



Caring for Unpaid Caregivers Developing an Ontario Caregivers' Strategy

Dr. Samir K. Sinha MD, DPhil, FRCPC

Provincial Lead, Ontario's Seniors Strategy

Director of Geriatrics

Mount Sinai and the University Health Network Hospitals

Assistant Professor of Medicine

University of Toronto and the Johns Hopkins University School of Medicine

Circle of Care Meeting

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Establishing our Context

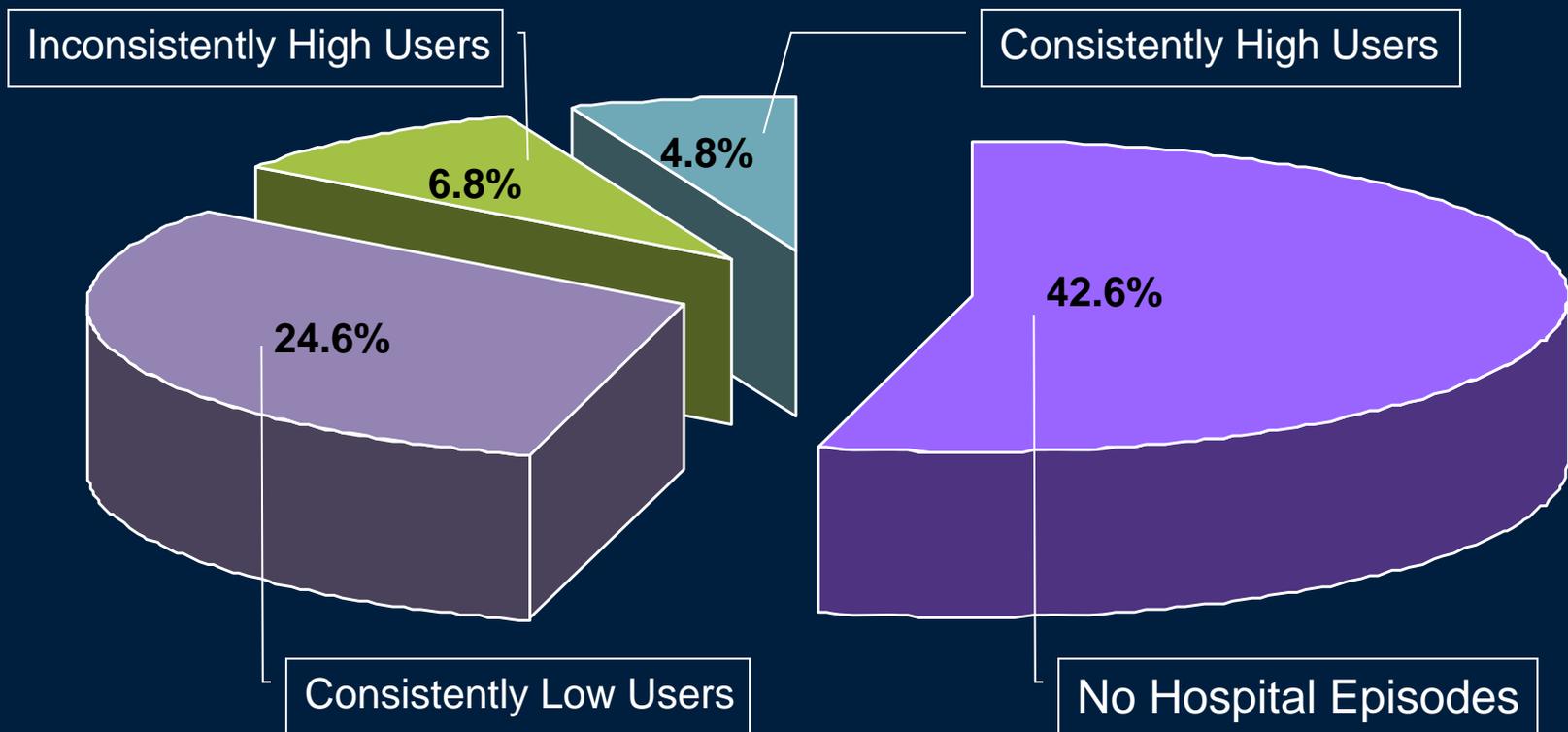
- 14.6% of Ontarians are 65 and older, yet account for nearly half of all health and social care spending *(Census, 2011)*.
- Canada and Ontario's older population is set to double over the next twenty years, while its 85 and older population is set to quadruple *(Sinha, HealthcarePapers 2011)*.
- Our ageing population represents both a challenge and an opportunity.
- Ageing is NOT a Disease, It is a TRIUMPH.

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 |

MOHLTC / Canadian Institutes for Health Information (CIHI) 2012-13

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

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 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 and those who care for them.

