



Aging at Home Bulletin

**Hamilton Niagara Haldimand Brant
Local Health Integration Network**
(also serving the communities of Burlington and Norfolk)
Volume 2 Issue 1 - January 7th 2008

Aging At Home Strategy

To help address the health and well-being of our aging population, the Ministry of Health and Long Term Care (MoHLTC) created the Aging at Home Strategy. As part of that strategy, the MoHLTC is investing over \$60 million in the HNHB LHIN over the next three years to support seniors' independent living and aging at home.

This bulletin aims to keep the community informed about what is happening in the HNHB LHIN regarding the Aging at Home strategy.

Pre-proposals Review Underway

HNHB LHIN is pleased to announce that more than 128 Aging at Home (AAH) pre-proposals have been received from organizations seeking to provide services to assist independent living for seniors at home. The pre-proposals represent a wide array of partnerships from both MOHLTC funded organizations and others.

It is clear our community is ready to tackle the issue of helping seniors remain in their home for as long as is safely possible.

Since early December, the LHIN AAH review team has been reviewing the pre-proposals and

- Clarifying information in the pre-proposals
- Identifying opportunities for collaboration.
- Preparing summaries of the pre-proposals for consideration of the HNHB LHIN Board.

We received several thoughtful and innovative submissions, and we are pleased with the range of strategies proposed to support aging at home." said Jenny Barretto, Aging at Home Team lead.

Pre-proposals Highlights

The HNHB LHIN received \$60 million for the three-year Aging at Home Strategy. The total funding for year 1 (08-09) is \$7.6 million; the total first year requests for funding received in the pre-proposals was over \$47 million.

The range of strategies proposed includes

- Transitional Care, including Slow Stream Rehabilitation, Home at Last programming, and others, to expedite recovery and ease of transition to home
- Community Support Services – particularly Adult Day Programs and Caregiver Support
- Supportive Housing
- Information and Referral
- Palliative Care

Pre-proposal leads invited to move to the next stage of the approval process (submission of a service plan) will be contacted January 28, 2008 following the January HNHB LHIN Board meeting.



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A Call to Action: Falls Prevention

Planning requirements for Year Two (09-10) Aging at Home allocations are beginning.

One of the areas of focus will be falls prevention.



According to a report entitled *"The Economic Burden of Injury in Ontario"* (year) produced by Smartrisk, every 10 minutes in Ontario a senior visits the emergency department due to a fall. Every 30 minutes a senior is admitted to hospital due to a fall. In 1999 falls cost Ontarians \$1.9 billion, with \$927 million attributed to the direct costs of falls among

those age 55+. It is estimated 40% of falls leading to hospitalization are the result of hip fractures.

Falling is one of the major predictors of a change in residence for seniors. When injury has resulted from a fall, seniors are often worried about two things: first, returning home and secondly, ensuring the supports, services and necessary home modifications are in place when they return home.

The HNHB LHIN will convene discussions to explore the feasibility of a LHIN-wide falls prevention strategy that incorporates best practices falls prevention. As one of the first steps in this process, the LHIN is hosting a meeting for anyone passionate about, interested in, championing for, or with expertise in falls prevention.

The meeting will be held **February 14, 2008** in Grimsby. If you are interested in attending, please email Kathy Gilchrist at kathy.gilchrist@lhins.on.ca

2008 Milestones and Timelines



- **January 25** – HNHB Board reviews the pre-proposals and endorses those that will move forward to the next stage of the approval process: Submission of service plans.
- **January 28** – Organizations notified about pre-proposal status.
- **January 30 (10-11am); January 31 (10-11am); February 4 (1-2pm)** – Teleconferences to respond to queries from organizations selected to submit service plans – details to follow.
- **February 8** – Service Plans due to LHIN
- **February 26** – Board reviews and approves service plans
- **February 29** – LHIN report due to MOHLTC FYI regarding AAH allocations Year 1
- **Feb - March** Organizations notified about service plan status.

A Fond Farewell

Terry Ramirez, our Project Coordinator since the launch of the Aging at Home Strategy in our LHIN, is leaving her post to return to her position with the Hamilton Health Sciences. She completed her secondment with us on Friday December 21. Many of you have spoken to her on the phone, as she answered questions and followed up on requests.

Special thanks go to Terry for her contributions. Terry's quick uptake of the process and emerging issues, and her willingness to share her expertise benefited our planning process.

Adding the AAH coordinator role to her portfolio is Kathy Gilchrist. You can contact Kathy at kathy.gilchrist@lhins.on.ca or 905.945.4930 x222. She would be happy to hear from you.

From the HNHB LHIN's Perspective: A New Focus

In each bulletin we include a quote or statement that talks about the culture of the HNHB LHIN and its values. This issue's quote comes from a presentation by Marion Emo to health policy students at McMaster.

"The LHIN is helping shift the focus from what organizations do themselves to what those organizations can do together for health improvement. Organizations are learning who else is serving the same client in order to understand how they can make the continuum of care as healthy as possible. Instead of focusing on being the best organization, we now focus on being the best fit within a continuum of services available in the community."

New Developments

The HNHB LHIN has legislated responsibility towards ensuring the health care needs of Aboriginal, First Nations and Métis and francophone peoples are addressed within the scope Provincial resources available to their communities. The LHIN has been working with both local and provincial organizations to ensure our AAH strategy is inclusive of all needs. At present, the AAH team is seeking the advice of networks and stakeholders as we review how best to support AAH with available resources. Here are the updates:

Aboriginal

An Aboriginal framework for holistic health and well being extends beyond the medical model and includes physical, mental, emotional and the spiritual aspects throughout the life cycle.



