

Vital Signs 2017

References and Further Reading

The internet has a wealth of information and opinions on issues related to seniors in Canada that is readily obtained by searching with a few key words using a browser.

Caution must be taken to ensure that the source is credible (such as government, national health associations and recognized health care providers) and that the source is not in a conflict of interest with providing information.

Page 1: Introduction to Vital Signs 2017

Providence Care Hospital, Centre for Studies in Aging & Health

www.sagelink.ca

Canadian Frailty Network

<http://www.cfn-nce.ca/>

McMaster University, Optimal Ageing Initiative

<https://www.mcmasteroptimalaging.org/>

South East Local Health Integration Network (SE LHIN)

<http://www.southeasthin.on.ca/>

Page 2: Planning: Are we planning well?

Demographics

Background to business opportunists and workforce requirements

Report to City Council using Statistics Canada 2006 – 2016 Census data:

https://www.cityofkingston.ca/documents/10180/94869/Planning_2016CensusBulletin_Kingston_PopulationDwellingCounts.pdf/5e3a023e-8cd1-4bc0-ae56-4948de06a7da

The Globe and Mail

The dramatic greying of Canada's population will reshape the economy, stifle growth and force governments to provide for a growing number of seniors with a shrinking pool of taxpayers.

<https://www.theglobeandmail.com/globe-investor/retirement/the-boomer-shift-how-canadas-economy-is-headed-for-majorchange/article27159892/>

Series of articles on baby boomers

<https://www.theglobeandmail.com/topic/The-boomer-shift>

Statistics Canada

2016 Census Release Dates

<https://www12.statcan.gc.ca/census-recensement/2016/ref/release-dates-diffusion-eng.cfm>

Population and Dwelling Count Highlight Tables, 2016 Census, released Feb 8, 2017

http://www.statcan.gc.ca/daily-quotidien/170208/dq170208a-eng.htm?HPA=1&mc_cid=4c3bd99578&mc_eid=90d5ae334e

<http://www12.statcan.gc.ca/census-recensement/2016/dp-pd/hlt-fst/pd-pl/index-eng.cfm>

Kingston CMA breakdown by Census Subdivision – 2016 vs 2011

<http://www12.statcan.gc.ca/census-recensement/2016/dp-pd/hlt-fst/pd-pl/Table.cfm?Lang=Eng&T=303&CMA=521&S=86&O=A&RPP=25>

May 3: Age and Sex Highlight Tables, 2016 Census (includes interactive feature for data from prior Census years).

<http://www12.statcan.gc.ca/census-recensement/2016/dp-pd/hlt-fst/as/Table.cfm?Lang=E&T=12&type=2>

Whig Standard, Feb 11, 2017

<http://www.thewhig.com/2017/02/10/areas-population-growth-rate-lags>

CBC Report, February 10, 2017:

<http://www.cbc.ca/news2/interactives/canadian-census/>

May 3, 2017 StatsCan release – Age and Gender

CBC Report: <http://www.cbc.ca/news/politics/2016-census-age-gender-1.4095360>

Age-Friendly Community

World Health Organization (WHO) Model and description of each of the 8 topic areas:

http://www.who.int/ageing/publications/Global_age_friendly_cities_Guide_English.pdf

City of Kingston: Age Friendly Committee

- <https://www.cityofkingston.ca/city-hall/committees-boards/inactive/age-friendly>
- https://www.cityofkingston.ca/documents/10180/1239330/Committee_AgeFriendlyKingston_S tageOneReport.pdf/46e81299-a616-4e51-95be-ac5517ef5784

Jobs: Institute of Electrical and Electronics Engineers (IEEE)

<http://theinstitute.ieee.org/ieee-roundup/blogs/blog/will-automation-kill-or-create-jobs>

But there is another path. According to an article in *The Economist*, jobs that require empathy, communication skills, and close personal interaction are here to stay for now. The author adds that

automation raises the value of jobs that do require human connection. These people include nurses, teachers, hairdressers, and personal trainers. And due to customers' frustrations with talking to machines, humans are taking back jobs from automated customer service systems.

