Background Document for the Discussion of Continuing Care in the Grande Prairie Area:

For Today and Tomorrow

March 2011

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Purpose of the Project

The Institute for Continuing Care Education and Research (ICCER), and the Alberta Centre for Sustainable Rural Communities (ACSRC) are working with three northern colleges (Keyano College, Northern Lakes College, and Grande Prairie Regional College) to examine continuing care issues in Northern Alberta and how education and research can help address them. The following diagram shows that this is a very large and remote area of Alberta.

Diagram 1 – Catchment Areas of Keyano College, Northern Lakes College, and Grande Prairie Regional College
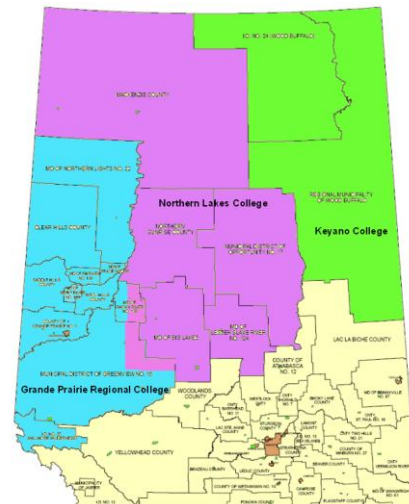
Representatives from the communities within each college district are being invited to meet with the project team in May 2011 and discuss their thoughts on continuing care at an informal networking event.

The primary purpose of the networking events is to identify, discuss and assess the continuing care issues. The discussion will focus on six questions:
1. What continuing care services are available in the region?
2. Who are the providers of continuing care? What are the roles and responsibilities of each provider group?
3. What is working well for continuing care in the region - and why?
4. What are the gaps, issues, barriers and realities for continuing care in the region - and why?
5. How can the post-secondary institutions contribute to enhancing continuing care services?
6. What research or innovative initiatives could support best practices in continuing care and contribute to improved outcomes?

Purpose of the Document

This document is meant to provide background information for people invited to the networking sessions to discuss Continuing Care in northern Alberta. Many other reports are referenced in this document. They can be found at www.iccer.ca/gprccontinuingcarereports

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What is Continuing Care?

Continuing care is an integrated range of services supporting the health and wellbeing of individuals living in their own home or in a supportive living or long-term care setting. Continuing care clients are not defined by age, diagnosis or the length of time they may require service, but by their need for care.

Alberta's Continuing Care System[1]

Alberta's continuing care system provides Albertans with the health, personal care and accommodation services they need to support their independence and quality of life.

Continuing care services are provided in three streams which can provide clients with a broad range of health and personal care, accommodation and hospitality services:

- *Home Living* is for people who live in their own home, apartment, condominium or in another independent living option. They are responsible for arranging any home care and support services they require.
- *Supportive Living* combines accommodation services with other supports and care. It meets the needs of a wide range of people, but not those with highly complex and serious health care needs.
- *Facility Living* includes long-term care facilities like nursing homes and auxiliary hospitals. Care is provided for people with complex health needs who are unable to remain at home or in a supportive living facility.

Based on their needs, Albertans may enter the continuing care system to receive:

- *Health Services in Their Own Homes* - Home care can provide in-home professional support services such as nursing and rehabilitation, and personal support services like homemaking, bathing or grooming assistance. Home care services are publicly funded and provided through Alberta Health Services.
- *Accommodation and Health Services in Supportive Living* - In addition to providing a place to live, accommodation services in supportive living accommodations can include meals, housekeeping, and social activities. Supportive living residents can also receive professional and personal support services through home care.
  Residents pay an accommodation fee to cover the costs of providing accommodations and services like meals, housekeeping and building maintenance.
- *Accommodations and Health Services in Facility Living* - Long-term care settings provide both accommodation and health services in facilities like nursing homes and auxiliary hospitals.
  Residents pay an accommodation fee to cover the costs of providing accommodations and services like meals, housekeeping and building maintenance. Health services in long-term care are publicly-funded and provided through Alberta Health Services.

In December of 2008 the Alberta Government released the *Continuing Care Strategy – Aging in the Right Place.* The report identifies a strategy 'intended to provide new ways of delivering services, offering more choice to Albertans in their homes and communities."[2] The emphasis of the strategy is to provide more services in the home and the community and to decrease emphasis on facility-based programming.