Statistics clearly identify premature aging of the Aboriginal population in comparison to the general population. This difference is connected to a legacy of colonialism, prevalence of chronic disease and poverty, as well as other social determinants of health.

Aboriginal health service providers, Indian Friendship Centres, and Métis continue to play a vital role in helping the Aboriginal population sustain healthy aging. These providers offer specialized services such as Life-Long Care programs that offer culturally appropriate primary and supportive care for best outcomes.

Activities to date moving us forward include:

- Discussions with Six Nations and Hamilton Aboriginal, First Nations and Métis service providers.
- Lead an LHIN Board educational session.
- Conversations with provincial and territorial organizations to discuss inclusive and appropriate approaches to the Aging at Home strategy

Francophone

The LHIN has been discussing how to involve or animate Francophone participation with our French language providers and area leadership. Together we are identifying strategies to support independent living for aging Francophones.

Links

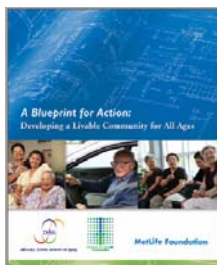
Each bulletin will provide links to information that might be of interest to you. In this bulletin, the focus is USA reports on developing liveable communities; communities that would naturally support aging at home.

[Aging in Place: a Toolkit for Local Governments](#)



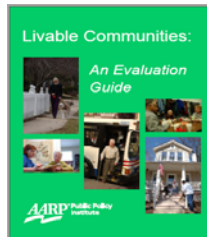
Why read? This document provides an overview of the issues and possible solutions surrounding aging in place from a municipal perspective. Even if you are working at an organizational level the perspective is interesting reading.

[A Blueprint for Action: Developing a Livable Community for All Ages](#)



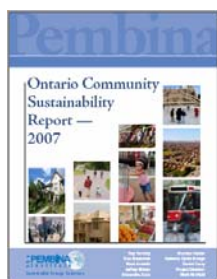
Why read? This report outlines many of the issues facing seniors in the USA, as well as offering innovative action steps that could be taken to address each issue, and providing further resources to review when thinking of the issue.

[Livable Communities: An Evaluation Guide](#)



Why read? This report provides step-by-step guidelines for conducting your own assessment of your neighbourhoods, including surveys, tips, and the conclusions the writers reached based on their research.

[Ontario Sustainability Report 2007](#)



Why read? Although not directly related to Aging at Home, this report examines 27 communities in Ontario, including Hamilton and the Niagara Region, and assesses their sustainability. Within the idea of sustainability is social sustainability – or liveability.

If you have an informative link to share, please email us at:

hamiltonniagarahaldimandbrant@lhins.on.ca

About the Aging at Home Bulletin

This bi-weekly publication aims to keep the community informed about what is happening in the HNHB LHIN regarding the Aging at Home strategy.

This bulletin is being sent to any organization, group, or individual interested in supporting seniors to age at home. If you are, or you know of, an organization that would like to be included on our mailing list, please email hamiltonniagarahaldimandbrant@lhins.on.ca

Bulletins are available on the HNHB LHIN website at: www.hnhblhin.on.ca under the AAH tab.

To submit or suggest a story idea for an upcoming bulletin, please contact Chandra Rice at chandra.rice@lhins.on.ca or 905.945.4930 x214.



Spotlight

In the first issue, we featured the AAH team lead Jenny Barretto. This week we introduce you to the other members of the AAH team.

Direction

Marion Emo helped build the Aging at Home Team at the LHIN and participated on the Provincial Aging at Home Working Group (August to December 2007). In this role, Marion ensured linkages between province wide implementation strategies and local planning and development activities. On the working group, Marion helped build early communication goals and objectives and related strategies, and co chaired Province wide sessions with consumer advocates for healthy aging at home and Provincial Stakeholder groups.



The HNHB LHIN Aging at Home team is working with stakeholders to ensure funding is directed to programs and services that will impact and benefit communities across our LHIN.

This Aging at Home Bulletin is produced by the Hamilton Niagara Haldimand Brant LHIN, one of 14 local health integration networks. The LHIN is responsible for planning, coordinating and funding the local health system in this region which spans from Burlington to Fort Erie and from Burford to Cayuga and includes more than 1.3 million residents. The LHIN represents local decision-making; decisions about the organization, coordination and funding of health services will be made closer to home by people who live and work in the LHIN. The health services include community support services, mental health and addictions services, community health centres, the Community Care Access Centre, long-term care homes and hospital services

Communications Team

Trish Nelson-Simmons coordinates messaging and communications across our LHIN - ensuring awareness of the AAH strategy. She also chairs the provincial AAH communications committee and is working on a proposed province-wide AAH Innovation Exchange slated for April, 2008.

Lianna Paron is assisting the development of engagement strategies and a project partnership with the Department of Gerontology at McMaster University and the LHIN.

Chandra Rice produces this bulletin, and is developing a unique community engagement tool that will help facilitate conversations about aging at home that will inform the HNHB LHIN direction in the next two years of the AAH Strategy.

The Pre-proposal Review Team and other roles:

Shirley Stewart helped design the pre-proposal process – the format, submission process and report production.

Ernie Jodoin is helping to develop orientation and background information to assist decision making.

Leslie Cochran is working with the Aboriginal, First Nations and Métis populations

Ada DiFlavio is contributing to the development of performance indicators in the Aging at Home strategies' implementation

Rosalind Tarrant brings planning, review and assessment expertise to the preproposal process and assisted with the development of innovation criteria.

Other Supports

Louise Tremblay oversees the financial aspects of the AAH Project at the LHIN and participated in a Ministry led Provincial Working Group that developed an AAHome Service Plan template.