Healthy Ageing Program Innisfail Medical Clinic:
Collaborative Community Partnerships

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GNC ©

HEALTHY AGING PROGRAM IN INNISFAIL
Vision of Partnerships in Care

> *"well they're working together…they're talking about his issues and my issues and I feel that they are trying to help both of us to manage life as we can"*
>
> *Care Partner*

THE ISSUE

- **Absent** standard of practice for frailty identification and management
- **Fragmentation** of care creates unmet needs
- System navigation is difficult
- **Rising numbers** and **complexity** of older adults
- **Polypharmacy**
- Care partner **burnout**

WHY SCREEN FOR FRAILTY

- To **raise the profile** of frailty in the Medical Home
- Frailty screening ensures the **right pathways** are identified for individuals
- **Pathways are tailored** to needs in the context of degree of frailty
- To refocus care as **person centred**
- To Identify "less frail" who may benefit from a more **preventative approach**

CLINIC PROCESS

- **Frailty identification** with Panel screening 75+ yrs. of age
- **opportunistic screening** 65+
- **Frailty Assessment** (Edmonton Frail Scale, Bio/Psychosocial assessment
- **Comprehensive Geriatric Assessment**

PATIENT & CARE PARTNERS

- **Patient & Families are valued partners** in care planning
- **Active participant i**n their health needs

ALZHEIMER SOCIETY

First Link
Asante Café
Seeds of Hope
Dementia Friendly support group

AHS

Allied Health
Recreation Therapist
Home Care
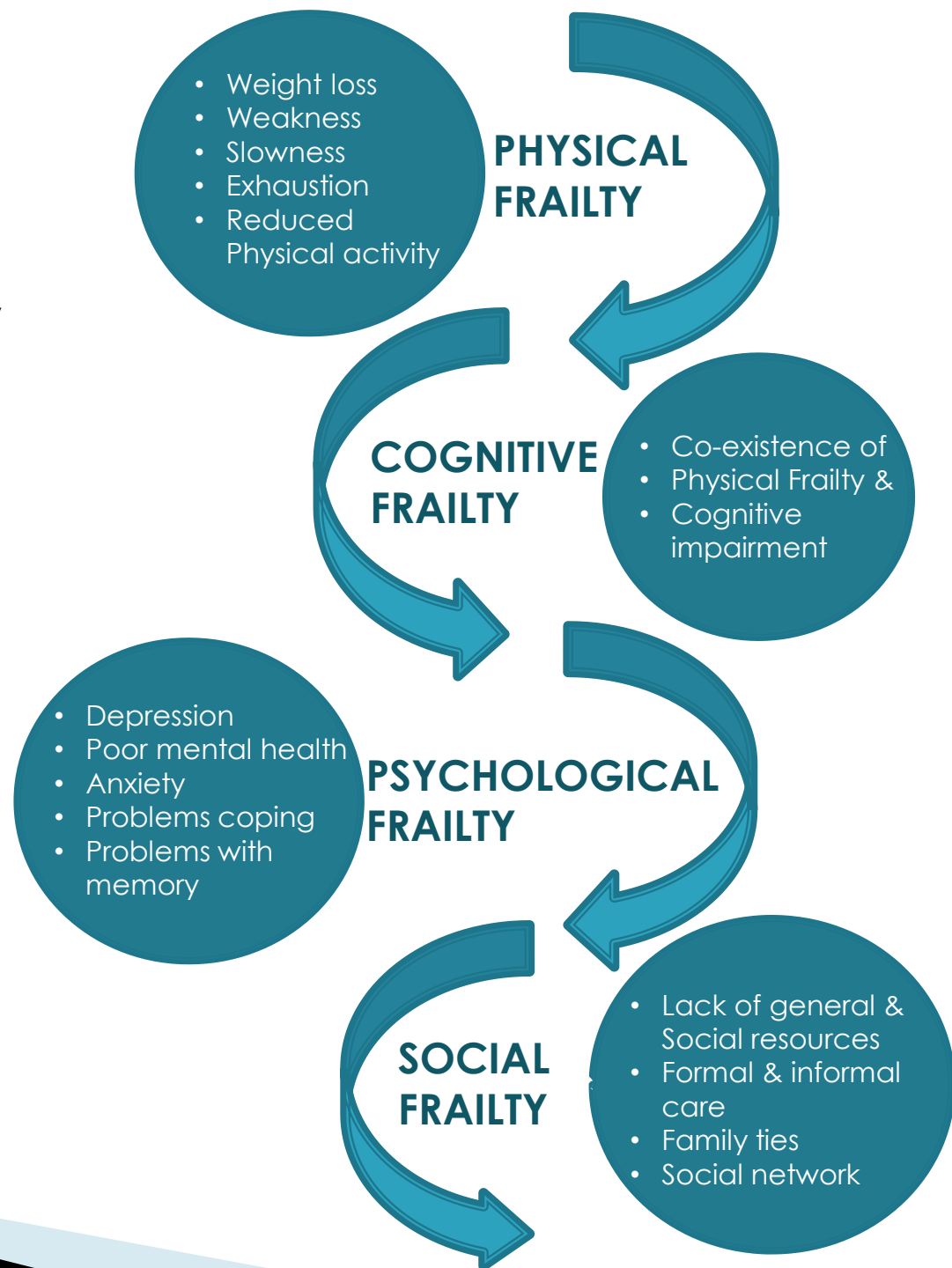Seniors Mental Health Outreach
PHC IGSI

