VIHA – Becoming a Centre of Excellence in Seniors’ Care

Presentation to Active Aging Symposium
Tuesday, March 27, 2007
Strategic Priorities

Improving Health of Aboriginal & Rural & Remote Populations
Delivering & Implementing a Comprehensive Primary Health Care Strategy
Building a Sustainable Network of Hospitals
Integrating Mental Health & Addictions Services
Becoming a Centre of Excellence for Seniors’ Care
Seniors’ care is a strategic priority for the Vancouver Island Health Authority

Becoming a Centre of Excellence for Seniors’ Care:

“…a leader in care and support that helps seniors and their families attain and maintain health and independence is a priority for VIHA”

- VIHA Strategic Plan
“Shock and Awe” Data

- Unfreeze complacency
- Make a compelling case for action now!
### VIHA Population 2006

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
<th>Male Population</th>
<th>Female Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>65+</td>
<td>17%</td>
<td>125,309</td>
<td></td>
</tr>
<tr>
<td>75+</td>
<td>9%</td>
<td>64,181</td>
<td></td>
</tr>
<tr>
<td>85+</td>
<td>3%</td>
<td>18,456</td>
<td></td>
</tr>
</tbody>
</table>
VIHA Population 2010

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percent</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>65+</td>
<td>18%</td>
<td>137,830</td>
</tr>
<tr>
<td>75+</td>
<td>9%</td>
<td>67,700</td>
</tr>
<tr>
<td>85+</td>
<td>3%</td>
<td>21,678</td>
</tr>
</tbody>
</table>

Female Percentage: 31%
Male Percentage: 69%
VIHA Population 2020

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>65+</td>
<td>23%</td>
<td>192,411</td>
</tr>
<tr>
<td>75+</td>
<td>10%</td>
<td>82,606</td>
</tr>
<tr>
<td>85+</td>
<td>3%</td>
<td>24,514</td>
</tr>
</tbody>
</table>
VIHA Population 2030

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>65+</td>
<td>249,261</td>
<td>31,634</td>
</tr>
<tr>
<td>75+</td>
<td>121,542</td>
<td>12,154</td>
</tr>
<tr>
<td>85+</td>
<td>31,634</td>
<td>3,163</td>
</tr>
</tbody>
</table>
Population Change by Age Group
(2006-2010) PEOPLE31

POPULATION
75+

VIHA
South
Central
North

5.5%
0.0%
5%
10%
15%
20%
-5%
0%
5%
10%
15%
20%
0.0%
11.0%
14.0%
Population Change by Age Group

(2006-2010) PEOPLE31

- VIHA
- South
- Central
- North

Population Change by Age Group

- 85+

POPULATION

5.5% 9.2% 30.3% 25.6% 0% 5% 10% 15% 20% 25% 30% 35% 40%

2006 2007 2008 2009 2010

30.3% 25.6% 9.2% 5.5%
Mortality Rates – All Causes
(2000-2004)

NORTH: 1.07
CENTRAL: 1.06
VIHA: 1.01
BC: 1.00
SOUTH: 0.97
Life Expectancy


South
Central
North
VIHA
BC

81.5
80.9
80.7
79.9
79.7
%75+ in Low Income and Living Alone

- Campbell River: 18%
- Alberni: 15%
- Nanaimo: 13%
- Sooke: 12%
- Greater Victoria: 12%
- Qualicum: 9%
- Ladysmith: 9%
- Courtenay: 8%
- Cowichan: 8%
- Saanich: 7%
- Lake Cowichan: 3%
- Gulf Islands: 3%
- Vancouver Island West: 0%
- Vancouver Island North: 0%

*Due to Small Sample Size*
### Population and Health

<table>
<thead>
<tr>
<th>2010 Growth in 85+ Population</th>
<th>COMPARED TO VIHA OVERALL</th>
</tr>
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<tbody>
<tr>
<td>%</td>
<td>Volume</td>
</tr>
<tr>
<td>------------------------</td>
<td>----------------</td>
</tr>
<tr>
<td>South</td>
<td>9.2%</td>
</tr>
<tr>
<td>Central</td>
<td>30.3%</td>
</tr>
<tr>
<td>North</td>
<td>25.6%</td>
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</tbody>
</table>
Inpatient Days per 1,000 by Age

33% of all Hospital Days Attributed 78+
50% of all Hospital Days Attributed
66% of all Hospital Days Attributed 57+

VIHA DAD 2005/2006
BC Per Capita Health Expenditures
by Age Group (2003)
Source: CIHI
Changing Profile of Seniors in Canada

- Almost 23% of seniors had internet access in 2004 compared to 3% in 1997.
- High levels of community involvement
- Immigrant and Aboriginal seniors: Aging evident in both groups (immigrants represent 40% of 65+ in BC)
Changing Profile of Seniors in Canada

- Rising rates of obesity among seniors
  - senior men more physically active while senior women are not
- Retiring younger (65 in 1976 and 61 in 2004)
- Only 6% of seniors report a sense of “mastery” (ability to change important events) compared to 25% in the 25 to 54 age group
  - more seniors are less stressed (60% vs. 30%)
Strategic Planning Process

DATA / INFORMATION
Shock and Awe Data!
Understand Needs
Inventory Current Services

VALUES & PRINCIPLES
Establish Values and Principles to Guide the Planning Process

ENVIRONMENTAL SCAN
Best Practices
Borrow from the Best
Avoid Reinventing
Collaborate

We are here…
Actions To Date

- Core Strategy Working Group established
- Review of previous work and plans within VIHA
- View strategy from a determinants of health perspective – include other stakeholders
- Two Forums held in March ’07:
  - **Objective**: engage VIHA leaders in the health of seniors – a shared responsibility
  - Embrace a vision of excellence in seniors’ health
  - Focus on the Geriatric Giants - transfer knowledge to action
Integrate Services Based on the Individual Patient’s Experience

• Include patients in planning
• Consult with individuals and families regarding service
• Support caregivers
• Work with community partners
### Key Input From Leaders’ Forums

<table>
<thead>
<tr>
<th>Integrate Current Initiatives</th>
<th>Falls, Dementia, Elder Friendly Care, End of Life</th>
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<tbody>
<tr>
<td></td>
<td>• Many existing initiatives</td>
</tr>
<tr>
<td></td>
<td>• Integrate and leverage</td>
</tr>
<tr>
<td></td>
<td>• Build structures around what is already working</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Build Capacity</th>
<th>Education</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Health Service Providers / Professionals</td>
</tr>
<tr>
<td></td>
<td>• Families / Caregivers</td>
</tr>
<tr>
<td></td>
<td>• General Public</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Partner</th>
<th>Community Stakeholders</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Can’t act alone</td>
</tr>
<tr>
<td></td>
<td>• Seniors’ Health is broader than Health Care</td>
</tr>
<tr>
<td></td>
<td>• Acknowledge, value and build on existing work eg. volunteers, faith groups</td>
</tr>
</tbody>
</table>
### Focus on Geriatric Giants
- Falls, Dementia & Elder Friendly Care
  - Benefit from research and best practice
  - Leverage Provincial work and initiatives

### Improve Urgent Care Access
- Reduce Emergency Department Visits
  - Expand response service capacity
    - (e.g. ambulance, assisted living and residential care)

### Explore other Service Models
- Reduce Acute Care Admissions
  - Outpatient clinics & community services
  - Develop integrated service models
  - Test innovative services
Strategic Planning Process

- DATA / HISTORY
- VALUES & PRINCIPLES
- ENVIRONMENTAL SCAN

VISION / PURPOSE

GAP ANALYSIS

STRATEGIES / GOALS
What do we need to succeed?

- Sharing between Health Authorities
- Identification and updates of best practices
- Partnerships with local communities and other health service providers

We do not have the time or resources to do this alone!!
Ultimately, we must change Culture...
“Never doubt that a small, group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”

Margaret Mead