



**Ontario's New Action Plan for Seniors:
How Does this help us Advance our
AGenda?**

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RGPEO Geriatric Refresher Day
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Establishing our Context

- In 2017 Older Ontarians began outnumbering Younger Ontarians for the first time in our history...
- 2017 also represented the 5th Anniversary of the province's first comprehensive Seniors Strategy and first Action Plan for Seniors.
- Beyond the Provincial Level – Municipalities and the Federal Government have been increasingly taking action around issues related to older adults...
- So what do we still need to do?

Triumph or Tsunami?



Triumph or Tsunami?

- According to the 2015 Global AgeWatch Index – Canada ranks 5/96 as the best country to age in.
- Health and Finances are the primary concerns for Older Canadians ...
 - *While 97% of Canadians receive a pension... the average CPP Benefit is 6,800 per year.*
 - *While Canadians have one of the longest life-expectancies...79% are concerned about having access to quality acute, home and long-term care services.*

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Ontario hospitals unprepared for aging population

The province's cash-strapped health system needs to start planning now for the challenges ahead.

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Over the past decade, Ontario hospitals have become the most efficient in Canada, write Samir Sinha and Anthony Dale. But enormous challenges lie ahead.

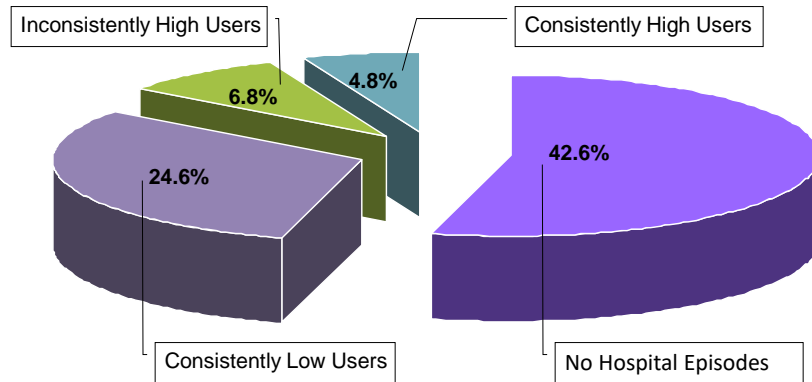
By: Samir Sinha Anthony Dale Published on Fri Apr 24 2015

With the provincial government set to table its budget on Thursday, much of the public discussion to date has focused on the future of alcohol sales and power generation in the province. While these issues are very important, we must not lose sight of other priorities — particularly how best to care for [Ontario's aging population](#).

While Ontario hospitals have not received an inflationary funding increase over the last three years, the province's 149 public hospitals have been working very hard to adapt to meet the needs of patients. Hospitals have worked hard to help the government meet its financial objectives by improving operating efficiencies and reducing costs while also



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

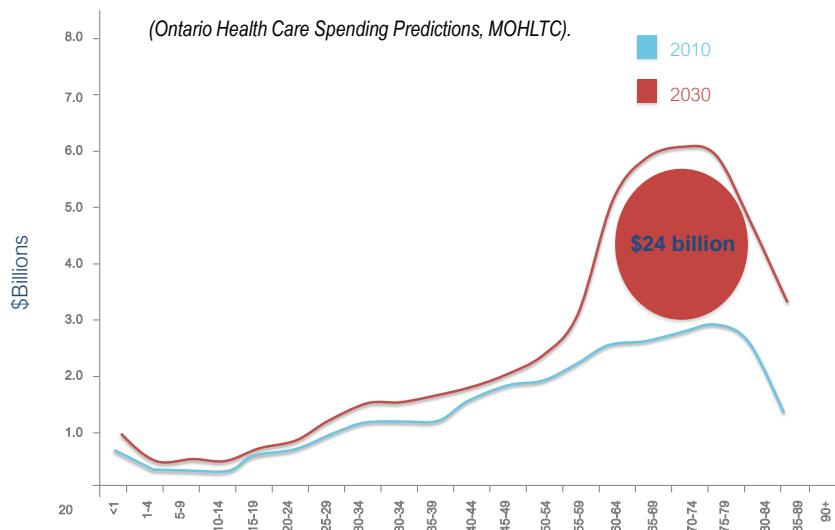
Why Should this Matter?

