

# DRAFT WORKING DOCUMENT

## Continuum of Health and Long-Term Care Services for Seniors with Mental Health Needs and their Carers/Caregivers

Prepared: July 2003

Prepared by: The Ministry of Health and Long-Term Care Advisory Committee

**Purpose:** The overall purpose of this continuum is to support the development of a system of health and long-term care services for seniors with mental health needs that is responsive, accessible, coordinated and integrated to help ensure the right services are available for the senior and their carers/caregivers at the right time, the right place, and for the right person.

**Objectives:** The Continuum recognizes the complex interdependent needs of seniors and that those needs require a continuum of services across levels and across sectors, including among others the mental health service system. The continuum services can be used as a road map to:

- harmonize different initiatives and policies relevant to seniors with mental health needs and their carers/caregivers;
- provide support to the carers/caregivers;
- encourage equity in access;
- identify opportunities for coordination of existing services and identify gaps in care;
- be considered as a foundation for examining other seniors populations;
- establish the validity, utility and specificity of this continuum by applying this tool to various senior groups so that its usefulness for specific populations can be identified;
- as a tool for regional offices, mental health implementation task forces and local communities, as a review of services available to seniors; and
- as a model based on best practices, which communities can use to develop pilot projects for seniors.

### Progress and Next Steps

The next steps to be undertaken will be to examine the utility and validity of the continuum applied to various unique populations that have mental health needs. These will include among others:

- seniors with physical medical problems with associated mental health needs;
- seniors with long-standing mental health problems;
- seniors with late onset mental health problems;
- seniors with dementia with mental health problems;
- seniors with primary mental health needs such as depression;
- seniors with substance misuse and concurrent disorders; and
- carers/caregivers that support seniors' with mental health needs.

### Definitions

"caregiver" means a family member, friend or other person who: has primary responsibility for the care of an applicant for homemaking or personal support services or of a person who receives such services; and provides that care without remuneration. O Reg. 386/99, s.2 (3)

"carer" means a family member, friend, or other person whom provide care by virtue of their relation to the senior, carers are not generally paid for the care that they provide.

**Draft Copy Only**

# Continuum of Health and Long-Term Care Services for Seniors with Mental Health Needs

First Line Services

First Line Services

Main Components

Process Objectives

Short-Term Outcome Objectives

Long-Term Outcome Objectives

Health Promotion, Education & Research

Housing

Consumer Initiatives

Family & Caregiver Initiatives

Community Supports

Transportation

Streamlined Access

- To support individual and system capacity for the health and well being of seniors
- To inform seniors/caregivers/families of the health and long-term care services available to them
- To support research initiatives on health and long-term services for seniors

- To provide seniors with adequate, affordable, accessible, safe, and secure housing which is based on consumer choice and maximizes independence
- To provide seniors with housing-specific information and support

- To support a range of consumer directed and consumer driven initiatives that address the health and well-being of seniors

- To promote the understanding and abilities of families and caregivers whose lives include the realities and myths of the aging process
- To support caregivers in their care-giving roles

- To provide access to a comprehensive range of community support services for seniors (e.g., social recreation, visitation services, meal services, community health centres, etc...)

- To facilitate a safe, affordable, accessible, and timely transportation service
- To provide education and training on the capacity to drive safely for those at risk
- To provide necessary assistance, including escort, where and when needed

- To provide a coordinated and integrated service response to consumer inquiries

- To improve individual and communal opportunities for healthy lifestyle choices for seniors in relation to the determinants of health
- To increase both the public's and policy makers' awareness of the impact and contributions of an aging population on society
- To improve the knowledge of individuals to improve and assist in primary, secondary and tertiary prevention
- To provide individuals with knowledge so that they can take responsibility for their health and make informed health choices

- To increase the likelihood of seniors acquiring suitable accommodations

- To improve seniors' ability to make and engage in positive lifestyle choices
- To increase consumers' self-determination and independence
- To increase responsiveness and meaningful input of consumers in the implementation and development of the service system at three major levels:
  - i) at the individual level;
  - ii) at the program level; and
  - iii) at the systems level
- To increase advance care planning for seniors

- To enhance recognition of the realities and myths of the aging process
- To strengthen the quality of life between family members, caregivers, and seniors
- To strengthen the support systems for families and caregivers

- To increase seniors' capacity to remain in the living environment of their choice
- To support and assist seniors that wish to contribute to society

