



QI Power Hour

WHAT MATTERS TO OLDER ADULTS? RETHINKING CARE IN AGING AND OLDER ADULTS

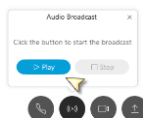
with
CANDACE SKRAPEK & KC HALL, SCOA
HOLLY SCHICK & LINDA ANDERSON, SSM



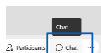
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Welcome to QI Power Hour

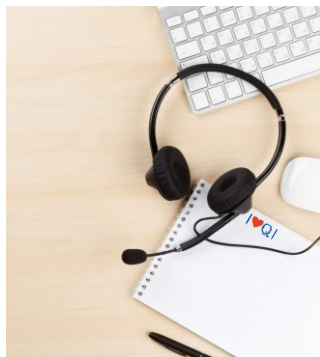
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2





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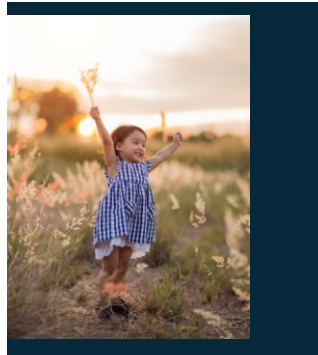


3

TREATY 6 TERRITORY & HOMELAND OF THE METIS

HQC is situated on Treaty 6 Territory and the Homeland of the Métis.

We pay respect to the treaties that were made on this land and acknowledge the harms and mistakes of the past. We are committed to move forward in partnership with Indigenous Nations in the spirit of reconciliation and collaboration.



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4

Access past QI Power Hour sessions

Past QI Power Hour webinars (with download links)


<p>Health Networks in Saskatchewan (QI Power Hour)</p> <p>Nov 10, 2019 at 9:30 AM</p>	<p>Citizen Science in Public Health Policy: Leveraging the Power of Ubiquitous Tools</p> <p>Nov 25, 2019 at 9:30 AM</p>	<p>The Costs of Poverty in Saskatchewan: Why Do They Matter and How Do We Calculate Them? (QI Power Hour)</p> <p>Sep 6, 2019 at 9:30 AM</p>
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[Visit our website to view past sessions!](#)

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5



Sign up for the QI Power Hour email newsletter

Receive notices about upcoming sessions and details on how to register straight to your in your inbox.

Visit: bit.ly/hqc_subscribe

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6

Spread of QI Power Hour across SK



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7

Spread of QI Power Hour across SK



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8

Spread of QI Power Hour across SK



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9

Spread of QI Power Hour worldwide

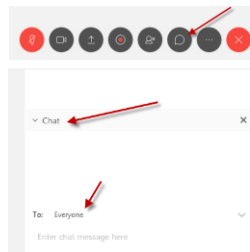


13

Webex tool: chat function

Chat functions:

- Share **questions, comments, and ideas**
- Click on the message bubble icon to access the chat
- Send to **Everyone**



14



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15



16



Health Quality Council :
 QI Power Hour
 July 15, 2022
 Candace Skrapek and KC Hall

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17



“Aging is not a particularly interesting subject. Anyone can get old. All you have to do is live long enough.”
Groucho Marx

19



SESSION OBJECTIVES

Objective 1
Who Are We?

Objective 2
Older Adult Voices: What Matters Most!

Objective 3
Impact of COVID-19 and public health measures on older adults

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20



WHO WE ARE

Saskatchewan's Older Adult Population
Saskatoon Council on Aging



21



22



SCOA's VISION

Positive aging for all
in an age-friendly
community



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23

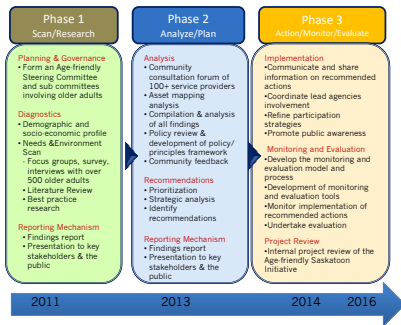


Age-friendly Saskatoon Initiative



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24



25

"This is a place where it is wonderful to be young. It must also become a place where it is wonderful to be old."