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 Future Will Cost Us More...

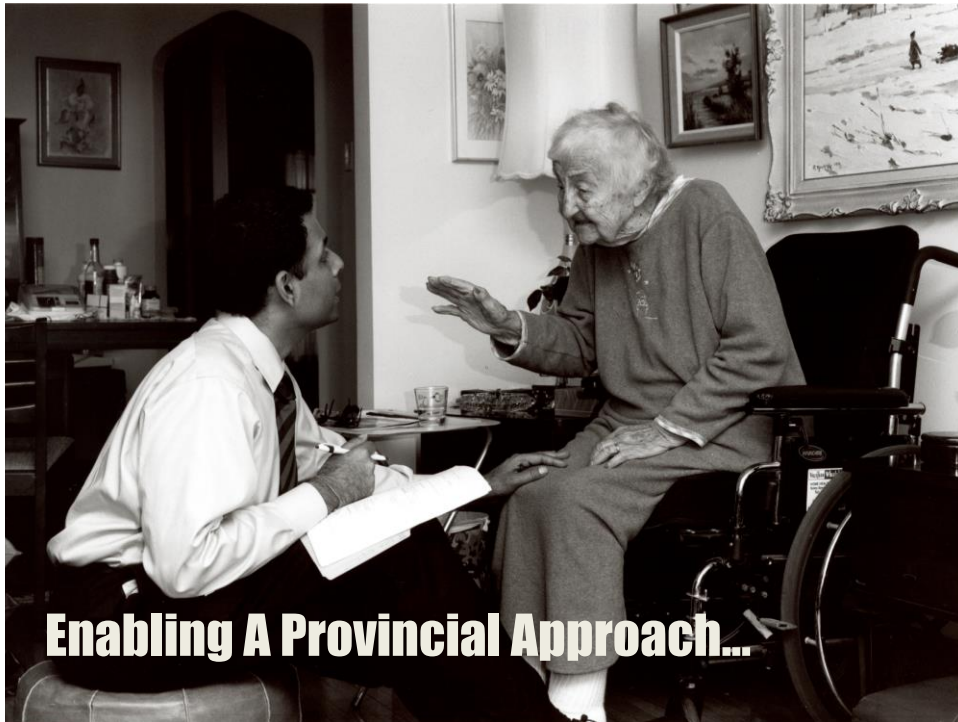




Our Dilemma

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.

As Ontarians and Canadians 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?

- In 2011, the province announced a new vision to make Ontario, Canada 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.

Living Longer, Living Well (Sinha 2012)

- 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 Province Responds...

- In early 2013, the Government of Ontario responds to *Living Longer, Living Well* with its subsequent *Action Plan for Seniors* with a focus on three core areas:
 - ***Age-Friendly Communities***
 - ***Healthy Older Ontarians***
 - ***Promoting the Safety and Security of Older Ontarians***
- To enable this bold new agenda, the Government of Ontario soon after appointed its *first* stand-alone Minister of Seniors Affairs.

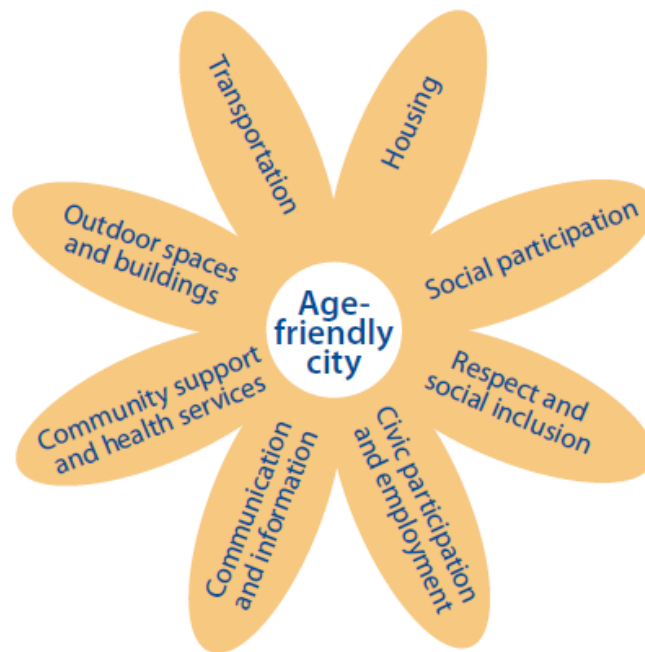
How We Are Enabling *Living Longer, Living Well* in Ontario