FCSS

(Compass)
Caregivers Alberta
Art from the Heart
Movers & Groovers

COMMUNITY PARTNERS IN ACTION
Dementia Friendly Community Initiative
Dementia Fall Prevention Program
Memory Café
Body & Mind in Motion
Let's Connects
Innisfail Dementia Friendly Resource Guide
Bulbs & Blooms Garden Club
Seniors Information Hub WCPCN Web Site

Multidimensional Nature of Frailty......

▶ State of increased vulnerability to stressors

▶ Multidimensional syndrome

▶ Predicts Risk for Adverse Outcomes (disability, hospital/ER visits, and death)

▶ Higher prevalence in Older ages, women & lower income

PHYSICAL FRAILTY

- Weight loss
- Weakness
- Slowness
- Exhaustion
- Reduced Physical activity

COGNITIVE FRAILTY

- Co-existence of
- Physical Frailty &
- Cognitive impairment

PSYCHOLOGICAL FRAILTY

- Depression
- Poor mental health
- Anxiety
- Problems coping
- Problems with memory

SOCIAL FRAILTY

- Lack of general & Social resources
- Formal & informal care
- Family ties
- Social network

WHY DOES IT MATTER

o Prevalence of frailty increases with age and is higher in women

o 10% of people 65+ and 25% - 50% of people 85+ are living with frailty

o Not an inevitable part of aging

o Dynamic, progresses over 5-10 year

o Episodic deterioration with minor stress

o Can be reversed or attenuated by interventions

o Costly

AGEING and HEALTH

World Health Organization

Between 2000 and 2050, the number of people aged 60 and over is expected to double

In 2050, more than 1 in 5 people will be 60 years or older.

By 2050, 80% of older people will be living in low- and middle-income countries.

▶ EVERY OLDER PERSON IS DIFFERENT

Some have the level of functioning of a 30 year old.

Some require full time assistance for basic everyday tasks.

Health is crucial to how we experience older age.

▶ WHAT INFLUENCES HEALTH IN OLDER AGE

INDIVIDUAL

Behaviours

Age-related changes

Genetics

Disease

ENVIRONMENT THEY LIVE IN

Housing

Assistive technologies

Social facilities

Transport

▶ WHAT IS NEEDED FOR HEALTHY AGEING

A change in the way we think about ageing and older people

Creation of age-friendly environments

Alignment of health systems to the needs of older people

Development of systems for long-term care

Healthy Ageing...being able to do the things we value for a long as possible
#yearsahead

