

December 8, 2022



# Rebalancing Care for Aging Canadians

*Longwoods Breakfast Session*

John Yip | Justine Giosa | Paul Holyoke



Our Purpose  
**Bringing Hope & Happiness**



# Impact- Oriented Applied Health Services Research

---



**Aging in Society**  
*A life course approach*



**Dying, Death and Grief**  
*A PFCC Approach*

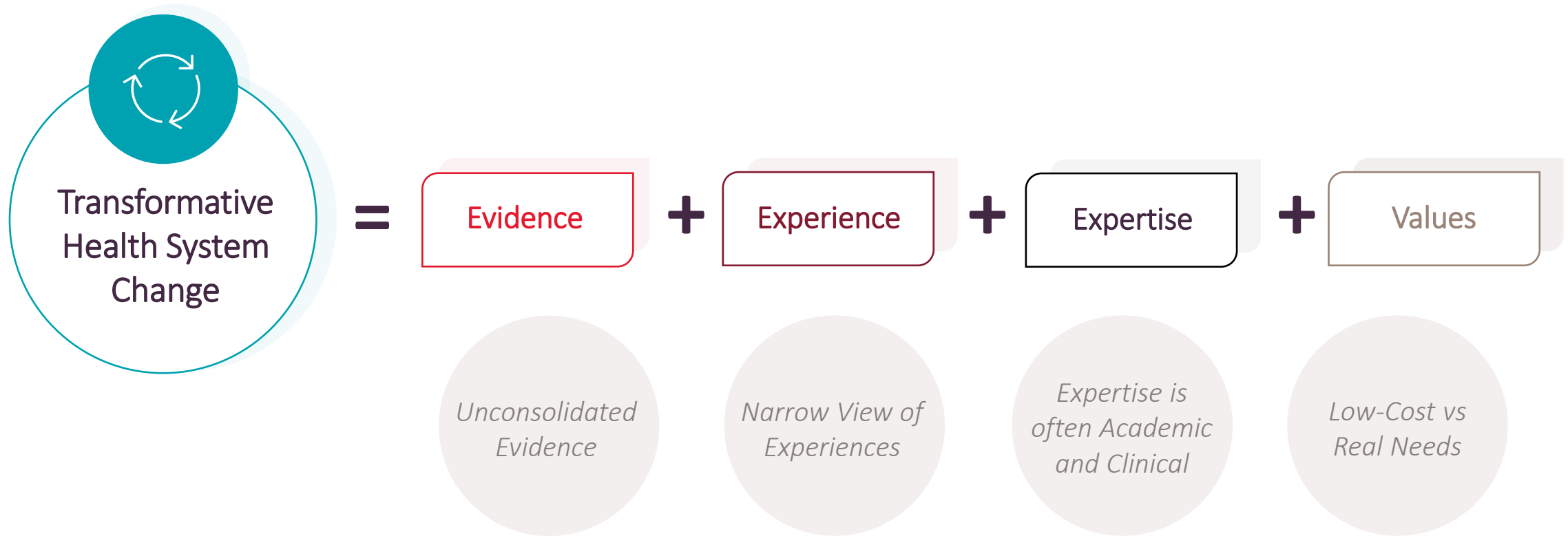


**Health and  
Care Experiences**  
*A holistic approach*

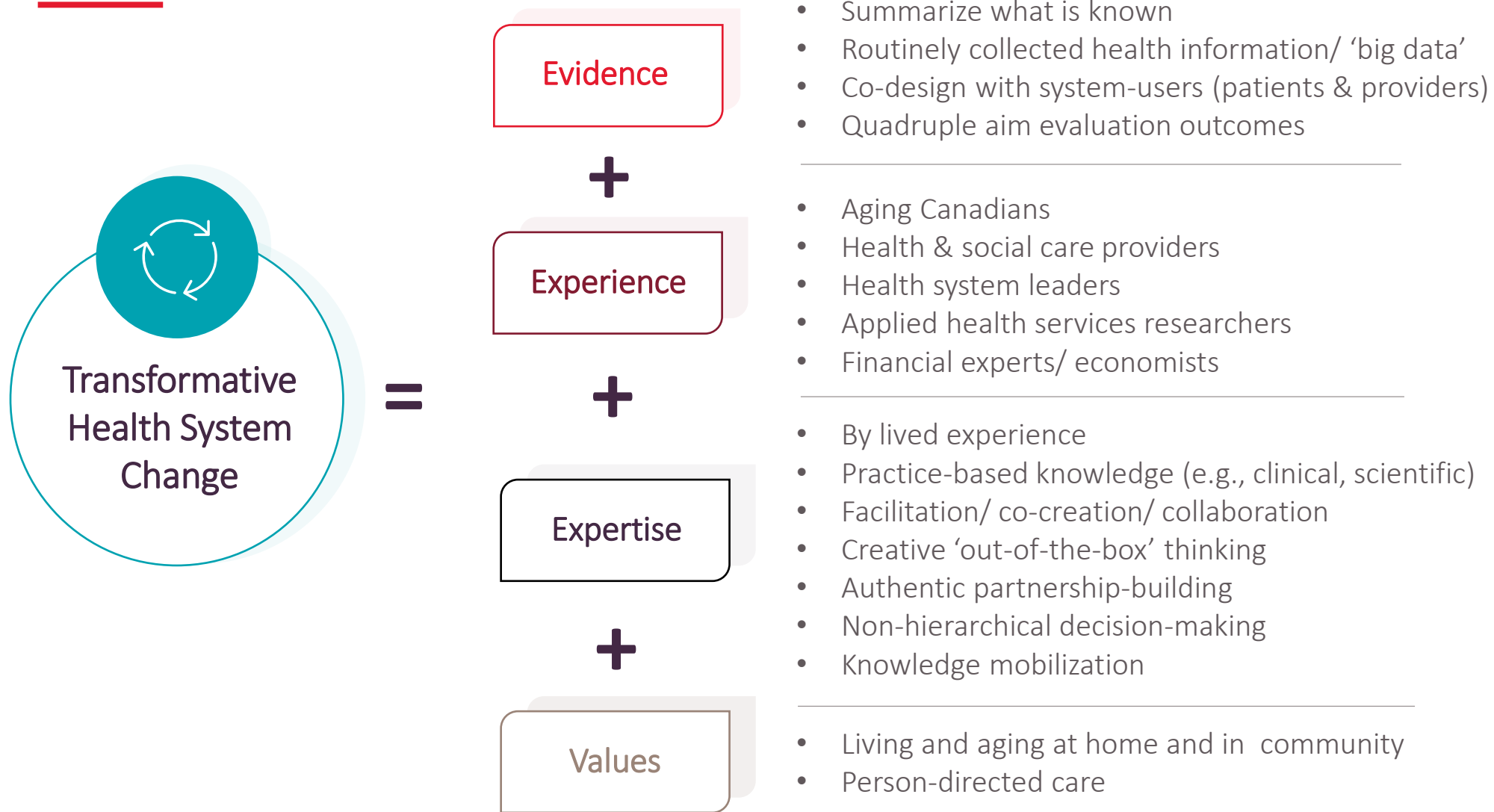


**Models of Care Delivery**  
*A solutions-focused approach*

# Health System Decision-Making

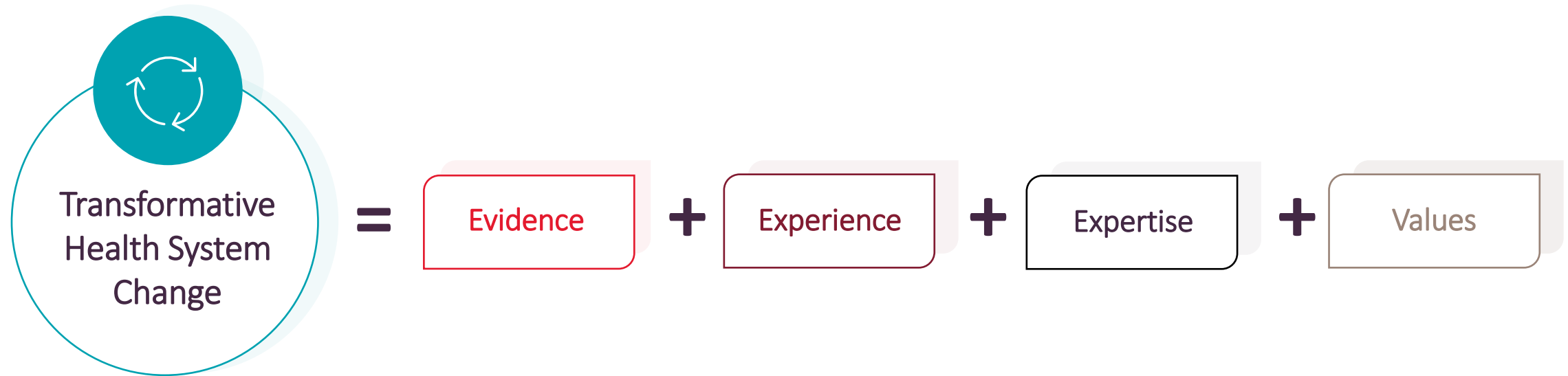


# For Aging Canadians



# Long-Term Life Care at Home Model:

Home care to support a more integrated long-term care *system* in Ontario



## Investigator Team:

Justine Giosa,  
*PhD*

Margaret Saari,  
*RN PhD*

Paul Holyoke,  
*PhD*

John Hirdes,  
*PhD, FCAHS*

George Heckman,  
*MD MSC FRCPC*

# Why do we need transformative change in long-term care?



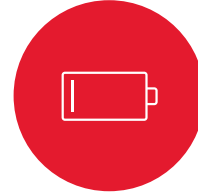
1. People want to live, age and receive care at home <sup>1,2</sup>



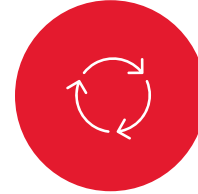
2. Short-term, task-based home care does not meet holistic needs <sup>3,4</sup>



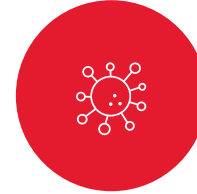
