hospital and physician budgets has committed to at least an annual 4% increase in the Home and Community Care Budget from 2011 through to 2017.

How We Are Enabling *Living Longer, Living Well* in Ontario

- Investments in Health Promotion and Prevention in Older Ontarians (*eg. Healthy Ageing Fairs, Exercise and Falls Prevention Classes, Vaccinations*).
 - *In 2013-14 – Free Exercise and Falls Prevention Classes were launched in 1,895 locations across Ontario and served **106,476** Clients.*
- Ensuring all Older Ontarians have access to a primary care provider and the primary care they need (*eg. More House Calls*) is a Health Links Priority
 - *In Ontario where half of its PCPs (5,850) and 553 Specialists performed 268,317 House Calls to 95,056 distinct patients in 2011-12.*
 - *In 2013-14 we saw **42,570** more house calls being performed and **12,680** more patients getting house calls in Ontario compared to 2011-12.*
- Work is underway to ensure our future health and social care workforce has the knowledge and skills needed to care for Older Ontarians.

How We Are Enabling *Living Longer, Living Well* in Ontario

- Current and Future Investments are being prioritized to strengthening Home, Community and Long-Term Care. (eg. *Convalescent Care*).
 - Ontario has **250** additional convalescence care beds in place to allow people the opportunity to stay in or return to the community.
 - The **Supply** (-2.7%) of, **Demand** (-6.9%) for, and **Placement** Rates (-26%) into LTC Beds have all decreased in Ontarians aged 75 and better.
- Traditional Scopes of Practice are being Expanded to Improve and Bring Care Options Closer to Home (eg. *Pharmacists Giving Flu Shots, Community Paramedicine*).
 - In 2013-14 – Over **750,000** Ontarians received their Influenza Vaccination through a Pharmacist
 - In 2014-15 – Over **30** 12 Month Community Paramedicine Demonstration Projects have been launched across Ontario



How We Are Enabling *Living Longer, Living Well* in Ontario

PROMOTING THE SAFETY AND SECURITY OF OLDER ONTARIANS

- The Ontario Provincial Police have developed new training modules to better support their officers in working with frail older adults.
- Elder Abuse Ontario is helping to continuing to lead work that will help to reduce the incidence of elder abuse in Ontario.
- The RNAO recently released Canada's first best practice guidelines supporting practitioners to Address and Prevent Elder Abuse and Neglect.
- The Government of Ontario is working to combat social frailty by supporting investments that help older adults stay connected and involved with their communities and with Older Adult Centres. (*eg. Seniors Community Grants*)

What Excellent Care for All Older Ontarians Is Looking Like...

SHARED ACCOUNTABILITIES – SHARED QUALITY AND SAFETY METRICS – ALIGNED PERFORMANCE TARGETS

Promoting Wellness across Elder Friendly Communities



- Single points of access to information exist to empower and support self-management and the work of unpaid caregivers.
- Wellness and prevention programs reduce de-conditioning and social isolation, and improve functional capacity, independence and older adults ability to stay home longer:
- Promoting screening and early linkages to the appropriate support services supports ageing in place and the needs of caregivers.

Supporting Ageing in Place



- Strengthened Primary Care models improves access and provide more home-based care options (eg. house calls).
- More investments in lower-cost community care options like home care and supportive housing lessen demands and pressures on more expensive hospitals and long-term care facilities.
- New technologies like tele-homecare are allowing people to stay and receive more care at home.

Elder Friendly Hospital Care and Effective Transitions



- When hospital care is required, older adults benefit from a sensitized and responsive hospital system that prioritizes the preservation of function and a return to one's home in the community.
- Seamless and safe discharges that connect hospital, community and primary care providers are integral in managing transitions.
- Opportunities to leverage more preventative models like "Community Paramedicine" or "Hospital at Home" exist are being pursued.

Enhanced Long-Term Care Environments



- Quality long-term care is always there for those who require it.
- Improvements in the capacity of our long-term care sector to provide more short-stay and restorative care options is helping older persons and the caregivers stay at home longer.

Why A National Seniors Strategy?

Recent CMA Surveys of Canadians determined that:

- *93% believe we need a pan-Canadian Seniors Strategy*
- *89% believe this will require cooperation at all levels of government.*
- *78% believe the federal government has an important role to play in its development.*
- *63% believe the most important focus needs to be strengthening home and community care.*
- *60% indicated they would switch parties if their current political party failed to make older Canadians a priority in the next federal election campaign.*

A National Seniors Strategy for Canadians

You are here: Home / THE FOUR PILLARS

THE FOUR PILLARS

A NATIONAL SENIORS STRATEGY SHOULD:

 <p>Independent, Productive & Engaged Citizens</p> <p>Should enable older Canadians to remain independent, productive and engaged members of our communities</p> <p>Access</p>	 <p>Healthy & Active Lives</p> <p>Should support Canadians to lead healthy and active lives for as long as possible</p> <p>Quality</p>	 <p>Care Closer to Home</p> <p>Should provide person-centered, high quality, integrated care as close to home as possible by providers who have the knowledge and skills to care for them</p> <p>Value</p>	 <p>Support for Caregivers</p> <p>Should acknowledge and support the family and friends of older Canadians who provide unpaid care for their loved ones</p> <p>Choice</p>	<p>Equity</p>
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Older Canadians are now the fastest growing segment of our population with their numbers expected to double over the next two decades so that by then, one in four Canadians will be older than 65 years of age. This unprecedented demographic shift will present both challenges and opportunities.



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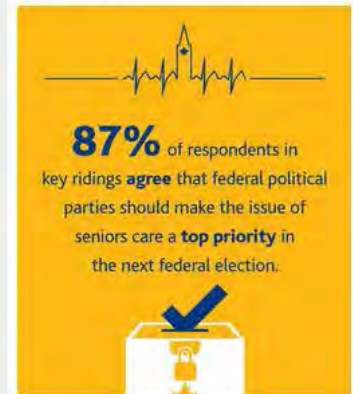
Great to See @RobertGhiz and Canada's Premiers calling for a NATIONAL SENIORS STRATEGY! globalnews.ca/video/1803715/...
@Kathleen_Wynne @CMA_Docs
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@DrSamirSinha

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80% of Older Canadians VOTE, and 87% want a NATIONAL SENIORS STRATEGY! ow.ly/i/5ad2q
@CMA_Docs @CanadaNurses @CarpAdvocacy



87% of respondents in key ridings **agree** that federal political parties should make the issue of seniors care a **top priority** in the next federal election.

Tweet to @DrSamirSinha





This is Our Time to Lead

What roles should
York Region play
to meet the needs of
its ageing population?

Thank You

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