AFSI Focus Group Participant

26

What Matters to Older Adults



27

Recommended Actions

- Engage older adults as co leaders
- Counter Ageism...individual and institutional
- Promote Healthy Aging
- Support Aging in Place
- Create Age-friendly Environments...acute and long-term care
- Adopt an age-friendly policy lens
- Collaborate with community experts

28

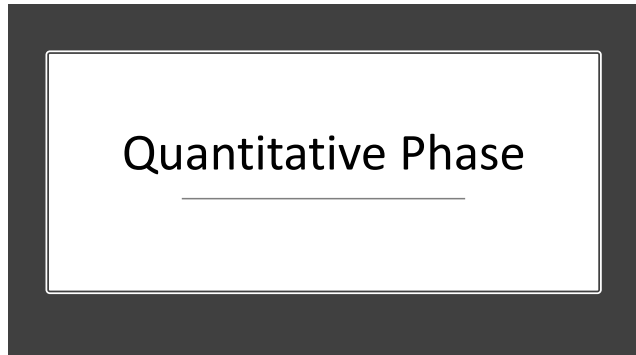
How do we work together to promote better health for older adults?

- Shift in traditional thinking and institutional commitment
- Basic levels of age-friendly education for all service providers...understand older adult diversity
- Citizen engagement
- Collaborative partnerships with other community organizations
- Research, development and implementation of new and innovative strategies
- Age-friendly design and functional support
- Seamless transitions across the continuum

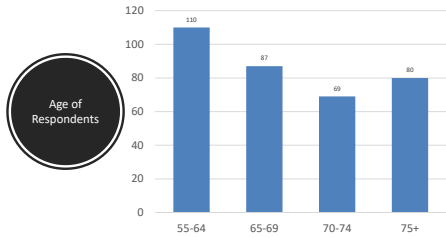
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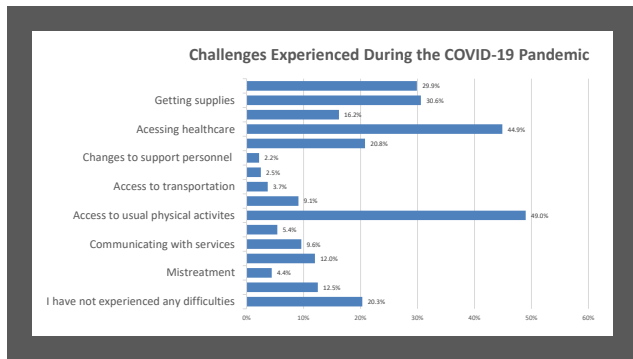
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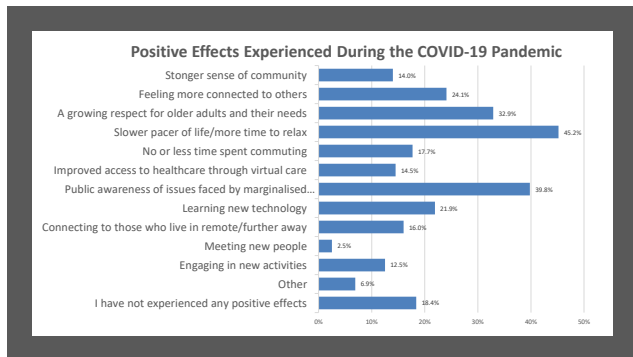
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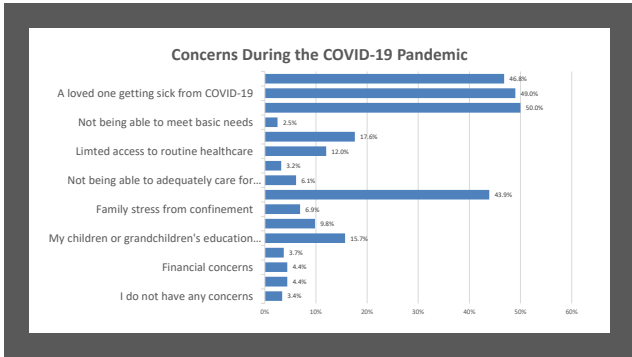
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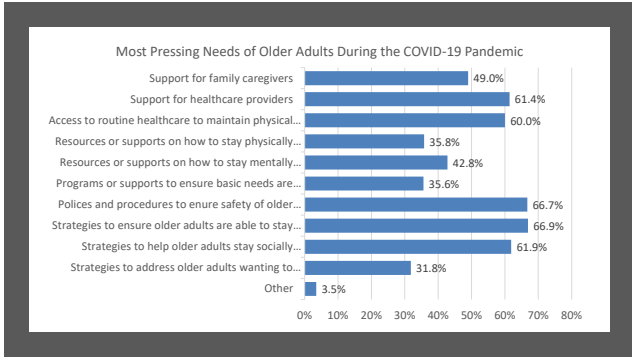
33



34



35



36

Qualitative Phase

37

"... and I guess seniors are pretty resilient and they can find ways to make the best of things. You know we are prairie people."