3. We cannot build and staff enough hospital & residential LTC beds to meet demand <sup>5-7</sup>



4. Family caregivers are burnt out, less available & less willing to take on extra care <sup>8,9</sup>



5. Evidence that LTC should be an integrated system, not a single sector <sup>10</sup>



6. The COVID-19 pandemic has exacerbated items 1-5



# Transformative health system change in long-term care



- LTC as a continuum of services and supports
- Life care to meet medical, functional, social needs
- Equitable funding, availability and access
- Better patient, caregiver and provider experiences



Build a feasible alternative model to residential LTC that would give older adults the option to receive needs-based 'life care' at home long-term



# Research Study<sup>11</sup>



Research  
Centre



UNIVERSITY OF  
WATERLOO



We:

- 1 Described variation in medical, functional and psychosocial 'life care' needs
- 2 Developed packages of 'long-term life care at home' to support variations in needs
- 3 Assessed preliminary feasibility using the Ontario healthcare market as a test case



**Developing an evidence-informed model of long-term life care at home for older adults with medical, functional and/or social care needs in Ontario, Canada: a mixed methods study protocol**

Justine L Giosa<sup>1 2</sup>, Margaret Saari<sup>2 3</sup>, Paul Holyoke<sup>2</sup>, John P Hirdes<sup>4</sup>, George A Heckman<sup>4 5</sup>

