

Aging In Place:

A Social Work Perspective.

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Healthy Ageing
and Geriatrics



Presentation Synopsis

Older adults are often wary to verbalize challenges they are facing in activities of daily living to a loved one. This session will identify some of these risks and how they may impact an older adult's ability to safely and independently age in place. Attention is placed on ways to reduce these risks, while covering alternatives to ageing in place when it is no longer a safe option.



Aging in Place

To Age in Place, or Not to Age in Place,
that is the Question.





What Does Aging in Place Mean to You?

Add your responses in the comment section.



Aging in Place: Defined

- “The ability to live in one’s own home and community safely, independently, and comfortably, regardless of age, income, or ability level.”

Centers for Disease Control and Prevention (CDC)

- “...Having the health and social supports and services you need to live safely and independently in your home or your community for as long as you wish and are able.”

The Government of Canada

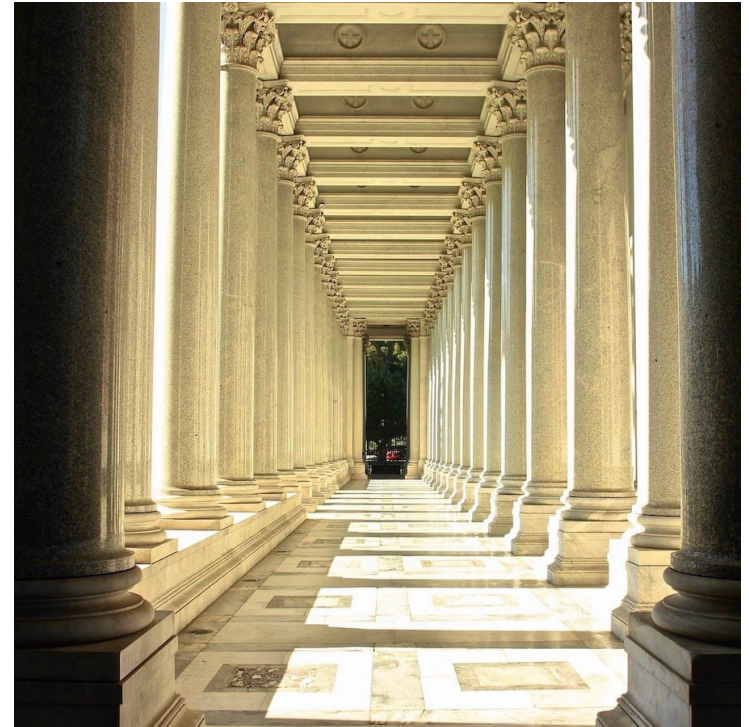
- “Ageing in the ***Right*** place...the process of enabling healthy ageing in the most appropriate setting based on an older person’s personal preferences, circumstances and care needs.”

National Institute on Ageing, October 2022 Report

Reference from: <https://www.cdc.gov/healthyplaces/terminology.htm>

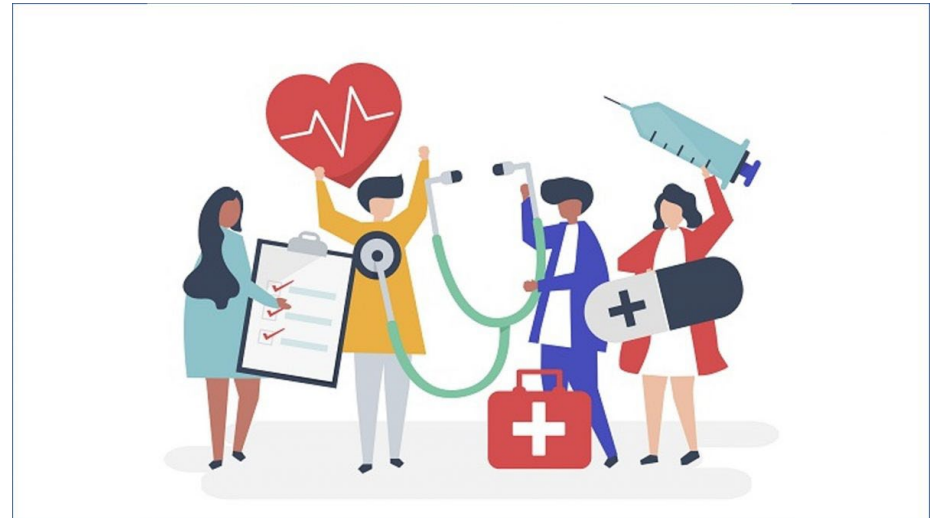
Building Context: National Institute on Aging

- Public policy and research centre based at Toronto Metropolitan University (formerly Ryerson University).
- Dedicated to enhancing successful aging across the life course.
- Its mandate is to consider aging issues from a broad range of perspectives, including those of financial, psychological, and social well-being.
- They have identified four “*pillars*” fundamental to enabling aging in place, or as they term it, aging in the *right* place.



Four Pillars to Support Aging in Place

NIA has identified four intervention areas to improve wellness and aid preventive health and chronic disease management across Canada with the aim of reducing future long-term care home admissions.



Four Pillars to Support Aging in Place



Pillar 1: Promoting Preventive Health and Better Chronic Disease Management

1. Chronic Disease Prevention and Management.

What Initiatives Can Support Better Chronic Disease Prevention and Management?

