Harnessing Technology for Aging-in-Place
Vancouver British Columbia
May 14-15, 2015

Mark Blandford
Deputy Seniors Advocate
Who is The Advocate

• Appointed Advocate March 2014
• Led BC’s largest not-for-profit delivering homecare, licensed dementia care, community services and assisted living
• Introduced a national best practice dementia care facility
• Served on these Boards:
  • BC Medical Services Commission
  • Canadian Home care Association
  • BC Care providers
  • BC Care Aide Registry
Origins

- Increased attention: issues related to seniors
- Ombudsperson reports – 2010-2012
- Seniors Action Plan – February 2012
- Office of the Seniors Advocate legislation – February 2013
- PSA recruitment for SA December 2013
- Appointment March 2014
Role of the Seniors Advocate

- Health care
- Personal support
- Housing
- Transportation
- Income support

Monitor
Analyze
Recommend
Inform
Report
OSA: Work Completed to date

- The Journey Begins
  - Laid out priorities for 2015-2016
- Bridging the Gaps
  - Results of survey of 500 seniors
- Placement, drugs & Therapy
  - Studied health data for all home support and residential care clients
- Monitoring
  - Residential care/Home Support/Neglect & Abuse/Housing/Handidart Monitoring
- Council of Advisors Appointed
The Face of BC Seniors

820,000 Seniors in BC (17% of population)
Projected to be 1.1 million - or 21%, by 2023

56% (459,000) - age 65-74
30% (246,000) - age 75-84
14% (115,000) - age 85+
The Face of BC Seniors

Less than 4% of BC seniors receive home support

- 2.3% of 65-84 year olds
- 12.5% of 85+ year olds

Less than 3% of BC seniors live in all forms of assisted living (2.8%)

- Private Non-Registered = 15,205 units
- Publicly Funded Registered = 4,422 units
- Private-Pay Registered = 3,213 units
- Total = 22,843 units

Less than 4% of BC seniors live in residential care (3.7%)

- 1.7% of 65-84 year olds
- 16.6% of 85+ year olds
<table>
<thead>
<tr>
<th>RAI-HC and MDS-2.0 Assessment Element</th>
<th>Seniors in Residential Care</th>
<th>Seniors receiving care in the Community</th>
<th>Seniors Living in assisted living settings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Over 85 years of age</td>
<td>56%</td>
<td>40%</td>
<td>60%</td>
</tr>
<tr>
<td>Diagnosis of Alzheimer’s or other dementia</td>
<td>61%</td>
<td>34%</td>
<td>45%</td>
</tr>
<tr>
<td>Diagnosis of psychiatric or mood disorder condition</td>
<td>30%</td>
<td>21%</td>
<td>20%</td>
</tr>
<tr>
<td>Needing to reside in a secure dementia unit</td>
<td>19%</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Minor assistance needed to complete personal care activities (ADL Hierarchy)</td>
<td>33%</td>
<td>85%</td>
<td>90%</td>
</tr>
<tr>
<td>Moderate to significant assistance needed to complete personal care activities (ADL Hierarchy)</td>
<td>67%</td>
<td>15%</td>
<td>10%</td>
</tr>
<tr>
<td>Mild cognitive/memory impairment</td>
<td>38%</td>
<td>81%</td>
<td>82%</td>
</tr>
<tr>
<td>Moderate to severe cognitive/memory impairment</td>
<td>62%</td>
<td>19%</td>
<td>18%</td>
</tr>
<tr>
<td>Combination of complex conditions indicating high or very high need for facility level care</td>
<td>82%</td>
<td>53%</td>
<td>63%</td>
</tr>
<tr>
<td>Has frequent bladder incontinence</td>
<td>55%</td>
<td>21%</td>
<td>21%</td>
</tr>
<tr>
<td>Exhibits aggressive behaviour</td>
<td>33%</td>
<td>11%</td>
<td>11%</td>
</tr>
<tr>
<td>Exhibits unsafe wandering if not supervised</td>
<td>17%</td>
<td>3%</td>
<td>4%</td>
</tr>
<tr>
<td>Requires wheelchair for indoor mobility</td>
<td>50%</td>
<td>11%</td>
<td>5%</td>
</tr>
<tr>
<td>Received 9 or more different meds in the last 7 days</td>
<td>51%</td>
<td>44%</td>
<td>42%</td>
</tr>
<tr>
<td>Is receiving antipsychotic medications</td>
<td>33%</td>
<td>14%</td>
<td>15%</td>
</tr>
<tr>
<td>Is receiving antidepressant medications</td>
<td>45%</td>
<td>28%</td>
<td>25%</td>
</tr>
<tr>
<td>Is receiving hypnotic or pain medications</td>
<td>64%</td>
<td>30%</td>
<td>28%</td>
</tr>
<tr>
<td>Requires use of daily restraints for safety</td>
<td>11%</td>
<td>0.3%</td>
<td>0.0%</td>
</tr>
</tbody>
</table>
## Three client profiles

<table>
<thead>
<tr>
<th>RAI Client Profile</th>
<th>Percentage of the residential care client population</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>B.C.</td>
</tr>
<tr>
<td><strong>Profile 1: LIGHT PHYSICAL AND COGNITIVE CARE NEEDS</strong></td>
<td></td>
</tr>
<tr>
<td>These seniors have relatively low care needs with relatively high levels of both cognitive and physical function compared to the general residential care population. Interestingly, of the three profiles, this group has the highest representation among B.C.’s residential care client population. In Alberta, these seniors may be accommodated in that province’s expanded assisted living system.</td>
<td>6.1%</td>
</tr>
<tr>
<td><strong>Profile 2: DEMENTIA CARE NEEDS</strong></td>
<td></td>
</tr>
<tr>
<td>This population has cognitive impairment that can make it challenging for them to live alone, but they have low physical care needs and low medical needs. These seniors are much less likely to reside in residential care settings in Alberta or Ontario and are more likely to be in assisted living or have home care.</td>
<td>5.4%</td>
</tr>
<tr>
<td><strong>Profile 3: HIGHER PHYSICAL CARE NEEDS</strong></td>
<td></td>
</tr>
<tr>
<td>This group has somewhat higher physical care needs than the other two groups but, in all other respects, could potentially receive care in the community. This is a group for whom services such as physiotherapy (PT) and occupational therapy (OT) are key.</td>
<td>4.7%</td>
</tr>
</tbody>
</table>
Caregiver Issue

97% of Homecare clients have a supporting caregiver

- 25% with Spouse co-residing
- 20% with other person co-residing
- 52% not co-residing
- 10% of CPS 3 or Above Live Alone
Technology Areas of Interest

- For some people the solution is always a human
- Seniors with Mild to Moderate Dementia Living alone
  - In Home safety / Unsafe wandering / Medication management
  - Insulin Self management
- Supports for Independence – Assisted Living
- Self management of chronic health conditions
- Leveraging Home care personnel
  - They don’t know what they don’t know
  - Solutions need to be foolproof
  - Need to be easily & quickly available
Contact

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Open Monday to Friday, 8:30-4:30
Translation services available in more than 180 languages.

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