

Improving Quality of Life for Older Adults in Ontario: Issues and opportunities

Knowledge Transfer and Exchange Forum
March 15, 2013
CAMH

Today's Objectives:

- What is the Context in which we work
- What are our challenges?
- Is networking and knowledge transfer helpful?
- What are the challenges of knowledge transfer?
- Is this important to geriatrics/gerontology?

Dr. Sinha's "*Living Longer, Living Well*" report includes **169** recommendations that fundamentally:

- Promotes seniors' health and independence,
- Promotes building stronger partnerships with care providers
- Promotes that older Ontarians, their families and their caregivers be aware of programs and services in their communities,
- Promotes continuing the present 4 per cent annual increase in spending on home and community care;
- Improved access to primary care, improved communication, team-based approach, house calls.
- Increase funding to home and community care by 4% this year and next.



Increased respite, convalescent care.



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National Initiative for the Care of the Elderly
Initiative nationale pour le soin des personnes âgées

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Ensemble pour le bien-être des aînés

What is Happening in Canada?

- Unprecedented growth in number and proportion of elderly in Canada
 - 2006, 4.3 million older adults, 13.7% of population
 - 2011, 5 million older adults, 14.8% of the population
 - 2036, 9.8 million seniors; 24.5% of population
 - 2006 Census 7.2 % of older population belonged to a visible minority
- the 60 to 64 year old group experienced the fastest increase, at 29.1%
- 5,825 people aged 100 years and older and the second fastest growing group in the population at 25.7%

In Ontario

- In 2011, there were 1,878,325 Ontarians aged 65 years and older, representing 14.6 per cent of the province's overall population.
- However, as the boomers start turning 65 as of last year, this demographic imperative will continue.
- the number of older Ontarians, is expected to double over the next two decades.
- 19.7% of immigrants in ON are aged 65 years

What is Different

- 89% of Canadian seniors had at least one chronic condition in 2009.
- Arthritis and rheumatism was identified as one of the more common chronic conditions,
- The most common cause of injuries among seniors in Canada is falls.
- It is estimated that one in three seniors is likely to fall at least once each year.
- In 2006, this translated into approximately 1.4 million Canadian older adults.

Continued...

- the proportion of seniors with alcohol problems (6% to 10%) is the same as is found in other adult groups.
- 9 percent smoke although 47% previously smoked
- 76% of Canadian seniors reported using at least one medication (prescription and/or over-the-counter) in the past two days and 13% had used five or more different medications.
- Up to 20% of hospitalizations of people over the age of 50 are the result of problems with medications.
- Men over the age of 85 have – on average – higher suicide rates (29 per 100,000) than all other age groups.
- Common mental illnesses affecting the health of older adults include dementias, depression and delirium.

Living Longer, Living Well Dec. 20th 2012



Living Longer, Living Well, Seniors' Strategy

- **Five Principles:**

- Access
- Equity
- Choice
- Value
- Quality

Positive Recommendations

- Nurse-led outreach teams for long-term care
- A provincial working group of geriatricians, care of the elderly family physicians, specialist nurses, allied health professionals, to help develop a common provincial vision for the delivery of geriatric services
- Enhancing the range of palliative care settings
- Clinical practice guidelines to reduce drug interactions.
- Full review of MedsCheck program to evaluate its efficacy.
- Promote awareness of respite and unpaid caregiver support programs.
- Promote awareness initiatives for elder abuse,

Not So Popular Recommendations

- Proposal for a means-tested home and community care system,
- More means-testing (private payment) for the Ontario Drug Benefit program. The report recommends the Ministry complete its move away from the ODB program for seniors to a full income-tested system rather than age-based system.
- Calling older adults 'cost-drivers' and blaming skyrocketing health costs and social services on older people.
- Lack of concern in dealing with existing problems like the 20,000 individuals on the LTC waiting lists or the privatization of outpatient hospital services

Hidden Gem

- Within the Strategy for Seniors is an important message about the importance and use of knowledge transfer to meet some of the challenges posed by an ageing population and to actually empower older adults and their families to lead a high quality life.
- In a number of places in the report knowledge transfer is recommended for supporting others for education, coordination and for standardization of service delivery

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Long term issues

1. Shortage of professionals and students specializing in the care of the elderly
2. Gaps in interdisciplinary care of the elderly
3. Gaps in evidence-based care of the elderly

How Many Geriatricians

- 248 geriatricians in Canada
- 1.30 geriatricians per 10,000 for elderly
- 105 geriatricians in Ontario
- 512 – 607 required geriatricians
- Canadian Academy of Geriatric Psychiatry

– CMA 2013

How Many Social Workers

- Very Small
- 4 to 5 percent of registered members in gerontology
- One MSW degree in gerontology in Canada
- As of last year, graduate about 20 students a year

How Many Nurses?

- There are 268,512 nurses in Canada
 - 25,591 work in geriatric care (9.7 percent)
 - 18,096 work in long term care (70.7 percent)
 - 3,124 percent in hospitals (12.2 percent)
 - Ave. age 47.1 years
 - 54.1 percent are eligible for retirement
- Canadian Nurses Association, 2012

Gaps in Evidence - Based Practice

- 30 to 45 percent of patients are not receiving care based on scientific evidence

Graham et al., 2006

- 2 percent of social work research makes it way into practice

Saini, 2007

NICE: A short history...