# Research Study<sup>11</sup>



= Evidence + Experience + Expertise + Values

- Long-term LIFE care at home model

12

- Review of (n=205,000) Ontario Home Care Assessments
- Review Ontario Home Care service utilization data (n=115,000)
- Consensus building survey of 42 Home Care providers

- Focus groups with 67 aging Ontarians
- Interviews with ~10 health leaders

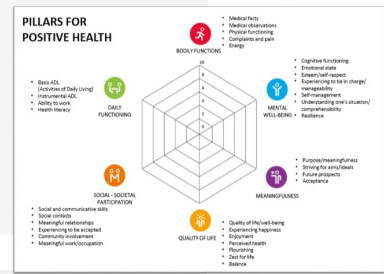
<b>Group 1</b> <b>Social Frailty</b>  Maya Jones	<b>Group 2</b> <b>Caregiver Distress</b>  Frank Santos	<b>Group 3</b> <b>Chronic Disease Management</b>  Helen Yoon	<b>Group 4</b> <b>Cognitive Impairment + Behaviours</b>  Priya Laghari	<b>Group 5</b> <b>Medical Complexity</b>  Annette Moreau	<b>Group 6</b> <b>Geriatric Syndromes</b>  Gloria Drakos
-----------------------------------------------------------	-----------------------------------------------------------------	-----------------------------------------------------------------------	---------------------------------------------------------------------------------	-------------------------------------------------------------------	-------------------------------------------------------------------



