

Better Care for our Aging Population is a Collective Responsibility

Longwoods Forum

November 28, 2024



Most seniors can age at home with appropriate supports

- 80% of seniors over the age of 80 can live at home and benefit from home and community care
- Throughout the aging continuum, data suggest only 13% of older adults (aged 66+) receive home care services
- 20% of adults aged 66 and over visit the ED at least once annually
- 2.5 million Ontarians are without a family doctor

Without the appropriate supports in place, for many seniors there's a heavy reliance on caregivers.

Caregiver Burden

- 48% of Ontarians (6.8M) are either a caregiver now or expect to be one in the next five years
- 44% of those in the caregiving role now say they had no idea the impact caregiving would have on their life
- 72% providing care now say they feel so burned out, they're not sure how they will continue

In caring for their loved ones, many Ontarians experience burn out. They're unsure how they'll continue.

1 in 5 Seniors have complex needs and enter long-term care



88% need support with activities of daily living, like getting dressed and eating meals.



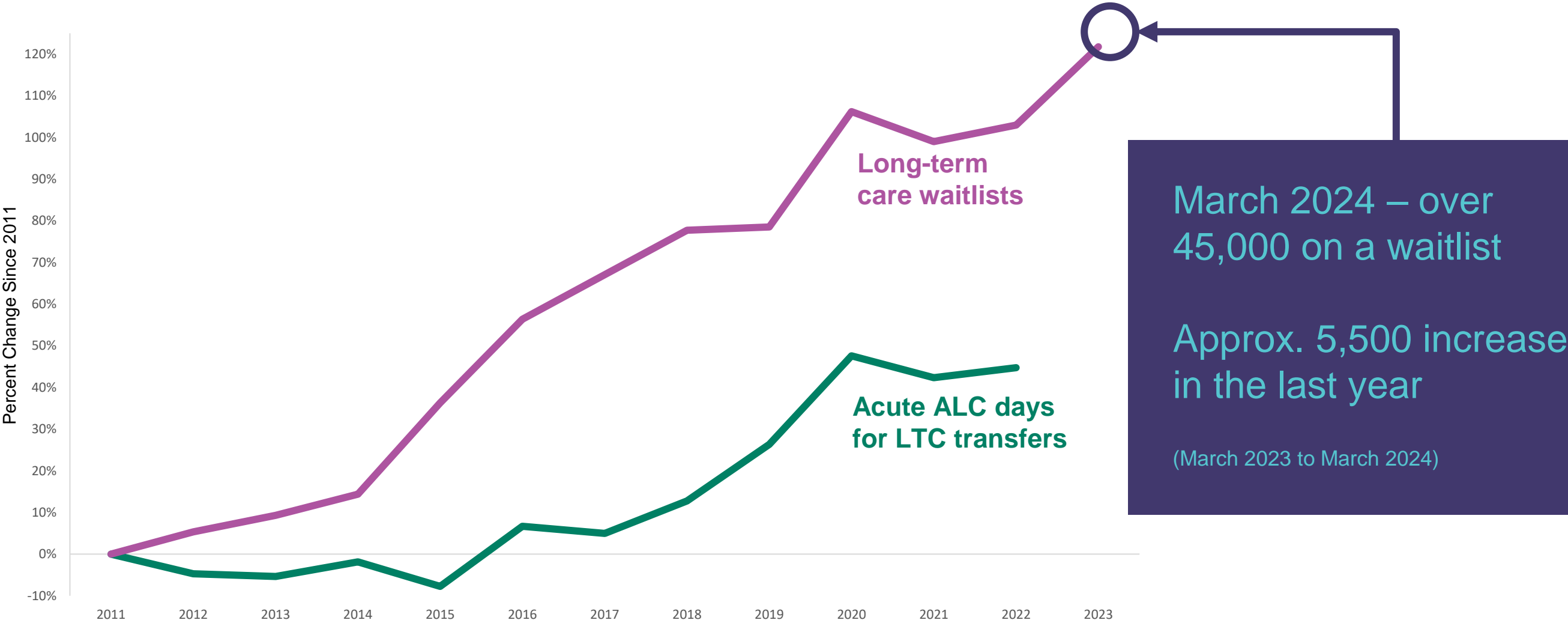
75% of residents have three or more different medical conditions.