- Funded through Networks of Centres of Excellence – New Initiative Grant
- One of only 5 “New Initiative” networks funded
- Incorporated non-profit, 2006
- Housed at Institute for Life Course and Aging, University of Toronto
- One of only 3 networks awarded International Partnership Initiative Grant & IDRC (2007)
- Over 2000 members
 - Diverse disciplines and professions

NICE: Network Goals

- Networking and Knowledge Transfer
- Disseminate evidence-based research across university – community continuum
- Foster interdisciplinary teams in the care of older adults
- Improve geriatric and gerontological curricula and enrolment
 - Address training shortages in the care of the elderly
- Effect positive policy changes

NICE Structure

- Central Committees
 - Knowledge Identification
 - Program Development
 - Researcher Training
 - Curriculum Development
 - Professional Development
 - Communications
- Advisory Committees
 - Business Advisory
 - Seniors Advisory
- Operations Committees
 - Policy, Planning and Protocol
 - ICCE Advisory
- Theme Teams
 - Caregiving
 - Dementia
 - Elder Abuse
 - End-of-Life
 - Mental Health
 - Ethnicity and Aging
 - Economic security
 - Elder Law

Students

- Researcher Training
 - *NICE Student Mentorship Program*
- Curriculum Development
 - Core competencies and accreditation
- Knowledge Identification
 - Web resources on evidence-based practice and teaching tools

NICE “Theme Teams”

- Action towards interdisciplinary care: Forging unique links
 - Interdisciplinary teams
 - Medicine, nursing, social work, and others
 - Bridging research and practice
- Interdisciplinary environments for students
- Older Adults involvement in the teams
- Develop user-friendly tools using evidence-based research, translate into practice

Theme Team Tools

Tool on
**Capacity &
Consent**
Ontario edition

- End-of-Life Theme Team
- “Capacity & Consent” Tool
- Quick reference tool to help health practitioners in understanding law and respecting seniors’ rights
- First tool geared to Ontario
 - Additional tools in development for other provinces and territories



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Medication Utilization

Understanding Potential Medication Problems of the Elderly



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Tool on Depression: Assessment and Treatment

For Older Adults

Based on:

National Guidelines for Seniors' Mental Health:
the Assessment and Treatment of Depression
Available on line: www.ccsmh.ca

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Canadian Coalition for Seniors' Mental Health

To promote seniors' mental health by connecting people, ideas and resources.

Coalition Canadienne pour la Santé Mentale des Personnes Âgées

Promouvoir la santé mentale des personnes âgées en reliant les personnes, les idées et les ressources.



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SCREENING & ASSESSMENT

DELIRIUM, DEMENTIA & DEPRESSION

Introduction to Older Adults and Substance Use

Fact Sheet



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DEMENTIA THEME TEAM



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Early Onset Dementia

Advice for Caregivers



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Theme Team Tools

- End-of-Life Theme Team
- “What to Expect” Tool
 - Includes sections that describe
 - Physical Changes
 - Pain Control and Opiate Use
 - Advance Care Planning and Substitute Health Care Decision-making
 - Written for friends and family members of the dying person in a respectful and matter-of-fact tone
 - Could also comfort the dying
 - Placed in palliative care facilities across the country

When Someone Close To You Is Dying

What You Can Expect and How You Can Help

Helping someone through the last years of their life is one of the most difficult journeys anyone can take. As the illness progresses, you may have to make important decisions on behalf of someone close to you. You may be responsible for ensuring that their most basic needs for respect, dignity and physical comfort are sustained until the end of life.



International Collaboration for the Care of the Elderly (ICCE)

- Only NCE-NI to be awarded additional funding through International Partnership Initiative of NCE and International Development and Research Centre (IDRC)
- New partnerships with researchers and organizations in:

□ Australia

□ England

□ India

□ Scotland

□ Switzerland

□ China

□ Germany

□ Israel

□ South Africa



ICCE: Context and Goals

- Global aging
 - Economy of scale in world-wide knowledge on the care of the elderly
- Canada's growing older population
 - Collaborate with countries with longer histories of meeting the challenges of an aging population
- Canada's growing ethnically-diverse older population
 - Collaborate with countries with experience in the cultural issues of aging
- Critical shortage of geriatric/gerontological professionals
 - Forum for interdisciplinary collaboration and training



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ICCE: Partner Responsibilities

- Tool Development
 - Make tools sensitive/relevant to home regions
- Knowledge Transfer
 - Participate in NICE events
 - Coordinate and conduct KT events in home region
- Student Involvement



ICCE



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Challenges of Networks and Communities of Practice

- Only about 20 percent of knowledge transfer gets through¹
- **There are at least 20 theories available²**
- **There are at 15 models for transfer- OMRU³**
- Members aren't sure what KT really is – which of the hundred definitions do you use?
- When does it happen?

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"Never, ever, think outside the box."

Thinking Outside the Box

- Model currently in Canada is the research network or project which has KT as an add-on but this is very limiting,
- Existing evidence-based knowledge needs to be transferred such as the knowledge in your community of practice,
- Throwing caution to the wind, the knowledge needs to be placed in the hands of older adults themselves and their caregivers;
- The KISS principle may make some laugh but it is amazing how many people use what is short and sweet,
- ‘No one profession owns gerontology or geriatrics so knowledge needs to be interdisciplinary;
- Knowledge needs to be available and used on a daily basis

Knowledge Transfer

*The great aim of education is not knowledge
but action.*

- Herbert Spencer

- Thank you

NICE Knowledge Transfer

- Website
 - www.nicenet.ca
- *NICENews*
 - Available online
- Workshops, Forums and Symposia
- Annual NICE Knowledge Exchange
 - June 23, 2013: Toronto Ontario

Join NICE!

- Membership is free
 - Access to tools and resources
 - Participation in NICE events
 - Networking opportunities
-
- Visit www.nicenet.ca