References the following article in *The Economist* June 25, 2016:

<http://www.economist.com/news/special-report/21700758-will-smarter-machines-cause-mass-unemployment-automation-and-anxiety>

City of Kingston report, April 25, 2017: *City of Kingston Workforce and In-Migration Strategy*

https://www.cityofkingston.ca/documents/10180/18664490/COU_A1217-17116.pdf/c592fcdd-a1a2-4724-b94c-447c17f91477

Kingston Heritage, May 4, 2017

<https://www.kingstonregion.com/news-story/7265041-kingston-takes-steps-to-address-talent-deficit-in-looming-labour-shortage/>

Policy opinion, *The Globe and Mail* (André Picard):

February 16, 2017

<http://www.theglobeandmail.com/opinion/canada-must-address-the-problem-of-long-waits-for-medical-care/article34056251/>

May 23, 2017: "The defining feature of the system is waiting." (André Picard).

<https://www.theglobeandmail.com/opinion/better-health-care-means-fixing-bureaucratic-failings/article35075442/>

The Globe and Mail, January 24, 2017

<http://www.theglobeandmail.com/news/national/assisted-suicide-could-save-canada-up-to-138-million-a-year/article33701475/>

Page 3: Housing: Are we housed well?

Affordable Housing:

<http://www.thewhig.com/2016/02/03/affordable-housing-building-could-finally-be-built>

Kingston and Frontenac County Housing Strategy, updated 2013.

https://www.cityofkingston.ca/documents/10180/13880/10Year_HousingHomelssness_Plan.pdf/2498b02e-6832-4250-95fc-6372b2bfc490

Affordable housing

<https://www.cityofkingston.ca/residents/community-services/housing>

<https://www.cityofkingston.ca/residents/community-services/housing/programs/capital-investment>

2016 Housing and Homelessness Report in the City of Kingston and County of Frontenac

https://www.cityofkingston.ca/documents/10180/13882/2016_HousingHomelessReport.pdf/61d09296-9329-430f-ac95-58036b53b107

Vacancy rate for seniors' rental housing in % (Kingston CMA) – background to the data provided at Page 3 of *Vital Signs* 2017:

- Data provided by the Community Foundations of Canada
- Sourced from Canada Housing and Mortgage Corporation (CMHC), *Seniors' Housing Survey*
- Definition:
 - The Seniors' Housing Survey targets only residences that have at least one unit that is not subsidized, have been in operation for at least one year, have at least 10 rental units (in Quebec, Ontario and the Prairies) or 5 rental units (in the Atlantic provinces and B.C.), offer an on-site meal plan, do not mandate high levels of health care (defined as 1.5 hours or more of care per day) to all of its residents (nursing homes and long-term care homes are examples of residences that were not included in the survey), offer rental units; life lease units and owner-occupied units are excluded from this survey, and have at least 50 per cent of its residents who are 65 years of age or older.
 - Standard space: A space where the resident does not receive high-level care (that is, the resident receives less than 1.5 hours of care per day) or is not required to pay an extra amount to receive high-level care. Regional terms for this type of space may vary across the country.
- Further information: refer to the *CMHC Housing Market Information Portal* at:

<https://www03.cmhc-schl.gc.ca/catalog/search.cfm>

Province of Ontario

The South East Local Health Integration Network's (SE LHIN) "Older Adult Strategy 2016 – 2026" and "Integrated Health Service Plan 4: Health Care Tomorrow – Putting Patients First":

<http://www.southeastlhin.on.ca/GoalsandAchievements/Planning/OAS.aspx>

SE LHIN sub-site for information on home and community care options: Follow the link to "I'm a patient"

<http://healthcareathome.ca/southeast/en>

SE LHIN information on Long-Term Care Home Waiting Lists Information and Placement Priority Categories for Individuals, dated September 15, 2017 (note: updated monthly)

<http://healthcareathome.ca/southeast/en/care/Documents/LTC%20Waitlist%20September%2015%202017.pdf#search=LTC%20waitlist>

Ontario Long Term Care Association, *Pre-Budget Submission to the Ontario Government 2015/2016*

<https://www.oltca.com/oltca/Documents/Reports/PreBudgetSubmission2015-2016.pdf>

OASIS Project – Kingston

Kingston Whig-Standard articles on OASIS:

<http://www.thewhig.com/2015/03/30/a-terrible-thing-theyre-doing>

<http://www.thewhig.com/2016/02/08/seniors-oasis-seems-to-be-going-dry>

<http://www.thewhig.com/2016/10/28/oasis-impresses-minister>

<http://www.thewhig.com/2017/02/09/seniors-supportive-living-group-gets-grant>

Kingston Heritage

<http://www.kingstonregion.com/news-story/6924014-oasis-celebrates-fifth-anniversary-by-recognizing-united-way-for-their-continued-support/>

From Patients Who Know: A Hospital Handbook (note: prepared by OASIS)

http://uhnopenlab.ca/wp-content/uploads/2016/10/Hospital-Handbook_eBook_2016-08-24.pdf

The Globe and Mail, June 12, 2017: What to look for with age-friendly living

<https://www.theglobeandmail.com/life/health-and-fitness/health/downsizing-five-things-to-look-for-in-an-age-friendly-community/article35212366/>

CMHC: Accessible Housing

CMHC provides a wealth of information for builders, designers, policy-makers and others who are seeking to understand accessibility issues and solutions.

https://www.cmhc-schl.gc.ca/en/hoficlincl/hoficlincl_002.cfm

The Globe and Mail, July 11, 2017: Provinces struggling to provide proper care for seniors

<https://www.theglobeandmail.com/news/national/provinces-struggling-to-provide-proper-care-for-seniors-report/article35652365/>

CBC, July 11, 2017 Enhanced home care could better match seniors' needs, report says

<http://www.cbc.ca/beta/news/health/seniors-home-cihi-1.4198650>

The Canadian Institute for Health Information report titled *Seniors in Transition: Exploring Pathways Across the Care Continuum*

<https://www.cihi.ca/en/seniors-in-transition-exploring-pathways-across-the-care-continuum>

The Globe and Mail, July 12, 2017, Andre Picard: Learning from the Dutch 'neighbourhood care' model

<https://www.theglobeandmail.com/opinion/learning-from-the-dutchs-neighbourhood-care-model/article35641577/>

The Guardian, June 21, 2017

Why young people are renting rooms in a Helsinki care home.

In return for cheap rent, Finnish 18- to 25-year-olds are befriending older people in a state run care home and helping provide a range of social activities

https://www.theguardian.com/society/2017/jun/21/young-people-renting-rooms-helsinki-care-home?CMP=Share_iOSApp_Other

Page 4: Are we healthy and well?

KFL&A Public Health provided the following references related to falls:

- National Ambulatory Care Reporting System 2003-2015, Ontario MOHLTC, IntelliHEALTH ONTARIO;
- Kingston, Frontenac, and Lennox & Addington Public Health. *The Burden of Injury Report*. Kingston: KFL&A Public Health; 2013.

The Kingston Whig-Standard, July 19, 2017

Frontenac Paramedics: Community paramedics project

<http://www.thewhig.com/2017/07/18/frontenac-county-paramedics-to-receive-funding-for-community-paramedicine-project>

Seniors Association Kingston Region

<https://seniorskingston.ca/>

Victorian Order of Nurses

<http://www.von.ca/en/site/kingston>

The Kingston Whig-Standard, July 19, 2017

Donna Segal, ex Chair, SE LHIN, comments

<http://www.thewhig.com/2017/07/18/ex-lhin-chair-wants-local-approach-preserved>

Page 5: Are we dying well?

Advance Care Planning

The Globe and Mail, Jul. 14, 2015: Dr. Duncan Sinclair

https://www.theglobeandmail.com/opinion/respecting-the-needs-and-wants-of-the-elderly-and-the-frail/article25486730/?utm_source=Shared+Article+Sent+to+User&utm_medium=E-mail:+Newsletters+/-E-Blasts+/-etc.&utm_campaign=Shared+Web+Article+Links

Will and Powers of Attorney for Property and Personal Care

<https://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/poa.pdf>

Advance Care Plan (note: this Ontario Government site provides Health and wellness information for seniors including information on Advance Care Planning)

<https://www.ontario.ca/page/health-and-wellness-information-seniors>

Alternative Level of Care – opinions of a legal blogger

<http://www.allaboutestates.ca/alternative-level-care-take-2/>

Providence Care Hospital, Centre for Studies in Aging & Health / Advanced Care Planning and Health Care Consent

<http://sagelink.ca/acp-hcc-se-ontario-portal>

Kingston General Hospital

<http://www.kgh.on.ca/kghconnect/news/kingston-residents-send-national-message-about-advance-care-planning>

The Kingston Whig-Standard, Mar 1, 2017:

The Canadian Frailty Network (CFN), an internationally recognized research network based in Kingston that focuses on improving health care for an aging population, has received \$23.9 million in renewal funding from the federal government's Networks of Centres of Excellence (NCE) program.