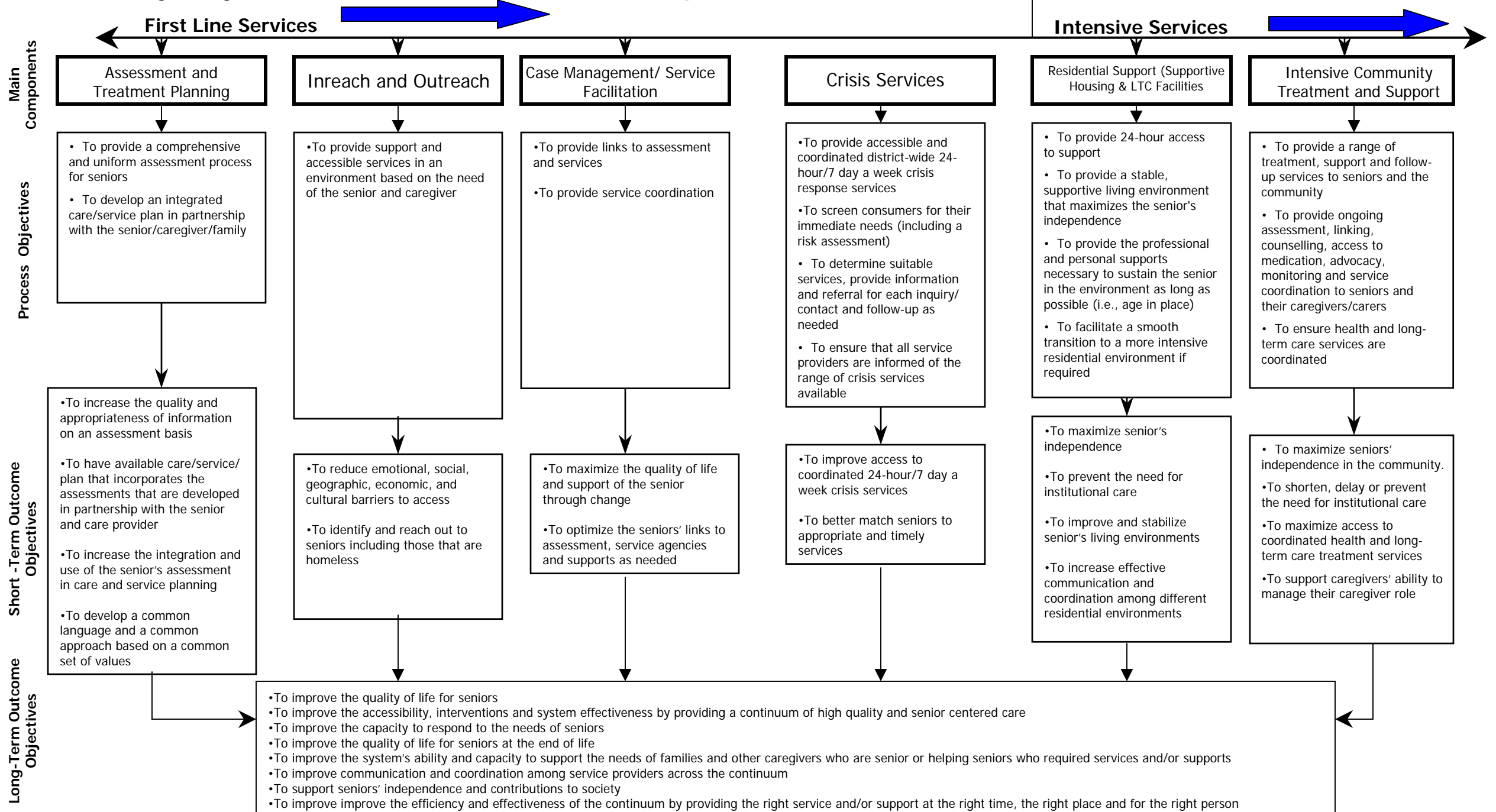
- To increase the safety of seniors' travel
- To increase seniors' abilities to get where they want to go
- To increase seniors' knowledge of transportation options

- To increase provider knowledge about the continuum of services for seniors
- To improve seniors'/ caregivers'/ family access to information about the full range of community resources

- To improve the quality of life for seniors
- To improve the accessibility, interventions and system effectiveness by providing a continuum of high quality and senior centered care
- To improve the capacity to respond to the needs of seniors
- To improve the quality of life for seniors at the end of life
- To improve the system's ability and capacity to support the needs of families and other caregivers who are senior or helping seniors who required services and/or supports
- To improve communication and coordination among service providers across the continuum.
- To support seniors' independence and contributions to society
- To improve improve the efficiency and effectiveness of the continuum by providing the right service and/or support at the right time, the right place and for the right person.

**Draft Copy Only**

# Continuum of Health and Long-Term Care Services for Seniors with Mental Health Needs



**Draft Copy Only**

# Continuum of Health and Long-Term Care Services for Seniors with Mental Health Needs