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[1] http://www.seniors.alberta.ca/ContinuingCare/system/ accessed 1 November 2010
[2] Government of Alberta. Continuing Care Strategy – Aging in the Right Place. December 2008. p 2.

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Profile of People in Continuing Care in Alberta

Continuing care is not just about seniors. It also includes disabled non-seniors who require health care and personal care services on an on-going basis. Approximately 8% of the continuing care clients are less than 65 years of age.

In 2008 there were 14,500 seniors and persons with disabilities in Alberta living in long-term care facilities at any one time.[3] Additionally, there were more patients in hospital beds awaiting transfer to long-term care beds. This number varied throughout the province.[4]

Seniors (aged 65+) do make up the majority of the continuing care system and both the number of seniors and the percentage of seniors in the population are increasing. In 2009 there were 385,241 seniors in Alberta; in 2036 it is expected that there will be than a million seniors in Alberta. Seniors as a percentage of the population will increase from 10% to 21.6% during this time period. As the population ages, there will be greater need for continuing care services.

In September of 2010 the Government of Alberta released *A Profile of Alberta Seniors*. This document highlights some additional demographic characteristics of seniors in Alberta.

Regional Data – The Grande Prairie Area

Diagram 2 – GPRC Catchment Area
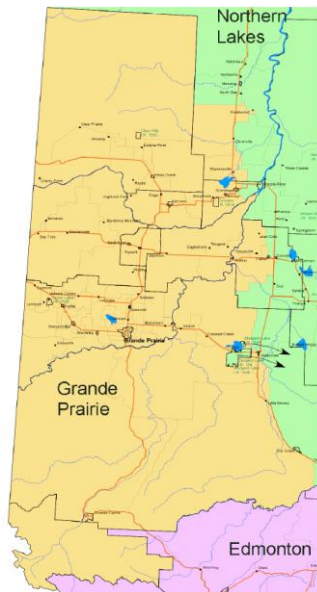
The catchment area for Grande Prairie Regional College includes: the County of Grande Prairie (including the City of Grande Prairie, Horse Lakes 128B Indian Reserve, Beaverlodge, Sexsmith, Wembley, Hythe, Bezanson, Clairmont, Demmitt, Dimsdale, Elmworth, Goodfare, Huallen, Teepee Creek, Valhalla Centre, Wedgewood, and others); the town and MD of Spirit River; the County of Birch Hills; MD of Northern Lights 22; MD and town of Fairview; County of Saddle Hills; MD of Clear Hills; ID 25 (Wildmore Wilderness); part of MD Peace River (minus the town of Peace River); part of MD Smoky River 130; and most of MD Greenview.

There may be some variation between the College's catchment area and the natural patterns for receiving health care.

In 2006 there was approximately a total population of 98,210 in the GPRC catchment area. Just less than 9% of the population were aged 65 and over. There are no statistics available on the number of people under the age of 65 in the region requiring continuing care.

In terms of continuing care, Alberta Health Services provides home care services. Table 1 shows the number of home care clients as the end of January 2011 for some of the Grande Prairie catchment area. However, client numbers do not speak to the complexity of the care needs. They represent a snapshot in

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[3] Ibid.

[4] Alberta Health Performance Service Report September 2009. See Appendix 1.

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time and the numbers of clients on the Home Care caseload can and do change from day to day. Home Care has acute and palliative clients that come on and off caseload within days to weeks while other longer term clients are on caseload for weeks, months and years.

Table 1 - Number of Home Care Clients in the Grande Prairie area[5]

Community	Number of Home Care Clients
Beaverlodge	280
Fairview	217
Grande Prairie	1037
Grimshaw	141
Manning	85
Peace River	163
Spirit River	209
Fahler	52
Grande Cache	57
Total	2241

There are a number of options for supportive living and long term care. Table 2 shows the number of beds, by accommodation type, available in the area.

