Services for Older Adults in Manitoba

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Presenter Disclosure

• **Faculty / Speaker’s name:** Theresa Bowser, David Strang, Elizabeth Rhynold, Cornelius Woelk

• **Relationships with commercial interests:**
  - Grants/Research Support: None
  - Speakers Bureau/Honoraria: None
  - Consulting Fees: None
  - Other: David Strang works for WRHA
Mitigating Potential Bias

• Not applicable
Learning Objectives

1. Summarize services available for older adults in Manitoba.
2. Recognize the challenges that exist to access services in Manitoba.
3. Review solutions to overcome barriers to accessing supports in the community.
Geriatrics (and Rehab) Services in the WRHA – Present and Proposed

David Strang
Outline

• What we do
• Current WRHA Rehab/Geriatrics Services
• Gaps
• New and proposed services
• Primary Care link
• Challenges
What we do

• Core process is comprehensive geriatric assessment (CGA)
  – a multidimensional process designed to assess an elderly person's functional ability, physical health, cognitive and mental health, and socio-environmental situation.
  – Includes non-medical domains
  – Usually multi/inter/trans-disciplinary
  – Planning and coordination of care, follow-up
Services Offered:

• Rehabilitation (Inpatient):
  • Specialized Rehab:
    – Acquired Brain Injury, Stroke, Amputee, Neuro-Musculoskeletal (NMSK; <65 y.o.) Spinal Cord Injury
  • Geriatric Rehab:
    – General, Orthopedic, Stroke
Outpatient Services Offered:

• **Day Hospitals:**
  • Geriatric DH at Deer Lodge, Riverview, St Boniface, Seven Oaks
  • Primary Care/Geriatrics at Health Services for the Elderly
  • Health Sciences Centre (Amputee/SCI)

• **PRIME: A Health Centre for Seniors**
  • opened Deer Lodge Site March 2009
  • for seniors with very complex needs to avoid hospital & personal care home placement
  • Second site at Misericordia opened in 2016
Outreach Services Offered:

- **Geriatric Program Assessment Teams:**
  - Community/ ER

- **Geriatric Mental Health Assessment Teams:**
  - Community/ Personal Care Home

- **Rehab & Geriatric Clinicians**
  - Consult service in 6 hospitals

- **Clinical Nurse Specialists (Geriatrics)**
  - Deer Lodge Centre, St Boniface General Hospital, Health Sciences Centre
Services Offered:

• Ambulatory Care Clinics:
  – Amputee, Spasticity, Post-stroke, SCI, General Rehab/Neuro-Musculoskeletal (NMSK), Pain, EMG clinics, Motor Neuron Disease, Young Adult Transition Clinic
  – Geriatric Medicine, Memory Assessment

• Outpatient Pulmonary Rehab
  – DLC, SOGH/Wellness, MHC
Services Offered:

• **Associated Allied Health Services:**
  
  • Out patient Physiotherapy – limited dx
  • Out patient Occupational Therapy – limited dx
  • Speech Language Pathology: Communication Devices Program
  • Assistive Technology Clinic, Rehabilitation Engineering – Special Devices, Orthotics
  • Drivers Assessment and Maintenance Program
  • Seating Clinic
## Sites and Volumes – Inpatient Units 2018

<table>
<thead>
<tr>
<th>Sites</th>
<th>Beds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deer Lodge Centre</td>
<td>88 Geriatric</td>
</tr>
<tr>
<td>Health Sciences Centre</td>
<td>31 SC/Amp/NMsk</td>
</tr>
<tr>
<td>Riverview Health Centre</td>
<td>40 Stroke/ABI</td>
</tr>
<tr>
<td>Seven Oaks General Hospital</td>
<td>76 Geriatric</td>
</tr>
<tr>
<td>Victoria General Hospital</td>
<td>30 Geriatric</td>
</tr>
</tbody>
</table>
How to Coordinate this all then?