Causes of Falls in People With Dementia

Fatigue
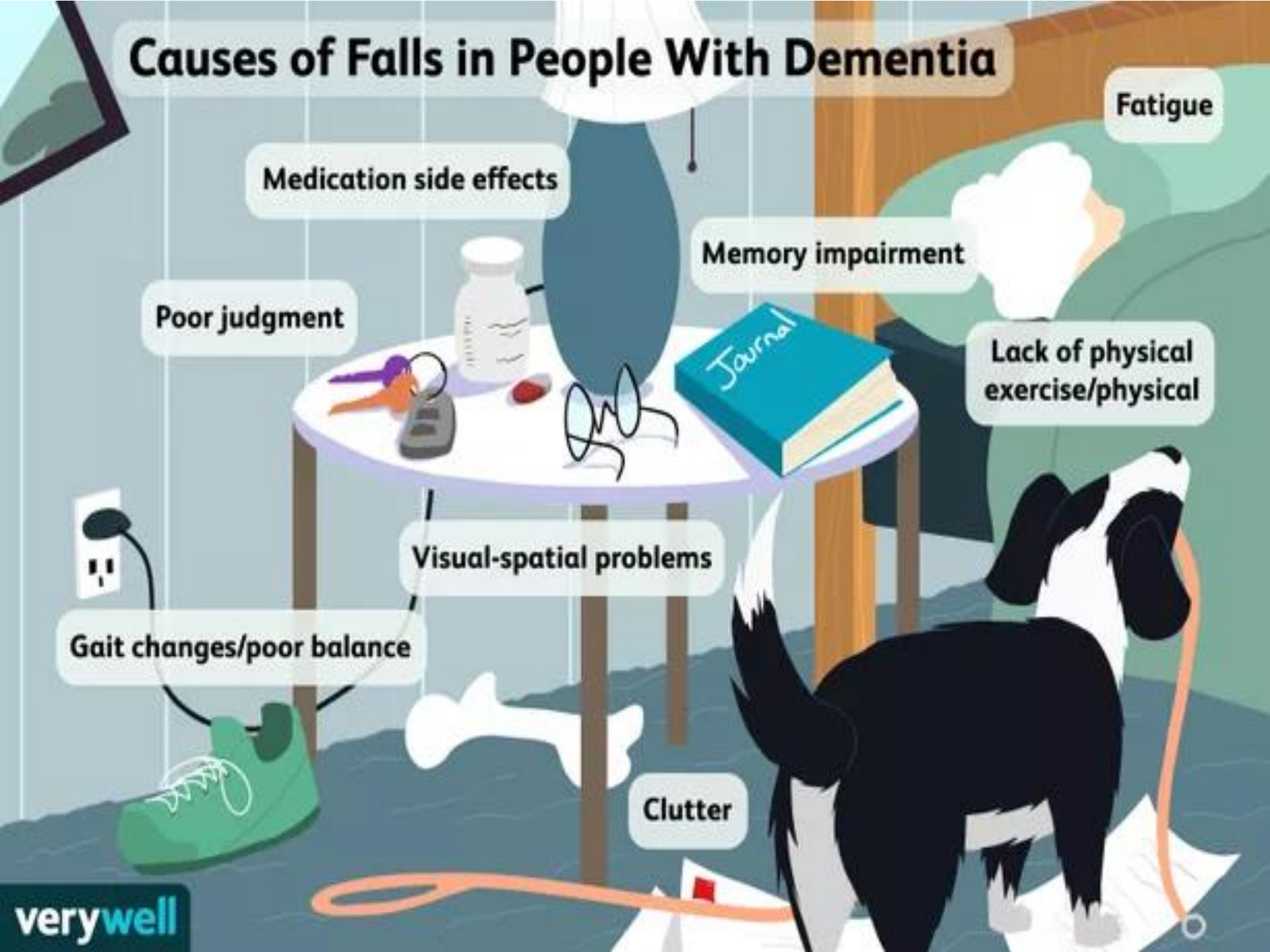
Medication side effects

Memory impairment

Poor judgment

Lack of physical exercise/physical

Journal

Visual-spatial problems

Gait changes/poor balance

Clutter

verywell

Fall Prevention

STEP UP TO STOP FALLS

For People Living with Dementia

Benefits for Participants and Care-Partners:

- ✓ Have fun
- ✓ Make new friends
- ✓ Reminisce
- ✓ Participate in a safe environment, free from judgement
- ✓ Respite for care-partner- 2 hours per week
- ✓ Respite so care-partners are able to attend the support group that runs once per month
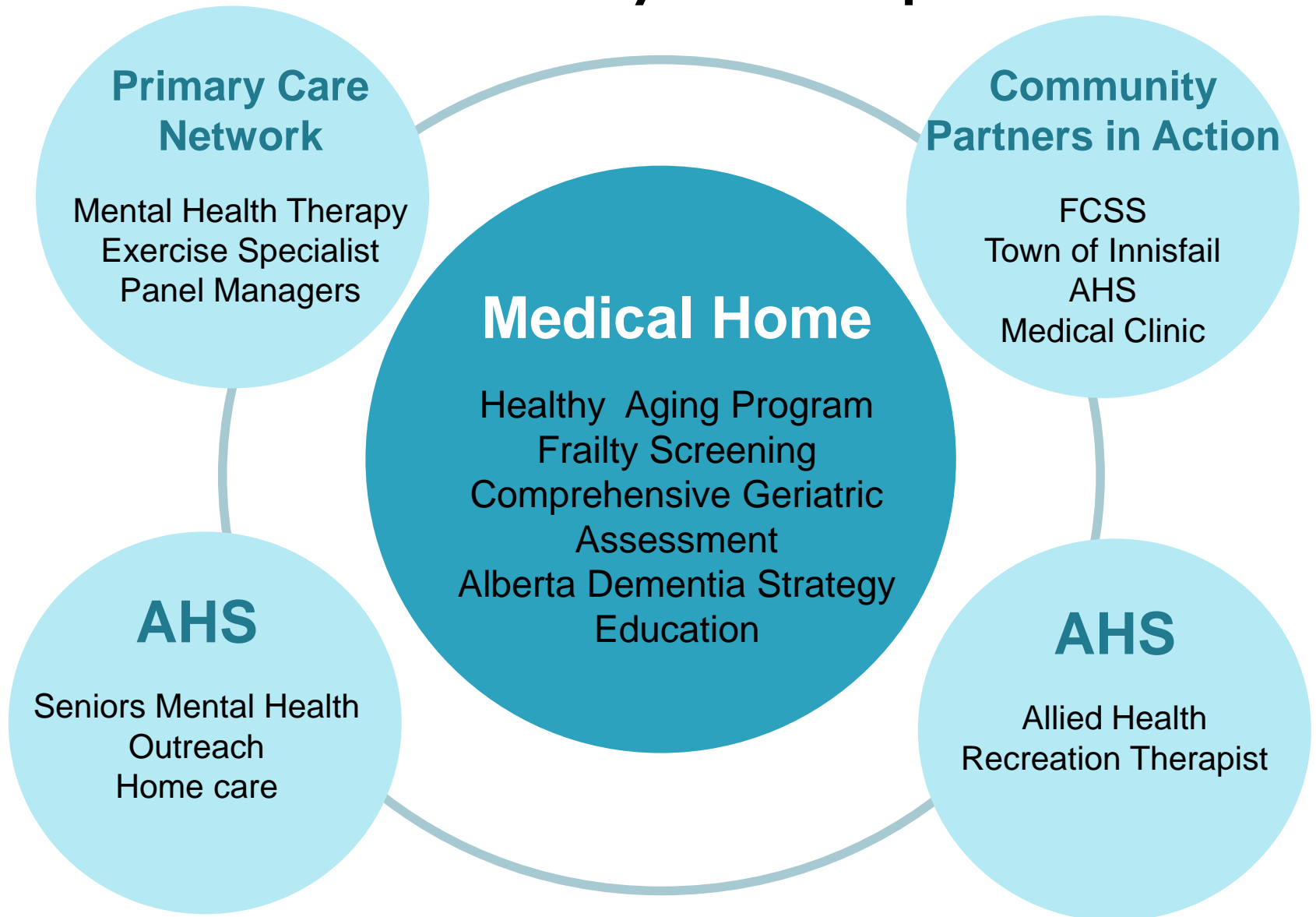
Benefits of the program:

- ✓ Stay Active
- ✓ Maintain & improve Balance, strength, endurance
- ✓ Maintain & improve Memory
- ✓ Learn new skills and information
- ✓ Build confidence moving around your community safely

This program can be accessed through a referral from the Geriatric Nurse at the Primary Care Network. If you are interested in joining this group please call and make an appointment at 403-227-3356.

If you have any questions about this program please contact Ellen Helgason, AHS Recreation Therapist at 403-350-5092 or by email at ellen.helgason@ahs.ca

Alberta Health Services

Primary Care Network WOLF CREEK

Bridging the Social & Health System Gap

Primary Care Network

Mental Health Therapy
Exercise Specialist
Panel Managers

Community Partners in Action

FCSS
Town of Innisfail
AHS
Medical Clinic

Medical Home

Healthy Aging Program
Frailty Screening
Comprehensive Geriatric Assessment
Alberta Dementia Strategy
Education

AHS

Seniors Mental Health
Outreach
Home care

AHS

Allied Health
Recreation Therapist

SUCCESSES

- Person Centred Care
- Integrated Community based health and social services
- Collaboration, Medical Home, AHS, Town, FCSS & others
- Collaboration in program development
- Grant Application
- Creative thinking

CHALLENGES

- Engagement of community partners
- Off side of desk activities
- Lack of resources
- Culture change, professional and public
- Who to include (eg: stakeholders)
- Pandemic
- Organization priorities/Evaluation

- Timing and Inclusion
- Action planning
- Development of process and evaluation
- On going communication sharing with community partners and stakeholders