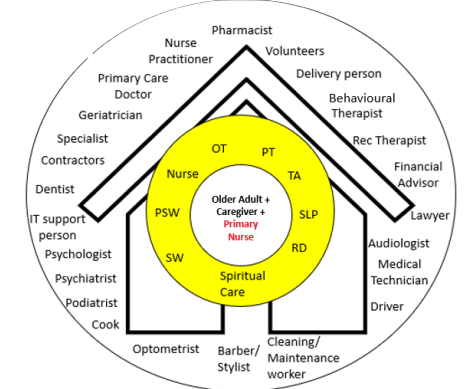
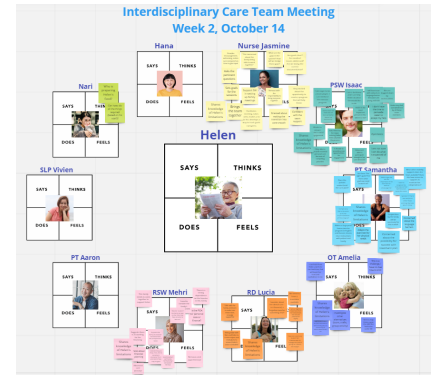
15

- By lived experience
- Practice-based knowledge (e.g., clinical, scientific)
- Facilitation/ co-creation/ collaboration
- Creative 'out-of-the-box' thinking
- Authentic partnership-building
- Non-hierarchical decision-making
- Knowledge mobilization

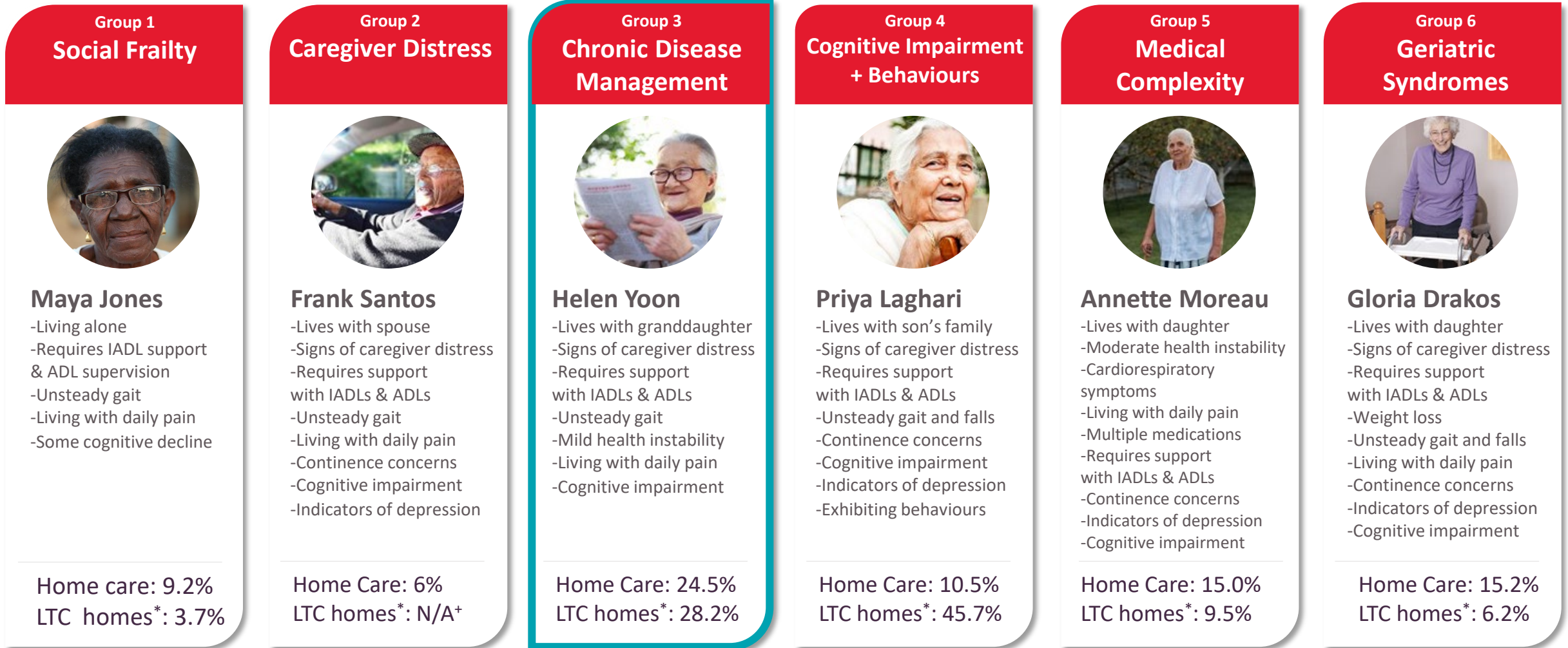
13, 14



- Life care
- Home care as part of a long-term care system






① The needs of older adults assessed for home care in Ontario *range in complexity and overlap* with the needs of existing LTC residents



\*Home care vignettes cross-walked to MDS 2.0 data    \*Caregiver variables not available in MDS 2.0

