

Working Towards a Seniors' Proclamation on Aging in Place

Principles of the National Framework on Aging:

- Dignity
- Independence
- Participation
- Fairness
- Security

Saskatchewan Health Quality Council Dimensions of quality:

- Safety
- Effectiveness
- Patient-centredness
- Timeliness
- Efficiency
- Equity
- Access

As we looked at what the discussion groups had responded to the questions at our conference on ***Aging in Place***, it seemed that a framework for moving forward, or a Seniors Proclamation regarding Aging in Place or Continuum of Care or Continuum of Living, could be summed up as support of these above two sets of principles.

Here's what we heard that makes us think that.

First in relation to the Saskatchewan Health Quality Council's Dimensions of quality:

- ❖ Access to health care is of high importance to many, and the care provided needs to be a system that provides for good outcomes
- ❖ Transportation to medical services is seen as an important factor and lack of transportation as a frequent barrier
- ❖ Access to primary health care teams provides for:
 - Staying in own home and community
 - Increased accessibility
 - Effective access to health care
 - Patient-centred care – variety of types of care providers are part of the team
 - Efficiency because a team of people can provide for a variety of needs in a timely manner
- ❖ Providing choice in meeting health care needs is important and the choices need to be available for all people
 - Urban and rural
 - All income levels
- ❖ Telehealth options were also seen by some as having a place in providing some aspects of health care

In relation to the 5 guiding principles of the National Framework on Aging:

- ❖ Dealing with transportation needs increases participation in good healthcare options including activities that can increase good health
- ❖ It would be awesome to have same day appointments!
- ❖ Personal Care Homes are not affordable for many people
 - This is an issue that needs to be addressed
 - This level of service needs to be available to those who need it, not just to those who can afford it
- ❖ Independence and security can be tied to financial ability
 - Expanding CPP and other pension options is important to reduce poverty and increase security and care choices

- ❖ Assistance to allow people to remain in their own homes or communities is important
 - This includes accessible services and facilities
 - It also includes increased levels of home care
 - More money needs to go into home care to provide quality care, not just hospital replacement
 - Continuity of caregivers was very important
 - It makes for happier people, gives greater security and reflects a patient-centered system
- ❖ The care provided needs to be monitored to prevent possibilities of abuse
- ❖ There seem to be fewer volunteers available
 - Partly because the seniors have been many of the volunteers and less of them are able to do that now
 - Volunteers are very important to our communities
- ❖ People really liked the term “Continuum of Living”
 - It reflects a sense of wholeness
 - We should promote the concept of “Continuum of Living” as health living and all that makes a person whole
 - It is reflected in Age Friendly Communities which increase a sense of independence, security and dignity

“May you live for the rest of your life.” – Shan Landry