<http://www.thewhig.com/2017/03/01/federal-government-extends-networks-mandate>

Queen's / KGH. Dr. John Muscedere. See the video towards the bottom of the web page with Dr. Duncan Stewart.

<http://www.cfn-nce.ca/>

Kingston Police – Elderly Abuse

<https://www.kingstonpolice.ca/crime-prevention/abuse/elderly-abuse/>

The Globe and Mail, August 15, 2017: Delaying the onset of dementia, André Picard

<https://www.theglobeandmail.com/opinion/dementia-is-not-a-runaway-train-we-can-delay-its-onset/article35985183/?reqid=89138cee-3b3a-4818-8705-bf643d187e26>

Palliative Care

Auditor General of Ontario Report, 2014, on Palliative Care:

<http://www.auditor.on.ca/en/content/annualreports/arreports/en14/308en14.pdf>

The complete 2014 Report (including the above referenced section on Palliative Care) is available at:

<http://www.auditor.on.ca/en/content/annualreports/arbyyear/ar2014.html>

Hospice Kingston

<http://www.hospicekingston.ca/>

The Kingston Whig-Standard

Hospice Kingston, with its The Time is Now campaign, hopes to build a \$7.8 million residential hospice at the Sisters of Providence of St. Vincent de Paul property at 1200 Princess St.

“Ground will be broken on the 10-bed hospice facility and palliative care centre of excellence by the spring of 2018, with the first patient arriving in September 2019.”

<http://www.thewhig.com/2016/11/30/auction-nets-hospice-kingston-570000>

“The Waiting: The dementia experience in Kingston

Part 1: <http://www.thewhig.com/2016/12/28/memories-lost>

Part 2: <http://www.thewhig.com/2016/12/29/hard-realities-dont-go-away>

Part 3: <http://www.thewhig.com/2016/12/30/wait-for-secure-bed-is-long>

Dying with Dignity Canada – Advanced Care Planning

http://www.dyingwithdignity.ca/download_your_advance_care_planning_kit?gclid=CLQ09Cp0NYCFY4AaQod2x8JWw

The specific Advance Care Planning Kit for Ontario, courtesy of End of Life Planning Canada (ELPC), can be downloaded at:

https://d3n8a8pro7vhm.cloudfront.net/dwdcanada/pages/56/attachments/original/1476300467/Ontario_ACP_Sept_23_2016_-_Final.pdf?1476300467

Page 6: How well are we aging?

LTC co-payment – cost to the patient

http://www.champlainhealthline.ca/healthlibrary_docs/LTC_Rates_2016.pdf

ALC co-payment – cost to the patient

Ministry of Health and Long Term Care, Hospital Chronic Care Co-Payment/Questions and Answers (includes ALC patients)

<http://www.health.gov.on.ca/en/public/publications/chronic/chronic.aspx>

Extra material: Closing the gaps

The Globe and Mail, January 16, 2017

Assisted home care support workers:

<http://www.theglobeandmail.com/life/health-and-fitness/health/aging-boomers-highlight-need-to-bring-men-into-caregiving-profession/article33617160/>

The Globe and Mail, May 22, 2017

<https://www.theglobeandmail.com/news/national/hospital-overcrowding-has-become-the-norm-in-ontario-figures-show/article35076965/>

The Globe and Mail, May 23, 2017: André Picard

<https://www.theglobeandmail.com/opinion/better-health-care-means-fixing-bureaucratic-failings/article35075442/>

CBC, May 8, 2017: Care of aging parents costs Canadians an estimated \$33B annually

<http://www.cbc.ca/news/business/caring-parents-costs-1.4101277>