① Ontario home care recipients are reported to receive a lot less direct care than Ontario LTC residents, on average



Setting	Current Reported	Future Target
 LTC Home	average of <b>3.73 hours</b> of direct care per day per resident <sup>16</sup>	average of <b>4 hours</b> of direct care per day (2024-25) <sup>16</sup>
 Long Stay Home Care	Average of <b>~35 minutes</b> (or less) of direct care per client per day	

# ① Most older adults in Ontario already live at home



## Home

n = 2.6 million older adults<sup>17</sup>



## Long Stay Home Care

n = 205,000



## Hospital ALC

n = ~6,000

(41% waiting for LTC  
~10% waiting for home care)<sup>18</sup>



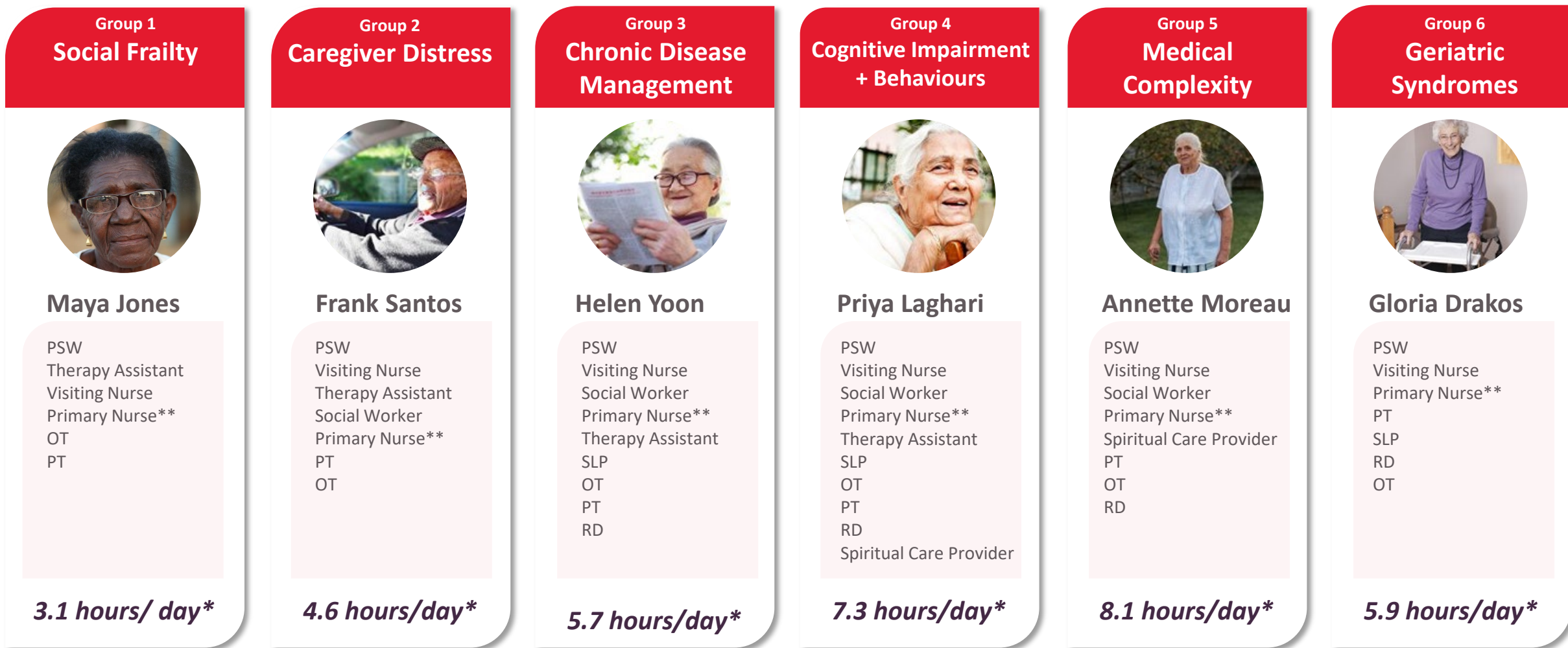
## LTC Home

n = ~78,000<sup>19</sup>

n= ~40,000 of these community-dwelling  
older adults on a wait list for LTC<sup>20</sup>

## Long-term care as a SYSTEM

## ② Dose of care & services to keep people at home: preliminary care packages





\*Average daily total care and coordination hours across home care team


\*\* Primary nurse responsibilities include care integration as well as the delivery of direct nursing care