ESTABLISHING AGE-FRIENDLY COMMUNITIES

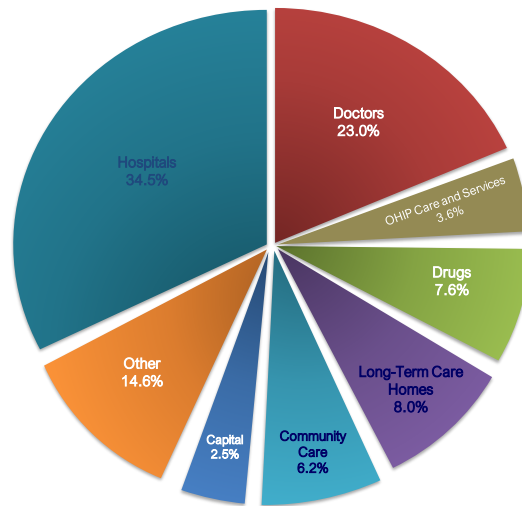
- The Canada Pension Plan has been enhanced to reduce seniors poverty.
- Over 80 Ontario Municipalities are working to establish themselves as Age-Friendly Communities with 18 to date receiving the WHO Designation.
- LHINs and Municipalities are working more closely together establishing more supportive housing services, transportation and community paramedicine services for older adults.
- The Ministry of Transportation has taken new measures to support older drivers and non-drivers to continually navigate around their communities.
- New legislation and measures have been pursued to support caregivers including the Family Caregiver Leave Act, the new Ontario Caregiver Tax Credit, and a planned new Caregiver's Organization for Ontario.

What Defines an Age Friendly Community?

A community that **recognizes** the great diversity amongst older persons, **promotes** their inclusion and contributions in all areas of community life, **respects** their decisions and lifestyle choices, and **anticipates** and **responds** flexibly to aging-related needs and preferences. (*Aging and Life Course (ALC) World Health Organization, 2009*)

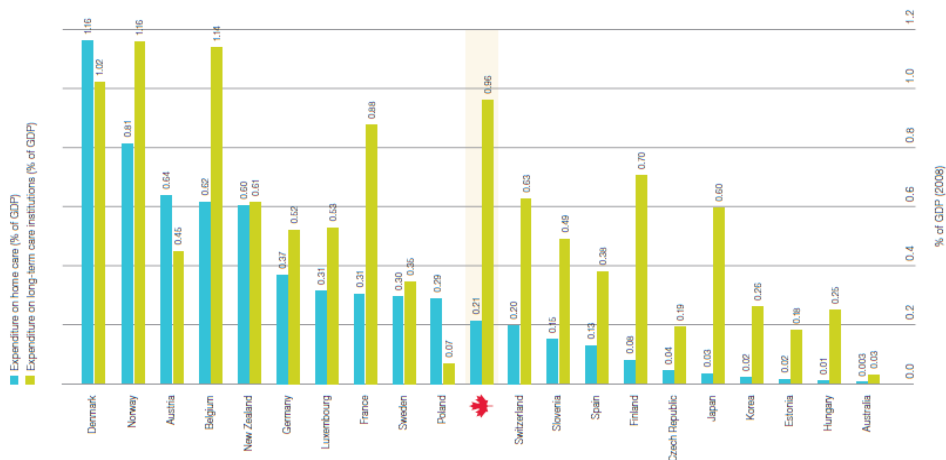


Our Future Requires Choices...