Table 2 – Number of Beds Available by Accommodation Type[6]

Grande Prairie Regional College Catchment Area

Municipality	Accommodation Type	Accommodation Sub Type	Accommodation Name	Maximum Occupancy
Grande Prairie	Long Term Care Accommodation		Grande Prairie Care Centre	60
Grande Prairie	Long Term Care Accommodation		Mackenzie Place Continuing Care Centre	118
Grande Prairie	Supportive Living Accommodation	Assisted Living Accommodation	Gardens at Emerald Park (The)	110
Grande Prairie	Supportive Living Accommodation	Group Home	101 Avenue Residence #1	4
Grande Prairie	Supportive Living Accommodation	Group Home	101 Avenue Residence #2	4
Grande Prairie	Supportive Living Accommodation	Group Home	107th Avenue Residence	4
Grande Prairie	Supportive Living Accommodation	Group Home	109 Avenue Residence (Hillside House)	5

[5] Data provided by Alberta Health Services, March 2011
[6] Data provided by Alberta Seniors and Community Supports, November 2010

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Municipality	Accommodation Type	Accommodation Sub Type	Accommodation Name	Maximum Occupancy
Grande Prairie	Supportive Living Accommodation	Group Home	62nd Avenue East Residence	5
Grande Prairie	Supportive Living Accommodation	Group Home	83rd Avenue Group Home #1	4
Grande Prairie	Supportive Living Accommodation	Group Home	83rd Avenue Group Home #2	4
Grande Prairie	Supportive Living Accommodation	Group Home	90 Avenue Residence	4
Grande Prairie	Supportive Living Accommodation	Group Home	Accredited Supportive Living Services	4
Grande Prairie	Supportive Living Accommodation	Lodge	Heritage Lodge	74
Grande Prairie	Supportive Living Accommodation	Lodge	Pioneer Lodge	52
Grande Prairie	Supportive Living Accommodation	Lodge	Wild Rose Manor	84
Grande Cache	Long Term Care Accommodation		Grande Cache Community Health Complex	4
Grande Cache	Supportive Living Accommodation	Lodge	Whispering Pines Lodge	34
Fairview	Long Term Care Accommodation		Fairview Health Complex Continuing Care Centre	66
Fairview	Supportive Living Accommodation	Lodge	Harvest Lodge	66
Hythe	Long Term Care Accommodation		Hythe Continuing Care Centre	31
Hythe	Supportive Living Accommodation	Assisted Living Accommodation	Hythe & District Pioneer Home	92
Hythe	Supportive Living Accommodation	Group Home	Northern Lights Ranch	9
Spirit River	Long Term Care Accommodation		Central Peace Health Complex	16
Spirit River	Supportive Living Accommodation	Lodge	Pleasant View Lodge	44
Grimshaw	Long Term Care Accommodation		Grimshaw/Berwyn and District Community Health Centre	20
Grimshaw	Supportive Living Accommodation	Group Home	49th Avenue Group Home	4
Grimshaw	Supportive Living Accommodation	Group Home	Wilcox Avenue Group Home	6
Falher	Supportive Living Accommodation	Group Home	Friendship Corner Residence	5
Falher	Supportive Living Accommodation	Lodge	Villa Beausejour	77

The Importance of Research and Educational Initiatives in Relation to New Initiatives

In the past several years a number of important policy directions have been identified by the Alberta Government and recommendations made by other organizations such as the Canadian Patient Safety Institute. There are important areas of research and education needed in all aspects of continuing care as these initiatives are implemented in Alberta. These reports are listed at the end of this document.

Research and education are closely linked. As new initiatives are developed in health care and in continuing care, the results can lead to the development of new educational programming, the enhancement of existing educational programming, or the inclusion of innovations such as technology integration. As the educational programs adapt, there is a need for additional research to see if the programs are addressing the original needs.
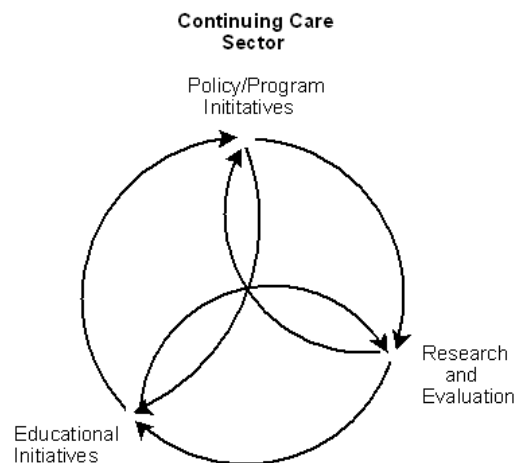
Therefore, recognizing that northern Alberta presents challenges to providing health care of all types, it is critical to look at how research and innovations in education can be used to enhance continuing care in northern Alberta.