\*\*\*Providers listed from highest to lowest involvement

# 3 Preliminary feasibility within Ontario







Home  n = 2 million + older adults  
Unknown \$ + personal spending

Long Stay Home Care  n = 205,000  
~\$100/day + 35% additional personal spending (\$1,000-\$3500 per month) <sup>5</sup>

Hospital ALC  n = 6,000  
\$715.00-~\$842.00/ day <sup>7</sup>

LTC Home  n = 78,000  
~\$215.00- \$342.00/day <sup>7,21-24</sup>

## Long-term life care at home

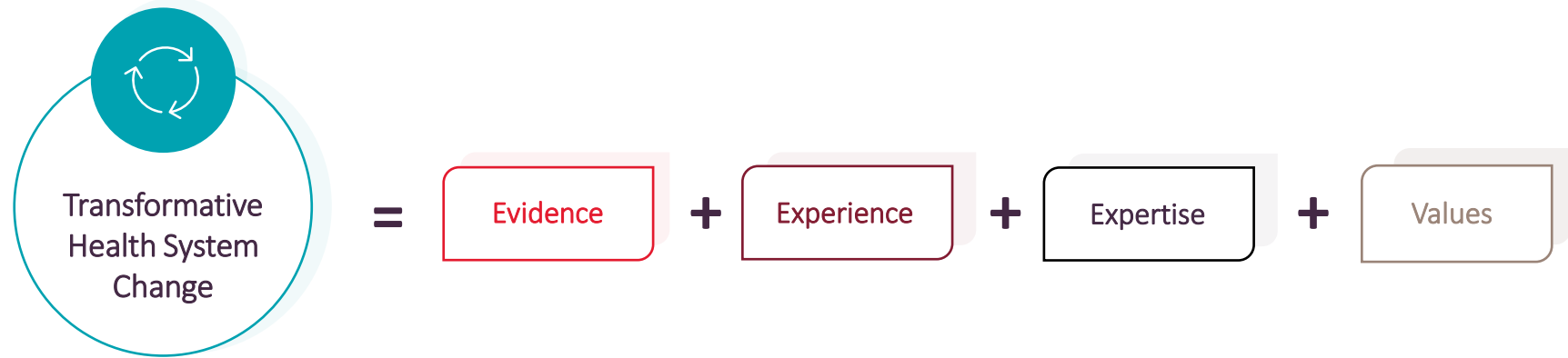
Group 1 Social Frailty	Group 2 Caregiver Distress	Group 3 Chronic Disease Management	Group 4 Cognitive Impairment + Behaviours	Group 5 Medical Complexity	Group 6 Geriatric Syndromes
					
<b>Maya Jones</b> -Lives alone -Requires IADL support & ADL supervision -Unsteady gait -Living with daily pain -Some cognitive decline	<b>Frank Santos</b> -Lives with spouse -Signs of caregiver distress -Requires support with IADLs & ADLs -Unsteady gait -Living with daily pain -Continence concerns -Cognitive impairment -Indicators of depression	<b>Helen Yoon</b> -Lives with granddaughter -Signs of caregiver distress -Requires support with IADLs & ADLs -Unsteady gait -Mild health instability -Living with daily pain -Cognitive impairment	<b>Priya Laghari</b> -Lives with son's family -Signs of caregiver distress -Requires support with IADLs & ADLs -Unsteady gait and falls -Continence concerns -Cognitive impairment -Indicators of depression -Exhibiting behaviours	<b>Annette Moreau</b> -Lives with daughter -Moderate health instability -Cardiorespiratory symptoms -Living with daily pain -Multiple medications -Requires support with IADLs & ADLs -Continence concerns -Indicators of depression -Cognitive impairment	<b>Gloria Drakos</b> -Lives with daughter -Signs of caregiver distress -Requires support with IADLs & ADLs -Weight loss -Unsteady gait and falls -Living with daily pain -Continence concerns -Indicators of depression -Cognitive impairment
Home care: 9.2% LTC homes <sup>1</sup> : 3.7%	Home Care: 6% LTC homes <sup>1</sup> : N/A <sup>2</sup>	Home Care: 24.5% LTC homes <sup>1</sup> : 28.2%	Home Care: 10.5% LTC homes <sup>1</sup> : 45.7%	Home Care: 15.0% LTC homes <sup>1</sup> : 9.5%	Home Care: 15.2% LTC homes <sup>1</sup> : 6.2%

**\$215.00-\$615.00/ day\***

\*estimate only based on emerging models of care/ in-person visits

# Transformative health system change in long-term care

- LTC as a continuum of services and supports
- Life care to meet medical, functional, social needs
- Equitable funding, availability and access
- Better patient, caregiver and provider experiences