38



- **"We Are Contributors"**

- Adapting, Learning and Growing**

- Healthcare Experiences**

- Division and Rebuilding Relationships**

- Policy and Policy Makers**

- Recommendations**

- SCOA's Contributions**

39

Adapting, Learning and Growing

Older adults many coping mechanisms and engagement in helping others

Coping with the Challenges
(new activities, hobbies, connecting with others, learned technology)

"I really think that technology was great. It was good, so that we could still visit with family members, so that we could access some part of the outside world in a different way."

"... extremely grateful that I've always had lots of hobbies."

"I read a lot more. I learned new skills like cooking and sewing. I actually sought out hobbies that were not in my comfort zone before."

"She's 99 and was coached on how to answer the FaceTime call so we were able to do daily calls with her and keep in touch that way."

40

Adapting, Learning and Growing

Older adults many coping mechanisms and engagement in helping others

Concern for Others

"... you sort of worry about people who are living alone and so on."

"I really cried for the people who were in long-term care homes who suffered terribly. They didn't know how to use the Facetime, or Facebook or that sort of thing. I mean some of them maybe didn't even understand what was going on."

Willingness to Help Others

"And I try to be strong for everybody but, you know it took a toll on me as well."

"most people had answered that they didn't need anything, but that they were helping others. And I think for a lot of us that was a reality."

41

Experiences with Healthcare

Healthcare services, access and implications on physical health and wellbeing

Support for Telehealth Services

"I was absolutely thrilled when the docs got paid for phone calls, because that's been an ongoing issue for years and I've written the SMA about it"

"... virtual connections with their doctors etc., because it is way better and actually meets your time frame as opposed to you having to go into the office and have to wait."

Positive Experiences with Services

"... they are in and out in 15 minutes. She used to spend 4 hours sitting in the waiting room to have that done."

"... everything got done that was supposed to get done so I also agree, I didn't get left out. The healthcare system worked for me."

42

Experiences with Healthcare

Healthcare services, access and implications on physical health and wellbeing

Negatives in Healthcare

"The problem we have with increased health care options are the standards are really varied."

"... getting any hospital care was impossible."

"Even my own doctor is thinking of leaving and that scared me because she is wonderful."

Delayed Medical Care

"... health wise I have been waiting for a hip surgery for two years, and getting impatient on that."

"... My wife has had a surgery cancelled and put on, and I know of several people in our community who've had some fairly significant surgeries postpone because of COVID."

43

“Design for the young and you exclude the old; design for the old and you include the young.”

BERNARD ISAACS, FOUNDING DIRECTOR
BIRMINGHAM CENTRE FOR APPLIED GERONTOLOGY

44



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45



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46



Home Supports Initiative

QI Power Hour
July 15 2022



47



Strategizing for Positive Aging

650+ People Participated in:

- ▶ 9 Forums
- ▶ 7 Focus Groups
- ▶ Presentations at 5 SUMA Regional Meetings

Created a survey to get wider input into priorities

- (online and paper format)
- ▶ 2044 people responded



48



Areas Covered by the Survey:

- Transportation
- Housing
- Available and Affordable Services
- Healthcare
- Finances
- Community Involvement



49

HOUSING

- Being able to 'age in place' – move from one level of support to another in the same location/facility
- Access to various types of affordable and appropriate housing
- Ability to stay in their own community as needs change



In addition to providing options, it is necessary to address the high cost of care, impoverishing some older adults and resulting in having to relocate from preferred accommodations to other locations/facilities.

Accessible and affordable services to enable better physical and mental health as older adults adjust to changes related to aging.