(Ontario Health Care Spending, MOHLTC).

Spending on Home and Long-Term Care Across OECD Nations



Source: Organisation for Economic Co-operation and Development (OECD) Health Data 2011 (data collected in 2008). http://stats.oecd.org/index.aspx?DataSetCode=HEALTH_STAT

We Have Choices and Options...

- One Day in Hospital Costs ~ \$1000
- One Day in Long-Term Care Costs ~ \$160
- One Day of Supportive Housing or Home and Community Care Costs ~ \$55
- Denmark avoided building any new LTC beds over two decades, and actually saw the closure of thousands of hospital beds, by strategically investing more in its home and community care services.
- The Ontario government while freezing its hospital and physician budgets has committed to at least an annual 5% increase in the Home and Community Care Budget from 2011 through to 2018.

How We Are Enabling *Living Longer, Living Well* in Ontario

- Investments in Health Promotion and Prevention in Older Ontarians (eg. *Healthy Ageing Fairs, Exercise and Falls Prevention Classes, Vaccinations*).
 - *Free Exercise and Falls Prevention Classes were launched in over 2000 locations across Ontario and served 106,476 Clients.*
- Ensuring all Older Ontarians have access to a primary care provider and the primary care they need (eg. *More House Calls*) is a Provincial Priority
 - *In Ontario half of its PCPs (5,850) and 553 Specialists performed 268,317 House Calls to 95,056 distinct patients in 2011-12. In 2015-16 we saw 365,111 House Calls performed.*
- Enhanced Access to Medications
 - *Removal of the ODP Deductible and Reduced Co-Pays for 44,000 low-income seniors*
 - *Free Coverage of 65-70 year old Ontarians with the Shingles Vaccination*
 - *AND AS OF YESTERDAY! An Announcement to Extend OHIP+ to All Older Ontarians!*

How We Are Enabling *Living Longer, Living Well* in Ontario

- Current and Future Investments are being prioritized to strengthening Home, Community and Long-Term Care.
- BSO Investments have seen over 900 new staff hired to improve the care of older adults with behavioural issues.
 - *We are now using antipsychotics and restraints in our LTC homes that are below the national average.*
- Traditional Scopes of Practice are being Expanded to Improve and Bring Care Options Closer to Home (eg. *Pharmacists Giving Flu Shots, Community Paramedicine, Nurse Practitioners in Long-Term Care*).
 - Over **1M** Ontarians received their Influenza Vaccination through a Pharmacist who can now deliver all essential vaccinations to Ontarians.
 - In 2017 the Government committed to the ongoing funding of Community Paramedicine programs across Ontario.



How We Are Enabling *Living Longer, Living Well* in Ontario

PROMOTING THE SAFETY AND SECURITY OF OLDER ONTARIANS

- The Ontario Provincial Police have developed new training modules to better support their officers in working with frail older adults.
- Elder Abuse Ontario and the Advocacy Centre for the Elderly (ACE) are continuing to lead work that will help to reduce the incidence of elder abuse in Ontario.
- The RNAO released Canada's first best practice guidelines supporting practitioners to Address and Prevent Elder Abuse and Neglect.
- The Government of Ontario is working to combat social frailty by supporting investments that help older adults stay connected and involved with their communities and with Seniors Active Living Centres. (eg. *Expanded Seniors Community Grants Program*)

The Province Continues to Respond...

- In early 2017, the Government of Ontario becomes the first in Canada to create its *first* stand-alone Ministry of Seniors Affairs.
- In late 2017, the Government of Ontario responds to *Living Longer, Living Well* with its second **Action Plan for Seniors: Ageing with Confidence** with a recognition of the heterogeneity of older persons:
 - **Supporting Seniors at All Stages**
 - **Supporting Seniors Living Independently**
 - **Supporting Seniors requiring Enhanced Supports**
 - **Supporting Seniors requiring Intensive Supports**