## How do we rebalance the equation?

- |                                             |   |   |                                          |
|---------------------------------------------|---|---|------------------------------------------|
| Citizen engagement & public support         | • | • | People want to live and age at home      |
| People who would benefit from the model     | • | • | Population care needs overlap by sector  |
| Recognizing costs and demand across sectors | • | • | Primary care/home care/hospital care     |
| Geography-specific integration              | • | • | Localizing care becoming more attractive |
| Flexible home and community care funding    | • | • | Some movement for some care              |
| Available health human resources            | • | • | Lack of interest isn't the issue         |



## Connect With Us

---

To learn more about this study and related topics, or if you are interested in discussing further, contact our Dedicated SE Research Centre



Website

[research.sehc.com](https://research.sehc.com)



Email

[research@sehc.com](mailto:research@sehc.com)



Twitter

[@SEHCRsearch](https://twitter.com/SEHCRsearch)



# References

---

1. Wiles JL, Leibing A, Guberman N, et al. The meaning of "aging in place" to older people. *Gerontologist*. 2012;52:357-66. doi:10.1093/geront/gnr098pmid
2. Jakobi J. Aging in place reflections from Canadians. Vancouver, BC: Thea Franke Consulting; 2022. Available from: [https://aginginplace.ok.ubc.ca/wp-content/uploads/Aging-in-Place-reflections-from-Canadians.-STAKEHOLDERREPORT\\_final.pdf](https://aginginplace.ok.ubc.ca/wp-content/uploads/Aging-in-Place-reflections-from-Canadians.-STAKEHOLDERREPORT_final.pdf)
3. The Canadian Home Care Association (CHCA), The College of Family Physicians of Canada, The Canadian Nurses Association. Better home care in Canada: A national action plan. Missauga, ON: CHCA; 2016. Available from: <https://cdnhomecare.ca/wp-content/uploads/2020/03/Better-Home-Care-Report-web-EN.pdf>
4. Gilmour H. Unmet home care needs in Canada. Ottawa, ON: Statistics Canada Health Reports; 2018;29(11):3-11. Available from: <https://www150.statcan.gc.ca/n1/en/pub/82-003-x/2018011/article/00002-eng.pdf?st=JpITTFJP>
5. National Institute on Ageing. Bringing Long-Term Care Home: A Proposal to Create a Virtual Long-Term Care @ Home Program to Support a More Cost-Effective and Sustainable Way to Provide Long-Term Care Across Ontario. Toronto, ON: Ryerson University; 2020. Available from: [https://static1.squarespace.com/static/5c2fa7b03917eed9b5a436d8/t/5fd10658e9ed0b03e36cde7b/1607534169740/BringLTCHome\\_V2.11.17%284%29pdf.pdf](https://static1.squarespace.com/static/5c2fa7b03917eed9b5a436d8/t/5fd10658e9ed0b03e36cde7b/1607534169740/BringLTCHome_V2.11.17%284%29pdf.pdf)
6. Gibbard R. Sizing Up the Challenge: Meeting the Demand for Long-Term Care in Canada. Ottawa, ON: The Conference Board of Canada; 2017. Available from: [https://www.cma.ca/sites/default/files/2018-11/9228\\_Meeting%20the%20Demand%20for%20Long-Term%20Care%20Beds\\_RPT.pdf](https://www.cma.ca/sites/default/files/2018-11/9228_Meeting%20the%20Demand%20for%20Long-Term%20Care%20Beds_RPT.pdf)
7. Financial Accountability Office of Ontario (FAO). Long-Term Care Homes Program: A Review of the Plan to Create 15,000 New Long-Term Care Beds in Ontario. Toronto, ON: FAO; 2019. Available from: <https://www.fao-on.org/en/Blog/Publications/ontario-long-term-care-program>
8. Hirdes JP, Declercq A, Finne-Soveri H, et al. The long-term care pandemic: International perspectives on COVID-19 and the future of nursing homes. *Balsillie Papers*; 2020. Available from: <https://www.balsillieschool.ca/the-long-term-care-pandemic-international-perspectives-on-covid-19-and-the-future-of-nursing-homes>
9. The Ontario Caregiver Organization. The Change Foundation 3rd Annual Spotlight on Ontario's Caregivers: COVID-19 Edition; 2020. Available from: <https://ontariocaregiver.ca/wp-content/uploads/2020/12/OCO-Spotlight-report-English-Dec10.pdf>