50

HEALTH CARE

- Access to primary healthcare in their community
- Timely access to specialists and procedures
- Affordability of all aspects of healthcare including prescription drugs
- Greater emphasis on preventive measures and wellbeing
- Access to affordable respite care
- Access to multi-lingual services when needed



Health concerns need to be taken seriously and addressed at any age. Ageist attitudes in the healthcare system can impact the level or quality of medical care available to older adults:

- Older adults unfairly seen as a drain on healthcare services
- Older adults seen as time consuming and difficult to serve
- Assumptions that a health problem is just a 'normal' part of aging and therefore not worth trying to treat

51

The Home Supports Initiative is:

- Raising awareness of the need to expand practical home supports
- Engaging individuals, organizations and communities to grow a powerful movement to demand action
- Maintaining contact with supporters to share information and create synergy
- Maintaining contact, engaging and collaborating with governments to raise their awareness of the needs, possibilities and positive return on investment

52



SSM is calling for:

- Real Options**
- Better Outcomes**
- Lower Costs**



53



Real Options:

Home Supports in Saskatchewan should include:

- Practical supports such as assistance with:
 - Housekeeping
 - Yard care
 - Minor home renovations
 - Pet Care
- Services to address particular medical and/or personal care needs:
 - Consistent, trusted home care workers
 - Expanded in-home services to cover diverse needs



54



Better Outcomes

Home Supports are a win-win for everyone involved:

- Older adults are healthier, happier and able to continue to contribute to their communities – as volunteers, caregivers, mentors, taxpayers, and voters.
- Communities benefit from the contributions of these residents. Provincial government and taxpayers benefit from providing better services at lower costs.
- Long term care facilities benefit from having fewer demands on their human and financial resources, opening up possibilities for creative care options.



55

Lower Costs

A Queen's University study "Ageing Well" demonstrated that providing quality home support was one-third the cost of annual institutional care where costs exceeded \$60,000.00 annually per resident.

Home Supports requires a provincial framework and standards. Municipalities play an essential role in the process as services would be provided locally by approved providers. Costs to individuals would be based on income.



56

Australian Aged Care at a Glance (2019/20)

Level of care	Service	Service objective	% of annual aged care spend*	Consumers
High	Residential care	Accommodation and 24 hour care <i>High care needs</i>	64%	189,954
	Home care	Service packages for those at home <i>High care needs</i>	16%	155,625
Low	Home support (CHSP)	Basic assistance for those at home <i>Low care needs</i>	13%	839,373

* 2019-20 figures. Remaining 4% is Flexible Care and Restorative Care not shown here

57

Home Supports Program Key Principles

- Continuing collaboration among provincial government, municipalities and older adults to design a program
- Provincial government needs to invest in the development, implementation and sustainability
- Same essential services available to all
- Financial accessibility for all
- Assessment for those needing services
- Qualified and approved service providers

58

Home Supports Program Components

- A provincial framework
- Same services available for all, but delivery may vary in different locations
- Assessment/accreditation process for service providers - ensure qualifications, consistent service delivery and standards
- Assessment process for potential users
- Sliding scale for cost of services



59

59

We are raising public awareness and gathering public support

- TV – Bell Media/CTV
- Post Media Newspapers and Digital Reach
- Rural Weekly Newspapers
- Facebook
- SUMA and SARM
- Newsletter
- Media Interviews



60

60

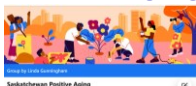
SSM Facebook

www.facebook.com/saskseniorsmechanism

SSM Website

www.skseniorsmechanism.ca

Positive Aging Facebook Group



Search Saskatchewan Positive Aging from your Facebook page. Ask to join.

61

61



Strengthening Connections

- Member Organizations
- Provincial Government
- SUMA
- SARM
- Saskatchewan Health Quality Council
- Gathering of potential allies this fall



62



This is possible! We are asking people to join the movement

We are creating a community of advocates who are committed to the Home Supports Initiative. We need to have your name, phone number and email address, which will not be shared with anyone. More names will lend more power to our demands.



63



Older adults say conclusively that they want to live in their own homes, where they choose, for as long as possible.

Governments tell us that they want older adults to live in their own homes.

It's time to provide the practical, affordable, accessible supports that are necessary to make this a reality!



64



65

Questions?



66

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68

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68

Next up...

DESPERATELY WAITING: ADVOCATE'S REVIEW OF MENTAL HEALTH & ADDICTIONS SERVICES FOR YOUNG PEOPLE IN SASKATCHEWAN

With Lisa Broda & Marci Macomber

September 23, 2022

9:30 am – 10:30 am

To register, [visit our events page](#)



69