Ageing with Confidence

SUPPORTING SENIORS AT ALL STAGES

- Making Information on Ontario Services Easier to Find with the AgingWell Website and Promoting Numbers like 211
- Promoting the Creation of More Age-Friendly Communities
- Improving Community Transportation Options especially in Northern Ontario and Rural and Remote Areas
- Expanding Access to Vaccines for Older Ontarians
- Enhancing Consumer Protection Measures, Elder Abuse Prevention and Education around POAs for Older Ontarians

Ageing with Confidence

SUPPORTING SENIORS LIVING INDEPENDENTLY

- Expansion of the Seniors Community Grants Program with three Active Granting Streams
- Expansion in the Number of Seniors Active Living Centres from 263 to over 300 in 2018 with a focused on underserved communities and populations.
- Engaging More Seniors in Exercise through the creation of an Active for Life Recreation Stream, under the Ontario Sport and Recreation Communities Fund
- Expanding Engagement through Mentorship, Technology and Arts based programming that targets older Ontarians

Ageing with Confidence

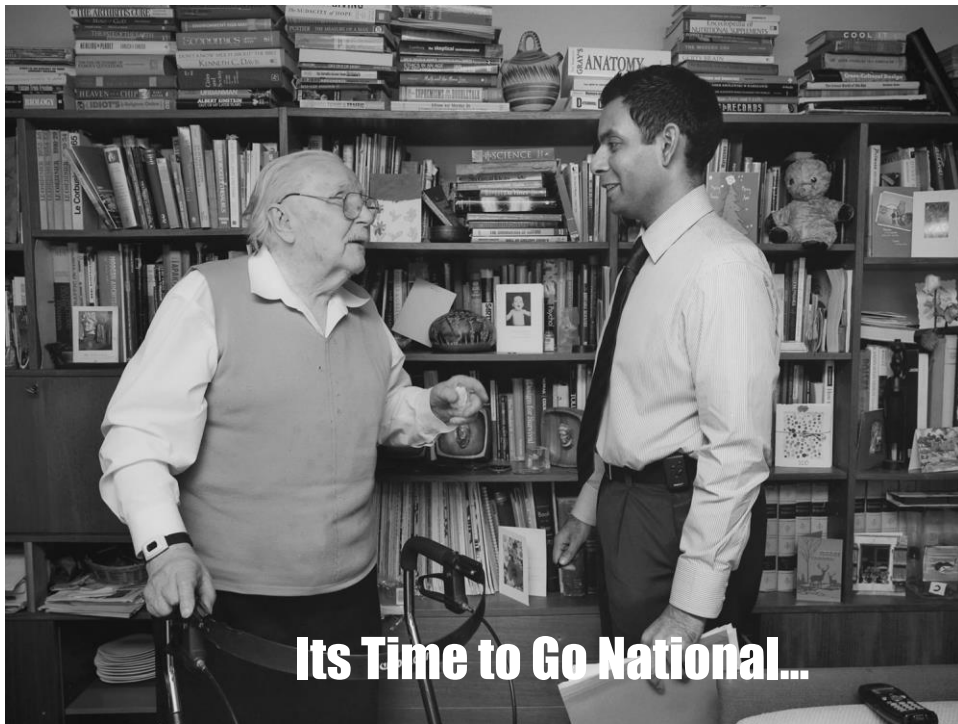
SUPPORTING SENIORS REQUIRING ENHANCED SUPPORTS

- Support the Expansion of Naturally Occurring Retirement Communities (NORCs) through Ontario's LHINs.
- Improving Access to Home Care and Supportive Housing
- Increasing Access to Geriatric Care with more support for training Geriatricians, Geriatric Psychiatrists, Nurse Practitioners and PSWs.
- Improving the care of Older Persons and their Families living with Dementia
- Improving Supports for Ontario's Caregivers

Ageing with Confidence

SUPPORTING SENIORS REQUIRING INTENSIVE SUPPORTS

- Improving the Staffing Levels and Availability of Long-Term Care in Ontario
- Improving Access to Long-Term Care with 5,000 new beds in the next 5 years and 30,000 new bed over the next decade.
- Strengthening the Office of the Public Guardian and Trustee to meet its growing capacity demands.
- Improved access to End-of-Life Care for 2,000 more Ontarians each year.