76% have cognitive support needs.



Long-term care waitlists have more than doubled in 10 years



March 2024 – over 45,000 on a waitlist

Approx. 5,500 increase in the last year

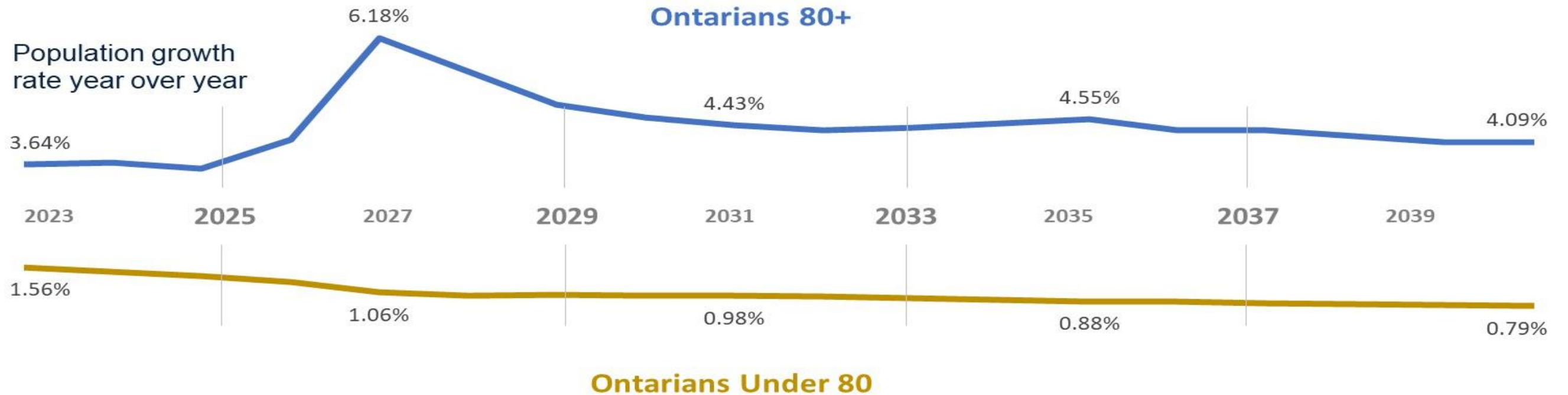
(March 2023 to March 2024)

Data and Analysis provided by Preyra Solutions Group and OLTCA

Our communities, health and social systems are facing a significant challenge in responding to the growing needs of seniors.

Ontarians 80+ will increase at a rate nearly four times the rest of the population through 2043.

By 2040, the number of Ontarians over 80 will nearly double what they are today.



Projections Show Potential for Significant Strain on our Health Care System

- The number of people living with chronic illnesses has nearly doubled over the past 20 years and will reach a high of 3.1 million people living with major illness in 2040
- Multimorbidity (presence of 2+ co-morbid chronic conditions) is also rising and is a major driver of health services utilization and costs
- The aging population contributes significantly to the estimated increases as do structural and social determinants of health and an increase in chronic disease risk factors



Our Action Plan



Expand services to enable people to live and age at home

- Home care
- Community care
- Primary care
- Rehabilitative care
- Mental health and addictions supports
- Digital technologies
- Long-term care community hubs
- Caregiver respite and supports

Bridge services to get people out of hospitals and back to a home

- More transitional care units

Prioritize those with highest need to access long-term care

- Fulfill commitment to redevelop/build allocated beds
- Expand community admissions

Expand supportive and affordable housing

- More seniors' units in existing housing