As Ontarians, 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.

Ontarians Had Their Say!

- Over 5000 Older Ontarians, 2500 Health, Social and Community Care Providers, and **1000 Caregivers** have participated in our online, paper surveys and town hall and stakeholder engagement meetings.
- Hundreds of Stakeholder Groups representing Older Ontarians, Caregivers, Provider Organizations and Agencies, Professional Bodies, and Business at the Regional, Provincial, National, and International Level also dialogued and presented their ideas to us as well.

Living Longer, Living Well.

Key Strategic Themes/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

The Report Recommendations

- **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.*

Opportunities to Support Ageing In Place

- Investing more in Health Promotion and Prevention in Older Ontarians (*eg. Exercise and Falls Prevention Classes, Vaccinations*).
- Ensure all Older Ontarians have access to a primary care provider and the primary care they need (*eg. House Calls*).
- Strengthening and Prioritizing Current and Future Investments in Home, Community and Long-Term Care and in Supporting Caregivers.
- Understanding Supportive Housing as under-utilized model of care that could keep our health care system sustainable.
- Expanding Traditional Scopes of Practice and Practice Settings to Improve and Bring Care Options Closer to Home (*eg. Hospital at Home and Community Paramedicine*).
- Ensuring that our current and future health and social care workforce has the knowledge and skills needed to care for an ageing population.

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.



What About Caregivers?

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What We Know About Caregivers...

- 20% of Ontarians serve as a Caregiver to a family member, and often provide 70% of their total needs.
- 62% of Unpaid Caregivers are females.
- 98% of older adults receiving paid support to meet their needs, receive additional support from an unpaid caregiver.
- Unpaid Caregivers save our health social and community care systems \$ 24-31B Annually.
- Many caregivers report that their obligations result in higher levels of stress, especially when having to balance work and other family obligations
- Finances appear to be the greatest sources of stress.

Caregiving in the Dark...

- 38% of Caregivers were unfamiliar with CCAC Services
- Only 24% of Caregivers were aware of Health Care Connect.
- 24% of Caregivers reported that they were coordinating their care recipient's care; 21% of Caregivers reported the PCP was providing this role; while in 54% of cases no one was reported to be coordinating the recipient's care.

2014 Ontario Caregivers Summit

- Enabled an important dialogue on what we need to be thinking about in Ontario to better support unpaid Caregivers.
- This Summit that brought together caregivers, providers and Ministry officials and experts examining a broad set of issues today under the themes of what *employers* and *governments* could do to better support caregivers.
- We generated a good dialogue and three specific ideas that have further shaped the government's thinking as well.
- The Family Caregiver Leave Act was shortly brought into law with unanimous support thereafter.

2014 OCS Final Recommendations

1. **Enabling Employed Caregivers to Continue to Work and Care**

Some of Ontario's best employers recognize the importance of supporting their caregiving employees. In addition to creating a more attractive working environment, this reduces avoidable costs while increasing productivity and competitiveness. We need to make this work for all workplaces in Ontario including small businesses.

The Ontario government should take a leadership role in bringing businesses together, celebrating champions and identifying and promoting best practices. This can help to strengthen a workplace culture in Ontario that more fully addresses the needs of working caregivers.

2014 OCS Final Recommendations

2. Recognizing and Addressing the Unmet Needs of Caregivers

Over 95% of home and community care clients are supported by an unpaid caregiver. The time has come to shift the paradigm of client-focused health care provision to better understand and address the needs of their unpaid caregivers as well.

We propose that all caregivers be given an opportunity to have their voices heard, and needs assessed. This will allow for better outcomes and more effective use of existing home health and community resources, and the raise the overall quality agenda in the home and community care sector.

2014 OCS Final Recommendations

3. Providing Income Support for those that Need it Most

Many caregivers make significant sacrifices, but no caregiver should be forced into poverty in order to provide care to their loved ones. Finances followed by work were reported to be the main sources of stress amongst Ontario caregivers.

Finances were also the area they told us where they needed support the most; especially when caregivers reported spending up to around \$4,200 annually in supporting the care costs for an older adult with complex care needs.

Building on the success of the Ontario Child Benefit and in line with the province's poverty reduction strategy, we propose that Ontario introduce an Ontario Caregiver Benefit for low and moderate income caregivers who meet specified needs tests.

So What's Next?

- The newly elected government has made the further recognition and support for caregivers a platform issue.
- The current shape that this will take will revolve largely around what is feasible to implement, to finance and will have the greatest impact.
- Let's get to work...



This is Ontario's Time to Lead

Thank You

Samir K. Sinha MD, DPhil, FRCPC

Director of Geriatrics

Mount Sinai and the University Health Network Hospitals

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ssinha@mtsinai.on.ca