



WWLHNformation

BULLETIN FOUR
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AGING AT HOME INITIATIVES BENEFIT SENIORS

"I want to stay in my own home. I have been here a long time. I have friends nearby and enjoy socializing. It is important to me to be independent. My health is still pretty good but I am glad to know if I need help in the future, it will be here for me."

Gerda S., age 81

Making it possible for seniors to remain in their own homes, living independently, safely and with dignity, is the cornerstone of the Waterloo Wellington Local Health Integration Network's (WWLHN) Aging at Home initiatives. The overall goal is "to provide a suite of services for seniors to enable them to live as independently as possible, for as long as possible, in a safe home of their choice."

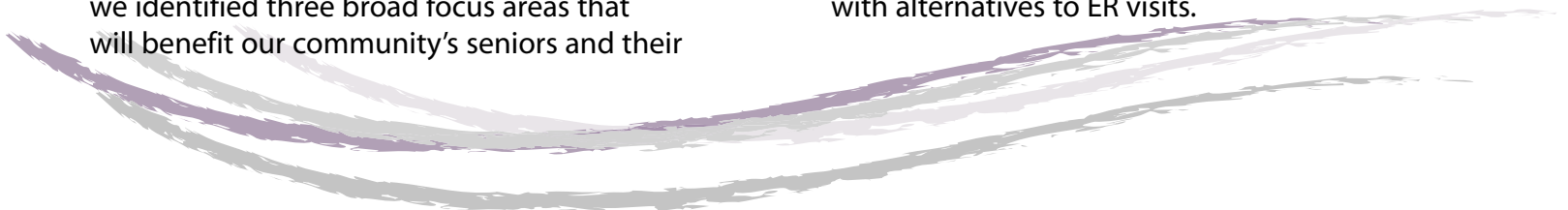
To achieve this goal, the WWLHN has been working with our local health service organizations to determine the best ways to invest the \$37 million allocated to the WWLHN from the Ministry of Health and Long-Term Care to support Aging at Home programs and services.

After extensive community input and research, we identified three broad focus areas that will benefit our community's seniors and their

families. We must provide support for seniors who are frail or have complex health concerns, who need supportive housing and for seniors' health and wellness programs.

Our Aging at Home planning also encompasses the needs of the most vulnerable seniors in our community - those on a low income, seniors who experience social or geographical isolation, or those from a background who may experience difficulties accessing health services due to language or cultural barriers.

An important priority in our Aging at Home strategy is that we identify and provide programs and services, both in the short term and the long term, that will reduce pressures on our emergency rooms (ER) by providing seniors with alternatives to ER visits.



Of the \$37 million dollars available in actual and planned funding, the WWLHIN has already allocated more than \$23 million to support two dozen programs. These Aging at Home initiatives cover a wide range of programs that will benefit seniors, and their families including:

- Emergency room assistance
- Telehomecare monitoring
- In-home primary care
- Assistance for seniors with dementia and other psychiatric needs
- Adult day services and respite care
- Stroke peer support
- End-of-life supports
- Supportive housing
- Access to care and housing for those at risk of homelessness
- Help to access programs and services
- Education programs to support healthy lifestyles

For detailed information about the Aging at Home initiatives and the organizations that are providing the programs and services, please visit our website at **www.wwlhin.on.ca**.

We are impressed with the commitment and interest our health service providers have shown in developing programs that support the needs of seniors. Many of the Aging at Home initiatives are still in their infancy or early growing stage. We look forward to the next few years as we invest the remainder of the planned funding (about \$14 million more) and see these initiatives mature and make an impact in our community.



Sandra Hanmer
Chief Executive Officer

The Waterloo Wellington Local Health Integration Network is a crown agency responsible for planning, integrating, coordinating and funding health service providers including hospitals, long-term care homes, community support services, community health centres, the Community Care Access Centre and community mental health and addictions agencies in Waterloo Region, Wellington County and South Grey. The WWLHIN operates an annual health care budget of over \$800 million.

WWLHIN

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LIVE AND LIVE WELL IN WATERLOO WELLINGTON

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