Research in continuing care can be categorized into nine broad areas of inquiry:

Appropriateness: including assessment/measurement tools (RAI; others)

Caregivers: including informal caregivers/family (education; family-staff relations; family involvement; knowledge about aging and disease)

Economic impact: including informal caregivers/family (costs/expenses); moves to LTC (wait lists)

Education: including formal caregivers/staff (education)

Knowledge transfer: including knowledge transfer/translation/brokering

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Patient outcomes: including client/resident functioning (dementia/cognition; eating/food intake/swallowing; incontinence' mobility pain; co-morbidities); environment (bedrooms; dining area; homelike); moves to long term care (relocation stress; transitions in care); satisfaction with care

Patient safety: including care practices (feeding; medications; palliative care' restraint use; patient safety; recreation; quality of care); client/resident functioning (falls)

Technology: including use of technology to provide or improve patient care (electronic patient records; telehealth)

Workforce: including formal caregivers/staff (work organizational context).

Educational opportunities extend beyond the 'typical' areas of health workforce. Educational opportunities related to the continuing care field can be categorized using the same heading as research and can be broken into three types of programming:

- Development of new programs,

- Expansion of existing programs, and

- Innovative educational programming such as technology integration.

For each of the important continuing care policy reports identified above, research and educational opportunities have been identified based on the issues/recommendations from recent reports related to Continuing Care. There are common themes identified in the reports and can be found in Appendix 2 – Research and educational opportunities in continuing care based on major policy directions (available at www.iccer.ca/gprccontinuingcarereports).

Additional Reading

All reports are available from www.iccer.ca/gprccontinuingcarereports

Canadian Patient Safety Institute. The Safety Competencies: Enhancing Patient Safety Across the Health Professions. Ottawa. 2008.

Canadian Patient Safety Institute, Capital Health (Edmonton), CapitalCare (Edmonton). Safety in Long-term Care Settings: Broadening the Patient Safety Agenda to Include Long-Term Care Services. 2008.

Canadian Patient Safety Institute, Victorian Order of Nurses of Canada, Capital Health (Edmonton). Safety in Home Care: Broadening the Patient Safety Agenda to Include Home Care Services. 2006.

Government of Alberta. A Profile of Alberta Seniors. September 2010.

Government of Alberta. Aging Population Policy Framework. November 2010.

Government of Alberta. Alberta Pharmaceutical Strategy. December 2008,

Government of Alberta. Becoming the Best: Alberta's 5-Year Health Action Plan 2010-2015. November 2010.

Government of Alberta. Continuing Care Strategy – Aging in the Right Place. December 2008.

Government of Alberta. Provincial Services Optimization Review: Final Report. 2008.

Government of Alberta. Vision 2020. December 2008.

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Appendix 1

Patients Waiting in Acute Care for Continuing Care by Zone: Fiscal Year 2008/09 to Quarter 1 2009/10

Zone	Quarter 1 2008/09 (Apr. 1 to Jun. 30, 2008)	Quarter 2 2008/09 (Jul. 1 to Sep. 30, 2008)	Quarter 3 2008/09 (Oct. 1 to Dec. 31 2008)	Quarter 4 2008/09 (Jan. 1 to Mar. 31, 2009)	Average of quarterly "snapshots" 2008/09 Fiscal Year	Quarter 1 2009/10 (Apr. 1 to Jun. 30, 2009)
South	26	64	30	47	42	34
Calgary	237	241	274	231	246	276
Central	67	79	83	79	77	72
Edmonton	230	269	255	182	234	198
North	105	89	108	117	105	135
Provincial Total	**665**	**742**	**750**	**656**	**703**	**715**

Alberta Health Services is working with Alberta Health & Wellness and Alberta Seniors and Community Support with a goal to providing Albertans with the right care in the right place.

This table reflects individual patients who have been assessed and approved and are waiting in acute or sub-acute facilities for continuing care placement. This includes people waiting for long term care and supportive living levels 3 and 4. The numbers provide end-of-quarter "snapshots".

The data regarding patients waiting in acute care for continuing care are currently compiled separately in the nine former health regions. The data reported here include adjustments received from former health regions that were made in light of calculation discrepancies uncovered during the compilation of this report. Adjustments for the former Northern Lights Region still need to be fully validated.

SOURCE: Alberta Health and Wellness "Snapshots" of the Wait List at the end of the Quarter

http://www.albertahealthservices.ca/files/pr-performance-report.pdf accessed 1 Nov 10
Alberta Health Performance Service Report September 2009