Connecting People and Community for Living Well

- Family & Community Support Services – offers preventative programs that assist with social connection, group support
- Age Friendly Committee –provides a dynamic process for stakeholders to collaborate and create an inclusive community for our citizens
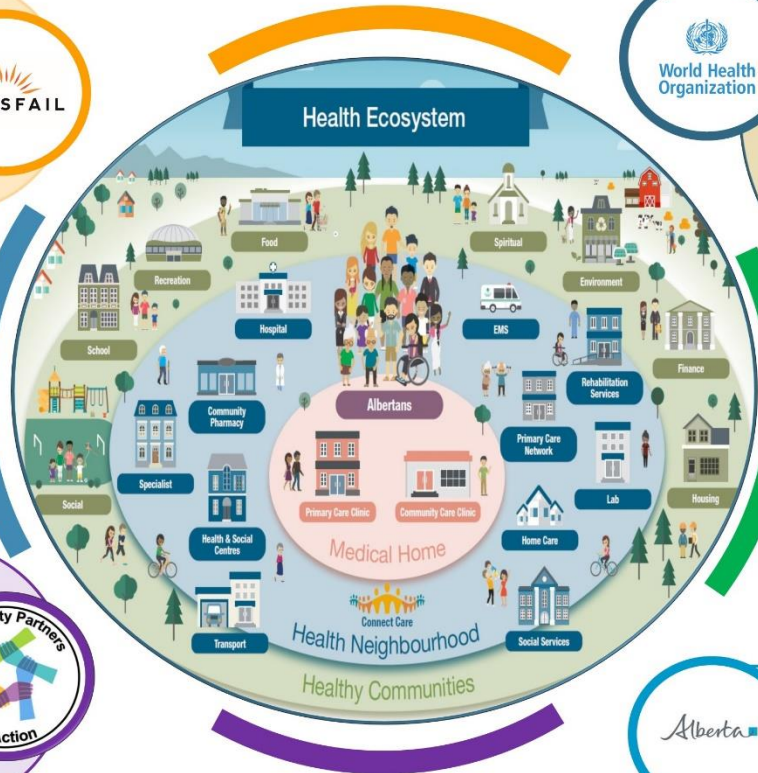
INNISFAIL

- Healthy Aging Program
- Physicians
- Exercise Specialist
- Mental Health Therapists
- Foot Care Program
- Dementia Friendly Community
- Senior Information Hub

PrimaryCare Network WOLF CREEK

A collaborative partnership of multi-organizations who seek out and implement grassroots solutions to integrated community based health and social services.
- Community Partners: Alberta Health Services, Wolf Creek Primary Care Network, FCSS, Town of Innisfail, People living with Dementia & their Care partners

Community Partners In Action

Health Ecosystem

Health Neighbourhood
Medical Home
Albertans
Healthy Communities

Food, Spiritual, Recreation, Environment, Hospital, EMS, School, Finance, Community Pharmacy, Rehabilitation Services, Primary Care Network, Specialist, Lab, Housing, Health & Social Centres, Home Care, Social, Transport, Social Services, Connect Care, Primary Care Clinic, Community Care Clinic

What influences health in older adults?

World Health Organization

Behaviours, Housing, Age-related changes, Assistive technologies, Genetics, Disease, Social facilities, Transport

Decade of healthy ageing: baseline report (who.int)

Alberta Health Services
- Home Care
- Seniors Mental Health
- Allied Health
- Strategic Clinical Networks
- PHG ISGI – Connecting People and Community for Living Well
- Health Canada Grant Innisfail one of five rural communities participating
- Pandemic Response Case Studies – Innisfail Team
- Local Community Stories - Collaboration brings programs into Innisfail

Alberta

Alberta Dementia Strategy Plan

Worlds Oldest Human
Jeanne Calment – Arles France
1875-1997 122yrs

References

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Physical exercise for individuals with dementia: potential benefits perceived by formal caregivers. A. Sampaio, I. Marques-Aleixo, A. Seabra, J. Mota & J. Carvalho *BMC Geriatrics* **volume 21**, Article number: 6 (2021)

The impact of exercise on patients with dementia. A 2-year follow-up. Chen, Ke-Hau BSE[a]; Chen, Hsiu-Hui BSE[b]; Li, Lin BSMed[c]; Lin, Hui-chen MD[c]; Chen, Chien-Liang MD[d,e]; Chen, Nai-Ching MD[c,e,*] Editor(s): Bush., Eric Author Information Medicine: June 05, 2020 - Volume 99 - Issue 23 - p e20597

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Living safely with Dementia. An interactive resource guide.. Alzheimer Society Ontario

http://findingyourwayontario.ca/livingsafely-with-dementia-en/story_html5.html