

Healthy Ageing 101: Disaster and Emergency Preparedness for Older Adults

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Agenda and Housekeeping



- 45 min presentation
- 15 min Q&A
- ZOOM information:
 - This is a Webinar; you are all muted
 - Chat: send the team any technical questions
 - Q&A: send the speakers questions about the presentation
 - If the session crashes, log in using the same info you already received via email

Objectives



- Increase awareness of the importance of emergency preparedness for older adults, and practical actions that can be taken at household and community levels to reduce risks
- Present general findings of “***Closing the Gaps: Advancing Emergency Preparedness, Response and Recovery for Older Adults***” white paper and how the Canadian Red Cross is including these into our work

Emergency Preparedness



- The number of natural hazards and extreme weather events is growing in Canada and Globally
- Disasters happen when a hazard overwhelms a community's / household's ability to absorb and cope with it – which may cause serious harm to safety, health, welfare, or property

Emergency Preparedness



- Vulnerability:
 - Physical,
 - Social,
 - Economic / Financial,
 - In relation to the particular cultural, historical, political, and environmental context in which they reside
- Emergency Preparedness is one way to reduce vulnerability to natural hazards

Emergency Preparedness



- What is Emergency Preparedness?

Specific measures taken before a hazard strikes to arrange for the appropriate state of readiness to respond.

At the household level the Red Cross encourages:

Know the Risks in Your Community

Make a Plan

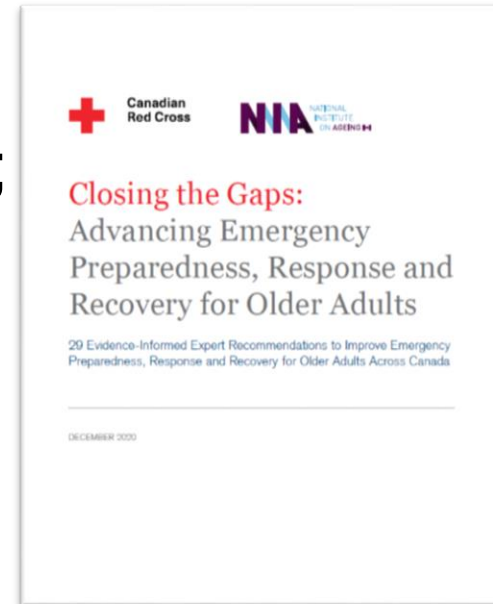
Build or Buy an Emergency Kit

Emergency Preparedness for Older Adults

- Despite efforts to increase emergency preparedness over the past decades, older adults continue to experience greater rates of emergency-related mortality and declines in health, while continuing to report lower rates of emergency preparedness
- 2020 White Paper by the CRC and NIA :
“Closing the Gaps: Advancing Emergency Preparedness, Response and Recovery for Older Adults”

Emergency Preparedness for Older Adults

- White Paper Presents 29 Recommendations in 6 Domains:
 - Individuals and Unpaid Caregivers;
 - Community-Based Services and Programs;
 - Health Care Professionals and Emergency Response Personnel;
 - Care Institutions and Organizations;
 - Legislation and Policy; and
 - Research.



Emergency Preparedness for Older Adults

Some examples of the recommendations:

- Individual - Older adults who are reliant on medical devices that require electricity, should ensure they have back-up power supplies in place
- Community – Increased access to tailored community-based programs that educate older adults and their unpaid caregivers about emergencies and how best to prepare for them.
- Health care professionals and emergency response personnel - Should receive training on providing geriatric care relevant to their discipline

Emergency Preparedness for Older Adults

How are we applying these at the Canadian Red Cross?

- Seeking to better understand what makes older adults more vulnerable in high-risk locations
- Tailoring emergency preparedness messages, guidance, and resources for older adults and their caregivers
- Including representatives of older adults in developing preparedness resources, and in emergency planning
- Continuous coordination and collaboration with the NIA and partners to further advance these recommendations

Incorporating Emergency Preparedness Recommendations

Incorporating recommendations into CRC's community-based pilot projects allows for:

- ✓ Sustainable and long-term adoption.
- ✓ Testing the uptake of recommendations in a community setting to help inform future programs.



CRC's Community Connector Pilot Programs



What is the aim of a Community Connector program?

- Community Connector programs are volunteer-led programs with the aim to help meet the needs of vulnerable older adults (65+), so they remain at home, healthy, safe and supported by their community.



How will the Community Connector programs do this?

- Identify vulnerable older adults using evidence-based screening tools;
- Provide system navigation support and social prescribing;
- Facilitate community-based engagement;
- Map local assets for older adults.



Where will these be piloted?