• R&G Centralized Wait List:
  • Referrals are received at a single place for the outreach services, inpatient services the day hospitals
  • Appropriate screening is completed by program consultants and teams
  • Facilitates movement to services

• Rehab Geriatrics Intake Tracking System
  • Web-based application provides read only access for many stakeholders and manages outreach referrals
  • Launched May 2008
Gaps in Service

• Little service to outside WRHA
• Patchy, unorganized community dementia care
  – Provincial Alzheimer Strategy in ~2000
  – Limited uptake with recommendations until recently
  – PIECES training for LTC staff
Challenges

• Recent upheaval from moves of two units and bed reductions

• Provincial Stroke Program
  – Well-evidenced plan which has not been implemented for many years

• Alzheimer Strategy
  – Well-evidenced plan which has not been implemented for many years
COMMUNITY SUPPORTS FOR SENIORS
Presenter: Terri Bowser
Date: March 9, 2018
- Lack of supports available, or knowledge of available supports
MANITOBA HEALTH PUBLICATIONS

Community Resources - Public

- Home Care – services may vary across regions
  - Adult day programs
  - Supportive housing
  - Long term care
NON GOVERNMENT ORGANIZATIONS

- A&O
- Alzheimer's Society
- Senior community resource councils
- Private home care services
- Extended care private housing ex: Brightwater and Thorvaldson and River Ridge

COMMUNITY RESOURCES - PRIVATE
- Too many to list
- Transportation, meals, house care, socialization, dental care, counselling, foot care, etc.
- Good linkages and communication
- Knowing who to call or where to start
- Central resource bank helpful where possible
Geriatric Medicine

Prairie Mountain Health

Dr. Elizabeth Rhynold MD FRCPC
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1 Geriatrician

Comprehensive Geriatric Assessment (CGA)
Addresses question in referral and screens:
  - Cognition
  - Mood/behavior
  - Mobility/Balance
  - Elimination
  - Nutrition
  - Function (IADLs/ADLs)
  - Sleep
  - Social supports

Collaboration with existing allied health professionals
Suggestions to involved practitioners
No ongoing follow-up
• Population 169,760 (12.9% MB)*
• 17.7% 65 years or better**

• Comprehensive Geriatric Assessments consistently available since April 2017

• Goal is for assessment letter to be received by referring physician or nurse practitioner within 3 months (in 2016/17 the average was 27 calendar days)

• In person assessments in green shaded area (72%). Healthcare collaborator welcome.

• TeleHealth assessments remainder of Region (28%). **Require a healthcare collaborator.**

*2016/2017 Annual Report
** 2015 Community Health Assessment
Geriatric Oncology

C. Woelk MD, CCFP(PC), FCFP
The Importance of Context

• Context: the situation (geographical, physical, social) in which an experience occurs

• Context influences how people view and interpret the world around them

Duggleby WD et.al. ‘I am a part of the community but…’ The changing context of rural living for persons with advanced cancer and their families. *Rural and Remote Health* 11:1733 (Online) 2011.
Winkler – Pop: 16,712 (2016)

Morden – Pop: 9,945 (2016)

Boundary Trails Health Centre
Regional Cancer Program
Boundary Trails Health Centre
Understanding rurality helps define needs for a particular population, as all have their own defining features.
Significant changes associated with progression of advanced disease

- Environment
- Roles and Relationships
- Physical and Mental Health
- Activities of Daily Living

The geographical, physical and social context of older rural western Canadian patients with advanced cancer and their families

- Communication/information issues
- Lack of accessibility to care at a time when it is badly needed
- Community connectedness/isolation
- Independence/dependence

Duggleby WD et.al. ‘I am a part of the community but…’ The changing context of rural living for persons with advanced cancer and their families. *Rural and Remote Health* 11:1733 (Online) 2011.
Does the idyll of rural life persist from health through illness?

- solitude and independence may be transformed into isolation

Volunteerism may be recast as necessity

Castleden H. “It’s not necessarily the distance on the map”: Using place as an analytic tool to elucidate geographic issues central to rural palliative care. Health & Place 16 (2010) 284–290
Supports for Older Patients with Cancer
in a Rural Manitoba Health Region

• Informal caregivers
  – Family and Friends

• Organized Volunteer Services

• Formal Caregivers
  – Family Physicians / Nurse Practitioners / Oncologists / Other Specialists
  – Regional and Community Cancer Programs
  – Community Teams: Mental Health, Geriatrics, Therapy
  – Hospital care teams
Organized Volunteer Services

- Rides to appointments
  - Community Cancer Programs
  - CancerCare Manitoba

- Wellness Programs
  - Art therapy
  - Yoga

- Lymphedema Program
  - Therapy, sleeves, socks
Questions & Discussion