

*Background Document for the Discussion  
of Continuing Care in the Northern Lakes  
College Region:  
For Today and Tomorrow*

March 2011

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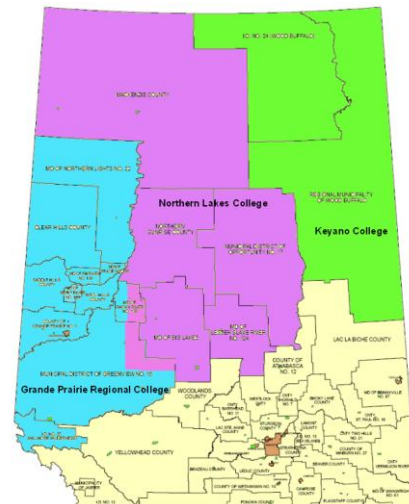
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## Purpose of the Project

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 region were originally invited to meet with the project team in May 2011 and discuss their thoughts on continuing care at an informal networking event. Events were held in Fort McMurray and Grande Prairie in May 2011. The community networking event in Slave Lake was postponed until April 2012.

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 session in Slave Lake on April 3<sup>rd</sup>, 2012 to discuss Continuing Care in northern Alberta. Many other reports are referenced in this document. They can be found at [www.iccer.ca/nlcccontinuingcarereports](http://www.iccer.ca/nlcccontinuingcarereports)

## 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<sup>1</sup>

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.'<sup>2</sup> 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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<sup>1</sup> <http://www.seniors.alberta.ca/ContinuingCare/system/> accessed 1 November 2010

<sup>2</sup> Government of Alberta. *Continuing Care Strategy – Aging in the Right Place*. December 2008. p 2.

## 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.

As of March 31, 2011, there were 20,785 seniors and persons with disabilities in Alberta living in long-term care and supportive living facilities.<sup>3</sup> Additionally, there were more patients in hospital beds awaiting transfer to long-term care beds.

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 2010 about one in 10 Albertans were aged 65+; by 2031, it is projected that about one in five Albertans will be aged 65+.<sup>4</sup>

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

**Diagram 2 - Catchment area of Northern Lakes College**



The catchment area for Northern Lakes College includes: the town of Peace River, MacKenzie County; MD of Smoky River; MD of Big Lakes: Northern Sunrise County; MD Lesser Slave River; MD of Opportunity; County of Athabasca; part of Woodlands County; and the other towns, villages, and hamlets within the area. This is shown in Diagram 2.

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 69012. Approximately 8% 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.

There are a number of options for supportive living and long term care. Table 1 shows the number of beds, by accommodation type, available in the area.

<sup>3</sup> Alberta Health Services. AHS Annual Report. By personal email 22 November 2011.

<sup>4</sup> Government of Alberta. Aging Population Framework. November 2010. P1.

**Table 1 - Number of Beds Available by Accommodation Type<sup>5</sup>**

Northern Lakes College Catchment Area

Accommodation Municipality	Accommodation Type	Accommodation Sub Type	Accommodation Name	Current Occupancy
High Prairie	Long Term Care Accommodation		J.B. Wood Continuing Care	36
High Prairie	Supportive Living Accommodation	Group Home	Marigold Enterprises Rehabilitation Services Society (2004)	3
High Prairie	Supportive Living Accommodation	Lodge	Pleasantview Lodge	57
Slave Lake	Long Term Care Accommodation		Slave Lake Healthcare Centre	17
Slave Lake	Supportive Living Accommodation	Lodge	Vanderwell Heritage Place	35
Peace River	Long Term Care Accommodation		Sutherland Place Continuing Care Centre	39
Peace River	Supportive Living Accommodation	Group Home	89th Avenue Residence	6
Peace River	Supportive Living Accommodation	Lodge	Heritage Tower Senior Citizens Complex	41
Valleyview	Long Term Care Accommodation		Valleyview Health Centre	20
Valleyview	Supportive Living Accommodation	Lodge	Red Willow Lodge	50
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
Manning	Long Term Care Accommodation		Manning Community Health Centre	16
Manning	Supportive Living Accommodation	Lodge	Del-Air Lodge	40
McLennan	Long Term Care Accommodation		Manoir Du Lac	45
McLennan	Supportive Living Accommodation	Assisted Living Accommodation	Manoir Du Lac	17