10. MacDonald BJ, Wolfson M, Hirdes JP. The Future Cost of Long-Term Care in Canada. Toronto, ON: National Institute on Ageing, Ryerson University; 2019. Available from: <https://static1.squarespace.com/static/5c2fa7b03917eed9b5a436d8/t/5dbadf6ce6598c340ee6978f/1572527988847/The+Future+Cost+of+Long+Term+Care+in+Canada.pdf>
11. Giosa JL, Saari M, Holyoke P, et al. Developing an evidence-informed model of long-term life care at home for older adults with medical, functional and/or social care needs in Ontario, Canada: a mixed methods study protocol. *BMJ Open*. 2022;12:e060339. doi:10.1136/bmjopen-2021-060339
12. Morris JN, Fries BF, Bernabei R, et al. interRAI Home Care Assessment form and User's Manual, Version 9.1, Canadian Edition. Washington, DC: interRAI, 2012. Available from: <https://catalog.interrai.org/content/interrai-home-care-hc-assessment-form-and-users-manual-standard-english-edition-912>
13. Huber M, Knottnerus JA, Green L, et al. How should we define health? *BMJ*. 2011;343:d4163. doi:10.1136/bmj.d4163
14. Huber M, van Vliet M, Giezenberg M, et al. Towards a 'patient-centred' operationalisation of the new dynamic concept of health: a mixed methods study. *BMJ Open*. 2016;6(1):e010091. doi:10.1136/bmjopen-2015-010091
15. Cardozo V, Giosa JL, Holyoke P, et al. Let's ditch the fear of long-term care narrative; instead, let's un-complicate aging at home. Toronto, ON: Healthy Debate; 2022. Available from: <https://healthydebate.ca/2022/05/topic/aging-at-home/>
16. Long-Term Care Staffing Study Advisory Group. Long-Term Care Staffing Study. Toronto, ON: Ministry of Long-Term Care; 2020. Available from: <https://files.ontario.ca/mltc-long-term-care-staffing-study-en-2020-07-31.pdf>
17. Statistics Canada. Profile table, Census Profile, 2021 Census of Population, Ontario. Ottawa, ON: Statistics Canada. Available from: <https://www12.statcan.gc.ca/census-recensement/2021/dp-pd/prof/details/page.cfm?Lang=E&SearchText=Ontario&DGUIDlist=2021A000235&GENDERlist=1,2,3&STATISTIClist=1&HEADERlist=0>
18. Ontario Hospital Association. COVID-19 Hospital Capacity. Toronto, ON: Ontario Hospital Association; 2022. Available from: <https://www.oha.com/Bulletins/COVID-19%20Capacity%20Slides%2010%20Jun%202022.pdf>
19. Statistics Canada. The Daily - Nursing and residential care facilities, 2020. Ottawa, ON: Statistics Canada. Available from: <https://www150.statcan.gc.ca/n1/daily-quotidien/220303/dq220303a-eng.htm>
20. Government of Ontario. Ontario Making Historic Investment to Modernize Long-Term Care. Ottawa, ON: King's Printer for Ontario; 2021 Mar 18. Available from: <https://news.ontario.ca/en/release/60796/ontario-making-historic-investment-to-modernize-long-term-care>
21. Government of Ontario. Long-Term Care Homes Level-of-Care Per Diem, Occupancy and Acuity-Adjustment Funding Policy. Ottawa, ON: King's Printer for Ontario; 2019. Available from: [http://www.health.gov.on.ca/en/public/programs/ltc/docs/level\\_of\\_care\\_per\\_diem\\_funding\\_policy.pdf](http://www.health.gov.on.ca/en/public/programs/ltc/docs/level_of_care_per_diem_funding_policy.pdf)
22. Government of Ontario. LTC Level-of-Care Per Diem Funding Summary. Ottawa, ON: King's Printer for Ontario; 2019. Available from: [http://www.health.gov.on.ca/en/public/programs/ltc/docs/level\\_of\\_care\\_per\\_diem\\_funding\\_summary\\_201908.pdf](http://www.health.gov.on.ca/en/public/programs/ltc/docs/level_of_care_per_diem_funding_summary_201908.pdf)
23. Municipal Property Assessment Corporation. Methodology guide: Valuing long-term care homes in Ontario. Pickering, ON: Municipal Property Assessment Corporation; 2016. Available from: <https://www.mpac.ca/sites/default/files/docs/pdf/LongTermCare.pdf>
24. Stall NM, Jones A, Brown KA, et al. For-profit long-term care homes and the risk of COVID-19 outbreaks and resident deaths. *CMAJ*. 2020;192(33):E946-E55. doi: 10.1503/cmaj.201197