Example 1: Remote Patient Monitoring-Programs

Example 2: Community Paramedicine Programs

Four Pillars to Support Aging in Place



Pillar 1: Promoting Preventive Health and Better Chronic Disease Management

2. Dementia Prevention and Support.

What Initiatives Can Enable Better Dementia Prevention and Support?

Example 1: Dementia Risk Factor Modification

Example 2: Community Care Coordination

Example 3: Better Managing of Neuropsychiatric Systems of Dementia

Four Pillars to Support Aging in Place



Pillar 1: Promoting Preventive Health and Better Chronic Disease Management

3. Preventing Falls and Promoting Safety.

What Initiatives Can Better Prevent Falls and Promote Safety?

Example 1: Behavioural and Environmental Interventions

Example 2: Multi-Component Interventions

Four Pillars to Support Aging in Place



Pillar 1: Promoting Preventive Health and Better Chronic Disease Management

4. Supporting People's Activities of Daily Living at Home.

What Initiatives Can Better Support People's Activities of Daily Living at Home?



Example 1: Community Supports

Four Pillars to Support Aging in Place



Pillar 2: Strengthening Home and Community-Based Care and Supports for Unpaid Caregivers

- Improving the Provision of Home and Community-Based Care
 - Setting the Context

Instrumental Activities of Daily Living (IADLs) vs. Activities of Daily Living (ADLs)

IADLs	ADLs
Meal Preparation	Bathing/Showering
Ordinary Housework	Personal Hygiene
Managing Finances	Dressing Upper Body
Managing Medications	Dressing Lower Body
Phone Use	Walking
Managing Stairs	Eating
Shopping	Toilet Use
Transportation	Bed Mobility

Four Pillars to Support Aging in Place



Pillar 2: Strengthening Home and Community-Based Care and Supports for Unpaid Caregivers

Improving the Provision of Home and Community-Based Care

What Initiatives Can Improve the Availability and Quality of Home and Community-based Care?

Example 1: Reablement

Example 2: Home-Based Primary Care

Example 3: LTC Home Alternative Models of Care

Example 4: Community Care Navigation

Four Pillars to Support Aging in Place



Pillar 2: Strengthening Home and Community-Based Care and Supports for Unpaid Caregivers

Interventions to Support Unpaid Caregivers

What Interventions Can Help Better Support Unpaid Caregivers?



Example 1: Financial Supports
Example 2: Non-Financial Supports

Four Pillars to Support Aging in Place



Pillar 3: Developing More Accessible and Safer Living Environments

Providing Safe, Accessible and Supportive Housing

What Initiatives Can Provide More Accessible and Safer Housing?

Example 1: Naturally Occurring Retirement Communities (NORCs).

Example 2: HomeSharing.

Example 3: Co-housing.

Four Pillars to Support Aging in Place



Pillar 3: Developing More Accessible and Safer Living Environments

Providing Accessible Transportation Services

What Initiatives Can Make Transportation Services More Accessible?

Example 1: Becoming Familiar with Your Local Community Support Agency.

Four Pillars to Support Aging in Place



Pillar 4: Improving Social Connections to Reduce Loneliness and Social Isolation

What Initiatives Can Help Prevent and Address Social Isolation and Loneliness?

Example 1: Community Support Agency

Example 2: Community Centres and Libraries

Example 3: Community Health Centres

Example 4: Seniors' Active Living Centres



When Living At Home Is No Longer A Safe Option

Your Personal Risk Assessment

Exercise:

- Thinking of yourself (if you are over 65) or of a senior who you support, consider the following:

On the following scale, where would you place yourself/them?

Place your response in the chat.

0

No Risks to
Living
Independently In
Your/Their Home



10

Serious Risks to
Living
Independently In
Your/Their Home



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Risk Assessment

- The Canadian Centre for Occupational Health and Safety defines risk assessment as:
 - “...the overall process or method where you:
 1. Identify hazards and risk factors that have the potential to cause harm (hazard identification).
 2. Analyze and evaluate the risk associated with that hazard (risk analysis, and risk evaluation).
 3. Determine appropriate ways to eliminate the hazard, or control the risk when the hazard cannot be eliminated (risk control).
- Risk Assessment in Senior Care

Risk Assessment in Senior Care

Some risks to look out for are:

- Frequent Falls
- Social Isolation
- Poor Home Upkeep
- Personal Hygiene
- Unopened Mail
- Missed Payments and Deadlines
- Substantial Weight Loss or Gain
- Trouble Remembering
- Getting Lost
- Medication Adherence
- Increase defensiveness and/or paranoia
- Missed medical appointments

Your Personal Risk Assessment

Exercise:

- Now, based on the Risk Assessment discussed....

On the following scale, where would you place yourself/them?

Place your response in the chat.

0



10

No Risks to
Living
Independently In
Your/Their Home

Serious Risks to
Living
Independently In
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When Aging in Place is No Longer the Safest Option

Alternative Senior Housing Options in Ontario

1. Retirement Homes for Independent Living.
2. Assisted Living / Supportive Housing.
3. Memory Care Facilities.
4. Nursing Homes / Long-Term Care Homes.
5. Adult Lifestyle Communities.
6. Life Lease Housing for Seniors.



A Cautionary Tale

- Communication is key.
 - No one is a mind reader.
- Don't put impossible expectations on others, especially if you love them.
 - “Don't ever put me in a nursing home!”
- Plan ahead.
 - Idiom: “What someone doesn't know can't/won't hurt him/her.”
 - Far from the truth.



Thank You For Your Time

QUESTIONS?