- Ontario
 - Toronto
- New Brunswick
 - St. Andrew's
 - Saint John
 - Miramichi
 - Moncton

Recommendations

01

Recommendation 1.0
Individuals and
Unpaid Caregivers
Domain

02

Recommendation 6.0
Research Domain

Potential Methods of Delivery/Implementation



- Create tailored emergency preparedness resources and sessions for the community (Rec 1.1)
- Educate communities to identify isolated older adults within their neighborhoods (Rec 1.1)
- Encourage the creation of mini local support networks (Rec 1.8)
- Incorporate evidence-based screening tools (Rec 1.1)

Potential Methods of Delivery/Implementation

- Help build personal emergency preparedness plans (Rec 1.2)
- Assist older adults with creating an emergency contact sheet (Rec 1.5)
- Form committees that include vulnerable or socially isolated older adults (Rec 6.3)
- Gather participant satisfaction and experience through focus groups and surveys (Rec 6.2)



Additional Resources

- <https://sinaigeriatrics.ca/emergency-preparedness/>
- <https://www.redcross.ca/how-we-help/emergencies-and-disasters-in-canada>

Questions? (send to the Q&A box)



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<https://sinaigeriatrics.ca/healtheducation/>

Website:

<https://sinaigeriatrics.ca>

www.redcross.ca

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Upcoming Healthy Ageing Sessions

June 15, 2021 12-1pm EST

Managing Chronic Health Conditions in Older Adults

Speaker: Dr. Asenath Steiman (Geriatrician – Sinai Health and University Health Network)

NO SESSIONS IN JULY OR AUGUST

RESUMES IN SEPTEMBER 2021

2021 SH/UHN Geriatrics Institute Education Day

Thursday June 24



Healthy Ageing
and Geriatrics



Toronto General
Toronto Western
Princess Margaret
Toronto Rehab
Michener Institute



2021 GERIATRICS INSTITUTE EDUCATION DAY

THURSDAY JUNE 24, 2021

Applying COVID-19 Learnings To Transform The Future of Geriatric Care

9:00 AM - 9:10 AM **OPENING REMARKS**

9:10 AM - 10:00 AM **What has the COVID-19 Pandemic Taught Us about the Future for Caring for Older Canadians**

Dr. Samir Sinha, Director of Geriatrics,
Sinai Health and University Health Network

Dr. Nathan Stall, Geriatrician,
Sinai Health and University Health Network

10:00 AM - 10:45 AM **Caregivers' Perspective on Being #notjustavisitor**

Susan Mills, Caregiver and Advocate

Donna Thomson, Caregiver, Author and Activist

10:45 AM - 11:00 AM **BREAK**

11:00 AM - 11:45 AM **Addressing Health Equity and Diversity Issues in Better Caring for Older Adults**

Dr. Kwame McKenzie, CEO, Wellesley Institute

Dr. Seong-gee Um, Researcher, Wellesley Institute

11:45 AM - 12:30 PM **Making our Mental Health and Wellbeing A Priority**

Dr. Benjamin Rosen, Psychiatrist and Resiliency
Coach, Sinai Health

Dr. Mary Preisman, Psychiatrist, Sinai Health

12:30 PM - 1:30 PM **LUNCH / Thematic Breakout Rooms for Networking**

1:30 PM - 2:15 PM **Providing Excellent Care in the Absence of Family Presence**

Rebecca Lemieux, Clinical Nurse Specialist,
Sinai Health

2:15 PM - 3:00 PM **Ageing & Dying on the Streets: Supporting the Palliative Care Needs of Older Adults Experiencing Homelessness**

Dr. Naheed Dosani, Palliative Care Physician,
Founder of PEACH

3:00 PM - 3:15 PM **CLOSING REMARKS**

Dr. Samir Sinha, Director of Geriatrics,
Sinai Health and University Health Network

2021 Ben and Hilda Katz Lecture in Geriatrics

SINAI HEALTH/UHN MEDICAL GRAND ROUNDS

2021 Ben and Hilda Katz Lecture in Geriatrics



COVID-19 and Ontario's Long-Term Care Homes

With Dr. Nathan Stall MD, FRCPC

Geriatrician, Mount Sinai Hospital
PhD Candidate, Departments of Medicine and Health Policy & Evaluation
Assistant Scientific Director, Ontario's COVID-19 Science Advisory Table

Wednesday, May 26, 12:00 - 1:00 PM

<https://zoom.us/j/97045345433>

Meeting ID: 970 4534 5433

LEARNING OBJECTIVES

1. What do we know about the first, second and third waves of COVID-19 in Ontario LTC homes?
2. Which risk factors are associated with COVID-19 outbreaks in Ontario LTC homes and the extent and death rates associated with outbreaks?
3. What has been the impact of the COVID-19 pandemic on the general health and wellbeing of LTC residents?
4. How has the existing Ontario evidence on COVID-19 in LTC settings been used to support public health interventions and policy changes in these settings?
5. What are the measures that could be effective in supporting Ontario's LTC homes for the remainder of the COVID-19 pandemic and beyond?

BIOGRAPHY

Dr. Nathan Stall received his medical degree from Western University and completed his residency in Internal Medicine and fellowship training in Geriatric Medicine at the University of Toronto. He is currently a research fellow at Women's College Research Institute at Women's College Hospital and is completing a PhD in Clinical Epidemiology & Health Care Research at the Institute of Health Policy, Management and Evaluation (IHPE) at the University of Toronto. During the COVID-19 pandemic, he has been actively involved in research modelling long-term care home outbreaks and the factors associated with outbreaks occurring and the spread of COVID-19 throughout homes. His research is supported by the University of Toronto Department of Medicine's Eliot Phillipson Clinician-Scientist Training Program and the Vanier Canada Graduate Scholarship. He has been a Staff Geriatrician at Sinai Health since 2017. His clinical work focuses on acute care geriatrics. Dr. Stall attends on the inpatient Geriatric Medicine Consultation Service and on the Internal Medicine Clinical Teaching Units at Mount Sinai Hospital.

Medical Grand Rounds is a self-approved group learning activity (Section 1) as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada