

Alignment of the Healthy Aging Framework and a Recovery-Orientated System of Care

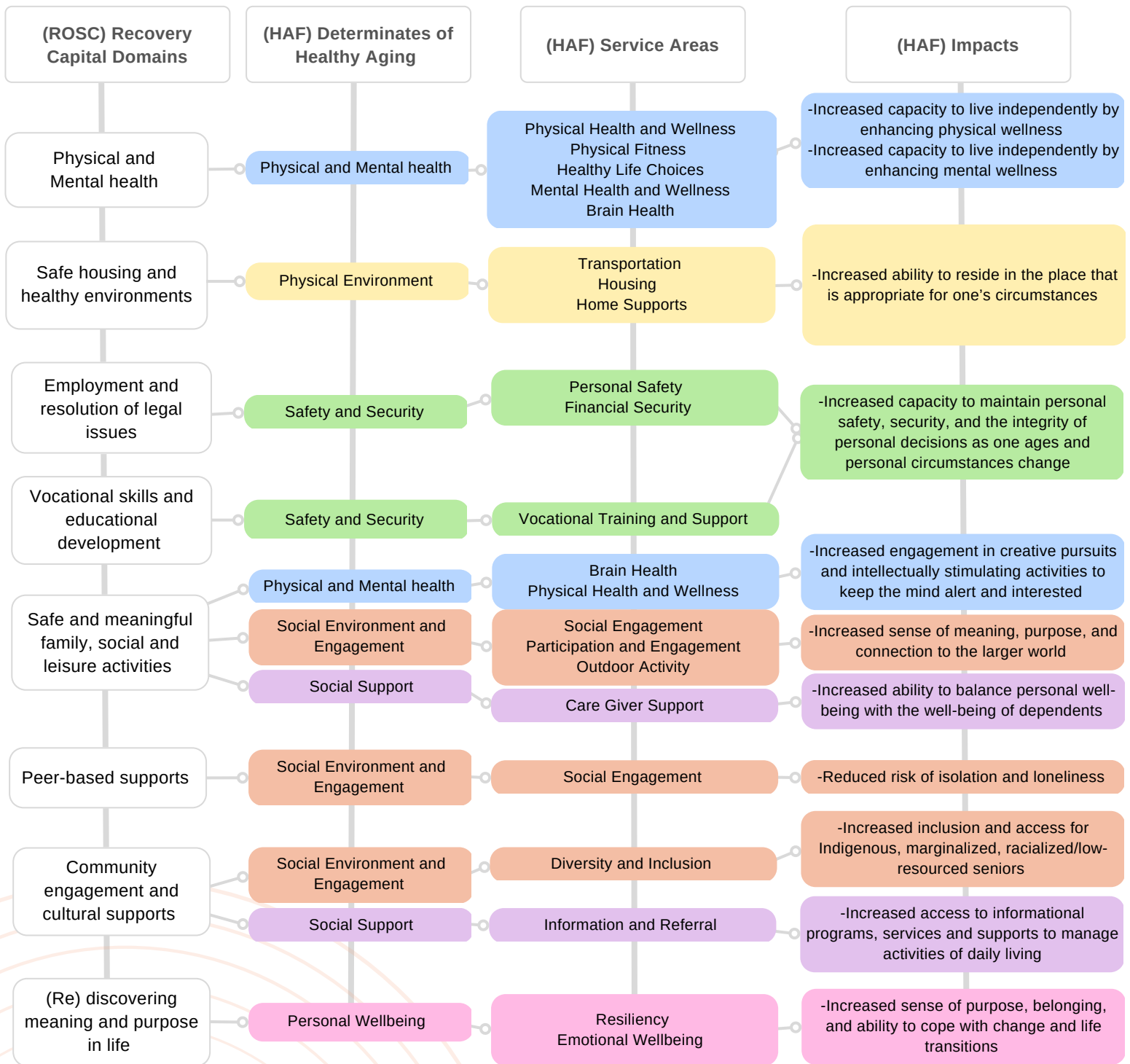
If you have been in the community-based seniors serving sector (CBSS) for a while now, likely you have heard the terms Healthy Aging Framework (HAF) and Recovery-Orientated System of Care (ROSC), but how do they apply to your work and how do they relate to one another? Let's start by defining each of these approaches.

The Healthy Aging Framework is a tool, created in Alberta and based on the World Health Organization's social determinants of health. The HAF can be used to articulate, organize, and communicate the work of individual organizations and collaborative initiatives. To tell and develop the story of community-based senior serving organizations - the programs and services they provide and the immediate and longer-term benefits for seniors. The HAF is a way of organizing information so that systems, ideas, and actions can be communicated and understood. It provides a common point of reference - a way to clearly articulate our work and develop a common language to understand and connect with one another.

A recovery-oriented system of care is a model for a wrap-around holistic approach to addiction and mental health issues. It is good to note that although the ROSC was developed from a recovery perspective, it has excellent value as a preventative approach as well. It is a coordinated network of person-centered, community-based services and supports that builds on the strengths and resilience of individuals, families, and communities. It empowers the person to address a wide range of needs outside of their diagnosis. This includes supports for housing, employment, education, family, healthy eating, and basic health promotion to build a meaningful, hopeful and successful life. A ROSC approach to addiction and mental health services recognizes the importance of services and supports beyond only those provided within the healthcare system. For example, services that offer opportunities for nutritious food, peer support, transportation, neighborhood and community connections, help to resolve financial or legal issues, maintaining a residence, etc.

The ROSC domains and components of the HAF align and overlap in many ways. Within a ROSC there is "**Recovery Capital**" which are identifiable resources, internal and external, that a person may call upon to enter recovery and rely on to help navigate their ongoing journey. Outcomes in the eight domains are measured and monitored to evaluate programs and the success of ROSC as a whole and to inform future investments. Within the HAF, there are six **Determinates of Healthy Aging**, 22 corresponding **Service Areas**, and 12 **Impacts**, that are linked to specific and measurable outcomes. Together they allow us to determine which service areas we wish to pursue to bring about the impact we wish to have and what outcomes we expect to see as a result of effective action in those priority service areas.

The table below demonstrates the alignment and overlap between the HAF and ROSC



In conclusion, the HAF and ROSC are both integral to the work of community-based organizations and the allied sectors they work with. They allow for thoughtful and intentional action that promotes best practices for enabling those we serve to have a choice in accessing a full range of service options while shifting the focus of service beyond simply managing symptoms and working to support positive evolution in all aspects of people's lives-social, psychological, cultural, sexual and spiritual. Combined the HAF and ROSC provide us the framework and the roadmap to support older adults to age in the place of their choosing with dignity and respect while living fully engaged lives within their communities. As part of this funding opportunity, organizations will be asked to identify how their project's services support a ROSC approach and the recovery domains the project will impact (e.g., physical and mental health), how the impact will be measured, as well as how your project will collaborate with health care providers in overall service delivery

* A ROSC "checklist" is available to provide further detail on the overall components of a ROSC approach to service delivery (e.g., collaboration with other organizations; culturally sensitive service delivery).