

November 2013

## Central West LHIN

**Board of Directors:** Maria Britto, Chair; John McDermid, Vice Chair, Lorraine Gandolfo, Member; Suzan Hall, Member; Winston Isaac, Member; Gerry Merkley, Member; Pardeep Singh-Nagra, Member; Ken Topping, Member.

### New funding to improve access to home and community care for seniors

Seniors living in the Central West LHIN will soon have greater access to community and home care services thanks to the close to \$11.2 million in funding announced this month by the Ministry of Health and Long-Term Care and the LHIN. The funding will help more seniors live independently at home and is aimed at reducing home care wait times, and increasing access to community supports such as assisted living, adult day programs and mental health services.

"I can't stress enough how important this investment is in our community," said Maria Britto, Board Chair, Central West LHIN. "It gets to the very heart of what we heard from older adults, family caregivers, individual groups, those living with serious mental illness and health service providers when we were identifying priorities for the LHIN integrated health services plan."



Nov 2013 - Linda Jeffrey, MPP, Brampton-Springdale (centre) is joined by (l-r) The Honourable John McDermid, Vice Chair, Central West LHIN; Amrit Mangat, MPP, Mississauga-Brampton South; Maria Britto, Board Chair, Central West LHIN; Sandy Milakovic, CEO, Canadian Mental Health Association, and Scott McLeod, CEO, Central West LHIN.

The [programs and services supported by this funding](#) will help seniors avoid unnecessary or repeat visits to hospital emergency departments and readmissions to inpatient hospital care and will address the needs of people with complex health conditions.

"Through coordinated, comprehensive care, we are now able to care for patients with very complex needs in their homes including people who historically would have been supported in the hospital or in long term care," says Cathy Hecimovich, CEO, Central West Community Care Access Centre (CCAC).

Seniors will benefit from expanded access to assisted living services in Brampton,

Etobicoke and Orangeville. Wait times for personal support services for those living with complex health needs will meet the province's five day guarantee. Access to complex mental health services will be improved, and access to adult day programming for people with Alzheimer disease will be expanded.

### Governance session puts spotlight on Seniors Care Strategy



Dr. Samir Sinha is passionate about transforming the way health care is delivered to Ontario seniors. Captivating a full house at the Central West LHIN's tri-annual gathering of Board members and senior leaders (representing Health Service Providers across the LHIN) last month, the Provincial Lead for Ontario's Seniors Care Strategy stressed the importance of helping seniors to age in place to maintain a sustainable health system.

“Today, those 65 years of age and older account for nearly half of all health and social care spending,” noted Dr. Sinha, who is Director of Geriatrics for Mount Sinai Hospital and University Health Network hospitals. “We need to establish sustainable best practices and policies now that support local delivery of health, social and community care services that help older Ontarians to stay healthy and independent for as long as possible.”

In the Central West LHIN, adults 75 years of age and over represent 41 percent of the LHIN's population and 53 percent of all emergency room visits. Disabilities, social frailty and the presence of multiple health conditions are amongst the factors that Dr. Sinha indicated that contribute to high use of health system resources among older adults.

“The design of our current health system often disadvantages older adults with chronic health issues. With increasing numbers of us wanting to age in place, we need to rethink the way we deliver services to an aging population.”

In Dr. Sinha's December 2012 report, [Living Longer, Living Well](#), he points to the need to “place as much importance on adding life to years as we do adding years to life.”

Putting a face on the importance of elder care, Dr. Sinha talked about Mr. W, who, at 103 years of age, remains fiercely independent thanks to the support of an assisted living program. “Our health system is currently geared towards long-term care, but there are so many opportunities to support aging in place through programs like supportive housing.”

Over the last three years in Ontario:

- Home First initiatives have helped to transition over 30,000 patients who were at high risk for placement in long-term care back to their homes
- The number of people in hospitals waiting for long-term care has dropped by 32 percent
- Although there are still wait lists for long-term care, demand has decreased by 6.9 percent thanks to an increase in the availability of community and home care services to support older adults to age in place.

Looking to the future, Dr. Sinha sees a health system that promotes wellness across elderly-friendly communities, supports older adults to age in place, provides elder-friendly hospital care, and offers more short stay and restorative options in long-term care that help older adults to remain living at home.

The Central West LHIN currently funds 47 programs that serve over 20,000 seniors and recently invested over half a million dollars to expand access to assisted living services for seniors in Caledon, Dufferin County and North Etobicoke.

For a copy of Dr. Sinha's presentation, [Ontario's Seniors Strategy: Where We Stand and Where We Need to Go](#), or for more information on the Central West LHIN's Services for Seniors, please visit our website at [www.centralwestlhin.on.ca](http://www.centralwestlhin.on.ca).

### **New Shelburne Centre for Health connects residents to primary care**

Residents in Shelburne now have access to the primary care they need when they need it right in their own community with the official opening of the Shelburne Centre for Health.

Five new family doctors were introduced to the community at the Shelburne Centre for Health's open house in early October where they had the opportunity to meet and mingle with local residents.

During the event Maria Britto, Board Chair, Central West LHIN, commended the great work being done at the Shelburne Centre for Health.



October 2013: Five new family doctors were on hand to meet local residents at the Shelburne Centre for Health's open house.

"I want to thank Dr. Amy Horvat and the rest of the care team for having the vision for what this Centre could be and for all of your hard work".

Dr. Horvat, Physician Lead, Shelburne Centre for Health, talked about the focus of the centre. "We are really focused on seeing new patients and we look forward to developing relationships with our patients. You no longer have to travel to see a family doctor who knows you".

The Shelburne Centre for Health welcomes Dr. Gursharan Soor, Dr. Aila dela Cruz, Dr. Nilany Somasundaram, Dr. Ishvinder Chattha, and Dr. Tristan Sumabat.

### Protect You and Your Family this Flu Season



Patrick Boily (right), French Language Services Coordinator and Aboriginal Health Consultant with the Central West LHIN, receives his flu shot from Dr. Amy Horvat, family physician with the Dufferin Area Family Health Team, Shelburne Centre for Health.

To help keep you and your family healthy this season, visit your family doctor, a walk-in clinic or a participating pharmacy to get your flu shot. To find a flu clinic near you, visit [Peel Region Flu Clinics](#) or [Toronto Community Flu Clinics](#).

The Central West LHIN plans, funds and integrates health care services for the communities of Brampton, Caledon, Dufferin County, Malton, North Etobicoke-Rexdale and Woodbridge.

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