<sup>5</sup> Data provided by Alberta Seniors and Community Supports, February 2012

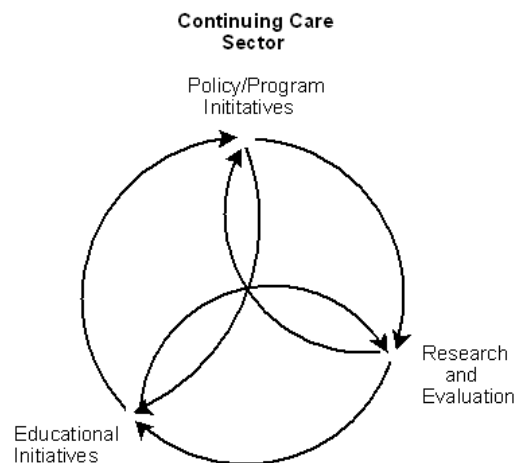
**Background Document for Community Networking Event  
Hosted by ICCER, ACSRC, Northern Lakes College**

<b>Accommodation Municipality</b>	<b>Accommodation Type</b>	<b>Accommodation Sub Type</b>	<b>Accommodation Name</b>	<b>Current Occupancy</b>
Falher	Supportive Living Accommodation	Group Home	Friendship Corner Residence	5
Falher	Supportive Living Accommodation	Lodge	Villa Beausejour	74
High Level	Long Term Care Accommodation		Northwest Health Centre	10
La Crete	Long Term Care Accommodation		La Crete Continuing Care Centre	21
La Crete	Supportive Living Accommodation	Lodge	Heimstaed Seniors Lodge	57
Athabasca	Long Term Care Accommodation		Athabasca Healthcare Centre	22
Athabasca	Long Term Care Accommodation		Extencicare Athabasca	49
Athabasca	Supportive Living Accommodation	Lodge	Pleasant Valley Lodge	59
Barrhead	Long Term Care Accommodation		Dr. W. R. Keir - Barrhead Continuing Care Centre	99
Barrhead	Supportive Living Accommodation	Assisted Living Accommodation	Shepherd's Care Barrhead	39
Barrhead	Supportive Living Accommodation	Lodge	Hillcrest Lodge	91
Barrhead	Supportive Living Accommodation	Lodge	Klondike Place	50

## 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

**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.

## Additional Reading

All reports are available from [www.iccer.ca/nlcontinuingcarereports](http://www.iccer.ca/nlcontinuingcarereports)

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.

## Appendix 1

### Patients Waiting in Acute Care for Continuing Care by Zone: Fiscal Year 2009/10 to 2010/11<sup>6</sup>



#### Zone Reporting

People Waiting in Acute/Sub-Acute Beds for Continuing Care Placement

Zone	2009/10 Q1	2009/10 Q2	2009/10 Q3	2009/10 Q4 and Fiscal Year End	2010/11 Q1	2010/11 Q2	2010/11 Q3	2010/11 Q4 and Fiscal Year End
South	34	25	35	31	31	29	18	22
Calgary	276	331	275	243	258	185	237	146
Central	72	127	99	118	109	118	91	65
Edmonton	194	274	238	227	284	319	223	151
North	135	122	95	88	95	108	91	87
<b>Provincial</b>	<b>711</b>	<b>879</b>	<b>742</b>	<b>707</b>	<b>777</b>	<b>759</b>	<b>660</b>	<b>471</b>

Notes: Number of persons waiting on the last day of the quarter. Q4 and Fiscal Year End figure is at March 31.

<sup>6</sup> Data provided by Alberta Health Services. February 2012