



*It's about you
and your health!*

BULLETIN

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NEW FUNDING SUPPORTS EXPANSION OF SERVICES FOR SENIORS

Thanks to more than \$2.4 million in funding from the Ontario Ministry of Health and Long-Term Care, the Central West LHIN is set to move forward on 24 initiatives designed to support our growing population of seniors.

On June 19th, Deputy Premier and then Minister of Health and Long-Term Care, George Smitherman, announced the funding as part of the province's landmark Aging at Home strategy, a four-year \$1.1 billion initiative to help seniors live healthy, independent lives in the comfort and dignity of their own homes.

"We are shifting the way we're delivering health to seniors by bringing care to their communities so people can stay at home longer, surrounded by loved ones," noted Smitherman.

With the Central West LHIN's population of seniors expected to grow by 90.6 percent (over 50,000) between 2001 and 2016, the new funding means 24 health service proposals submitted to the LHIN under the Aging at Home Strategy will now be able to move forward. With proposals ranging from adult day programming and the expansion of homemaking services to congregate dining and nurse practitioners working in long-term care homes, the funding will support a mix of community-based services that reduce senior isolation and provide caregiver support and education, supportive housing, transportation and meals, physical activity, and wellness

and preventive care. It will also support culturally appropriate initiatives that meet the needs of the LHIN's diverse community of seniors.

"These initiatives represent significant planning and innovative thinking on the part of our local health service providers whose passion for senior-centred care is clearly reflected in every one of these proposals," remarks Joe McReynolds, Central West LHIN Board Chair. "We look forward to working with providers in the coming months as we put effective measures in place to ensure these initiatives are effectively meeting the needs of seniors across our communities."



George Smitherman, former Minister of Health and Long-Term Care, announces new funding for 24 Aging at Home initiatives in the Central West LHIN.

Continued from page 1



Former Minister of Health and Long-Term Care George Smitherman and Amrit Mangat, MPP, Mississauga-Brampton South, welcome local seniors to India Rainbow where the provincial government recently announced \$2.4 million in funding for Central West LHIN Aging at Home initiatives.

HELPING SENIORS GET TO WHERE THEY NEED TO GO

Complementing the former Health Minister's funding announcement was the welcome addition of six new Dodge Caravans. These vehicles will be used by six community-based services within the Central West LHIN to help seniors facing transportation issues to get to and from health-related appointments, and are among 100 vans purchased and distributed to local communities by the Ontario government.



Central West LHIN Board Chair Joe McReynolds acknowledges the significant efforts of local health service providers in developing innovative health programming for seniors.

"Transportation should never be a barrier to accessing health services," notes Mimi Lowi-Young, CEO, Central West LHIN. "Thanks to the availability of these vans, we'll be able to provide seniors in our community with the equivalent of 8,328 rides to vital health care appointments each year."

"With these new vans, our seniors will have easier access to the health and social services they need," says Amrit Mangat, MPP, Mississauga-Brampton South, who was on hand for the funding announcement. "By delivering on stronger community programs for seniors, we will not only help them to age with dignity and independence at home, but also ease the pressures on our hospitals, especially in emergency rooms."



Central West LHIN seniors stand next to one of six new vans that will be used to help local seniors get to and from health-related appointments.

"The provision of vans to various organizations throughout our LHIN is an investment in increased accessibility," says Monty Laskin, Executive Director, Caledon Community Services. "These vehicles will allow providers and community organizations to work closely with one another and build bridges that facilitate easy access to health and care services for local seniors."

For further details about this announcement, including an outline of the 24 Aging at Home initiatives that are recipients of this funding, please visit the Central West LHIN's website at www.centralwestlhin.on.ca.

TAKING ACTION TO PLAN FOR OUR FUTURE HEALTH CARE NEEDS

While making every effort to improve today's health care system is important, ensuring long-term sustainability is just as critical for the future of our children and grandchildren. With that in mind, the Central West LHIN recently took its new Health System Plan on the road to showcase how health care planning will evolve within the LHIN over the next several years to meet both the current and future health needs of community residents.

With stops in Orangeville, Rexdale and Brampton, Central West LHIN Board Chair Joe McReynolds and CEO Mimi Lowi-Young presented an overview of the Health System Plan, sharing the LHIN's vision and plan for the development of a comprehensive integrated health system of community and hospital-based services to 2019.

"This is a plan that emphasizes the shared role that health service providers and local residents have in improving and sustaining our local health system," says McReynolds. "Health service providers have shared accountability for delivering coordinated health services that lead to improved health care outcomes, while we, as individuals, have the power to improve our health outcomes through the lifestyle choices we make."

It is this mutual partnership in care that the Central West LHIN would like to see grow over the next few years, as the local health system transitions into one that places an increasingly growing emphasis on community-based services. With a population slated to reach over one million people by 2019, the drive for change has never been greater.

Over the past six months, the Central West LHIN met with members of the public, community organizations, service groups, municipal leaders and local health service providers, allowing it to shape a comprehensive Health System Plan based on your ideas and comments.

What was clear from these sessions is that members of the public and health service providers are passionate about health care and the services offered within their communities.

These sessions saw the Central West LHIN Board members sit with those in attendance seeking their feedback and comments on what they liked about the plan and gave attendees another opportunity to provide input on how the Health System Plan could be improved.

"You told us you wanted to see more community-based services closer to home, more mental health and addictions services across all age groups, and better transportation to get to and from health services," notes Lowi-Young. "We took that input to heart, and you'll see evidence of it embodied throughout this plan."

With the support of PricewaterhouseCoopers, the Central West LHIN reinforced its planning by also reviewing its initial Integrated Health Service Plan (IHSP), examining provincial strategies and initiatives, analyzing our population's characteristics and how health services are currently being used, and reviewing best practices.

SHAPING OUR LOCAL HEALTH SYSTEM

So what will our health system look like in the future? While hospitals have traditionally been viewed by residents as being at the 'centre' of the local health care system, it is in fact community-based services that most often provide individuals with their first point-of-contact.

What we can expect to see in the future is a greater shift towards community-based services, an identified group of core health services delivered closer to home, an increased focus on promotion, prevention and management of chronic diseases, stronger primary health

Continued from page 3

care networks (i.e. family physicians working together with interprofessional health care teams), and greater integration and coordination among community-based and hospital-based health services.

No single organization can address everyone's health care needs, so by managing regionally and delivering services locally, health service providers can offer a better coordinated health system that makes it easy for people of all ages to transition from one service to another as their health needs change.

What the Health System Plan will do

- *Reinforce healthy lifestyle choices*
- *Gear services to the needs of each person*
- *Make sure people are getting the right treatment at the right place at the right time*
- *Make transitions between services smoother*
- *Improve patient safety*
- *Recruit and retain needed health care professionals*
- *Improve information flow*
- *Meet the needs of different cultures*
- *Reduce duplication within the health system*

"Our focus is to make sure that we are maximizing collaboration among those health service providers within our LHIN to ensure we're delivering the best possible care to community residents within available resources," explains Lowi-Young.

The three public education sessions further reinforced for McReynolds and Lowi-Young that the Central West LHIN is on the right track with initiatives outlined in the Health System Plan.

"The stakeholders attending these sessions came back to us and, overall, acknowledged that the priorities we have identified in the Health System Plan are the right ones," says McReynolds. "With that confirmation from our community and health service providers, we're ready to move forward with early recommendations as identified in the plan."

For a look at the detailed Health System Plan report approved in principle by the Central West LHIN Board of Directors, please visit our website at

www.centralwestlhin.on.ca