Why A National Seniors Strategy?

Recent CMA Surveys of Canadians determined that:

- 93% believe we need a pan-Canadian Seniors Strategy
- 89% believe this will require cooperation at all levels of government.
- 78% believe the federal government has an important role to play in its development.
- 63% believe the most important focus needs to be strengthening home and community care.
- 60% indicated they would switch parties if their current political party failed to make older Canadians a priority in the next federal election campaign.

Its Time for a National Seniors Strategy

- Older Canadians are increasingly becoming concerned about how they will manage their health, finances, transportation and housing needs to support ageing in the place of their choice.
- Implementing a National Seniors Strategy could provides us exactly the focus and commitment we need to ensure Canada can become the best country in which to grow up and grow old.
- Older Canadians have the highest voter participation rates...and successful politicians understand this.

The screenshot displays the website www.nationalseniorsstrategy.ca/. The navigation bar includes links for HOME, THE FOUR PillARS, WHO'S ASKING?, IN THE NEWS, ABOUT US, and CONTACT US. A search bar is also present.

The main heading is "A National Seniors Strategy for Canadians". Below this, a breadcrumb trail indicates "You are here: Home / THE FOUR PillARS".

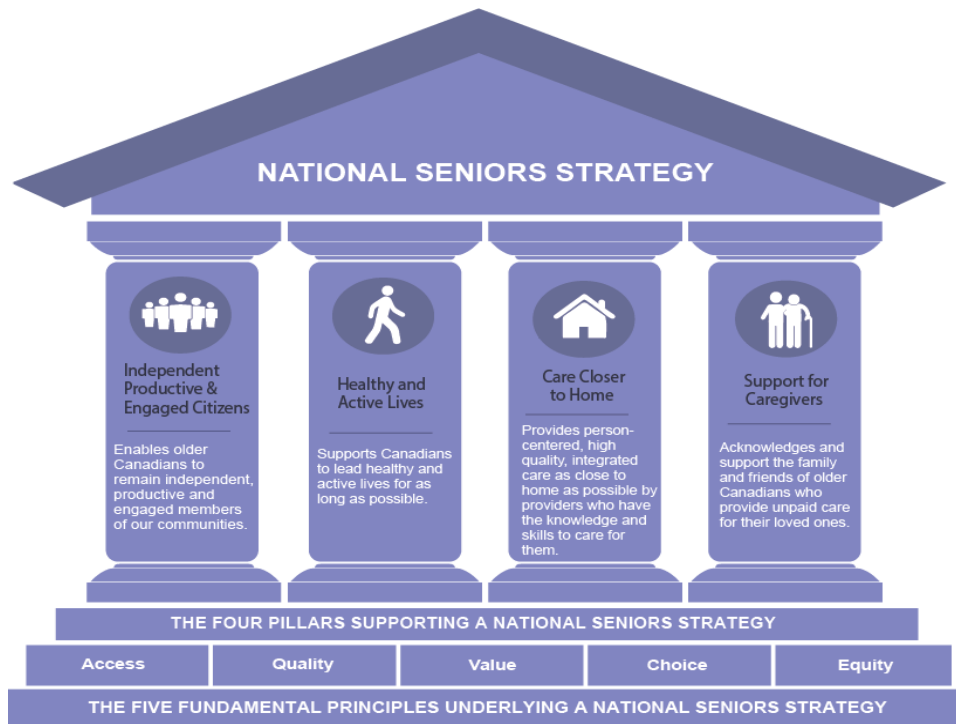
The central graphic is a temple-like structure with four pillars supporting a roof labeled "NATIONAL SENIORS STRATEGY". Each pillar represents a key area of focus:

- Independent Productive & Engaged Citizens:** Enables older Canadians to remain independent, productive and engaged members of our communities.
- Healthy and Active Lives:** Supports Canadians to lead healthy and active lives for as long as possible.
- Care Closer to Home:** Provides person-centred, high-quality, integrated care as close to home as possible for people who have the knowledge and skills to care for them.
- Support for Caregivers:** Acknowledges and support the family and friends of older Canadians who provide unpaid care for their loved ones.

Below the pillars, a base lists "THE FOUR PillARS SUPPORTING A NATIONAL SENIORS STRATEGY": Access, Quality, Value, Choice, and Equity. At the very bottom, it states "THE FIVE FUNDAMENTAL PRINCIPLES UNDERLYING A NATIONAL SENIORS STRATEGY".

On the right side, there is a "JOIN THE CONVERSATION" section featuring tweets from @DrSamirSinha. One tweet mentions a poll where 80% of older Canadians voted, and 87% want a National Seniors Strategy. Below the tweets is a graphic showing "87% of respondents in key ridings agree that federal political parties should make the issue of seniors care a top priority in the next federal election." with a ballot box icon.

The footer of the website shows the URL www.nationalseniorsstrategy.ca and social media icons for Facebook, Twitter, and YouTube.



From GOALS, to LEVERS, to ACTION!

INDEPENDENT, PRODUCTIVE AND ENGAGED CITIZENS



GOAL: Ensuring older Canadians don't live in poverty can be achieved by making enhancements to the current Canadian Pension Plan and other Federal Income Support Programs.

LEVERS: The Federal Government already has income support and poverty reduction levers in place: ie Canada Pension Plan (CPP), Old Age Security (OAS), Guaranteed Income Supplement (GIS) and RRSPs.

ACTION!: The new federal government has announced enhancements to CPP, lowering the OAS Qualification Age back to 65, doubling the GIS top-up for the lowest income seniors, and study a Seniors Price Index to adjust payouts.

From GOALS, to LEVERS, to ACTION!

INDEPENDENT, PRODUCTIVE AND ENGAGED CITIZENS



GOAL: Ensuring a growing proportion of federal infrastructure dollars support the development of more affordable housing and transportation options that will allow older Canadians to remain more independent in their communities.

LEVERS: The Federal Government has traditionally supported provinces and territories with transfer payments to support more affordable housing for Canadians. From 2006 to 2012 these transfers have decreased by \$100M.

ACTION: \$201 million over two years for affordable housing for low-income seniors, which the provinces and territories will not be required to match.

From GOALS, to LEVERS, to ACTION!

QUALITY AND INTEGRATED CARE CLOSER TO HOME



GOAL: Older Canadians should have access to high quality home and community care, long-term care and palliative and end-of life services as well as medications when and wherever needed can become a focus and priority of a new Canada Health Transfer, that ties increases in federal support to expected performance improvements, in a similar way we addressed the national priority of wait times.

LEVERS: The Federal Government oversees the Canada Health Transfer which still provides 25% of the public dollars used to fund the provision of health care services in Canada.

ACTION: The Government as part of a renegotiated CHT has committed **\$6B** specifically for home care.

From GOALS, to LEVERS, to ACTION!

CAREGIVERS ARE ACKNOWLEDGED AND SUPPORTED



GOAL: Canadians caregivers should not be unnecessarily financially penalized for taking on caregiving roles can be further supported through enhanced job protection measures, caregiver tax credits and enhanced CPP contribution allowances that all have good evidence to support their broad implementation nationally.

LEVERS: The Federal Government has implemented a non-refundable Caregivers Tax Credit. Other Countries have also created policies to support caregiver leave and mitigate the loss of pensionable benefits associated with lost work.

ACTION: Budget 2017 announces new unified and Income-tested \$6,883 Canada Caregiver Credit, while Compassionate Leave Policies are being reviewed to make them more flexible.

Advancing our AGenda...

- We have achieved much over the last 5 years but much more still needs to be done.
- Increasingly – all three levels of government are considering and acting on ageing-related issues within their remits.
- We need to encourage more inter-governmental collaboration around issues of common concern.
- More than ever – we need to remain opportunistic and ready to demonstrate how better supporting and caring for older adults is a solution and an opportunity!
- If you need to convince politicians to listen – remind them that SENIORS VOTE!

Thank You

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