Navigating the Health Care System

A Four Part Series

- The Family Doctor and Beyond...
- Overtaken By Illness...
- No Longer Independent...
- Advocating For Health
Finding Your Way
Through the Maze of Long-Term Care

- When is independence no longer an option?
- What’s out there – assisted living to long-term care
- Assessing the suitability of new habitats
- Financial considerations
- End of life care – making last days comfortable
The Realities of Long-Term Care
A Human Crisis?

- An aging population
- More people with chronic diseases and dementia
- Needs vs Availability of services
- Rising costs
- Financial pressures on “Boomers”
What is Long-Term Care?

- Who can access the services?
- What services are provided?
- What are the goals?
- Where are the services provided?
- When can the services be accessed?
When Independence is No Longer An Option...

When Is Independence No Longer an Option?

Factors For Consideration

- Activities of Daily Living (ADL)
- Communication and cognitive function
- In-home mobility
- Home repairs and maintenance
- Transportation
- Keeping track of medications
- Potential harm to self and others
When Independence is No Longer An Option...

What’s Out There?
From Assisted Living to Long-Term Care Facilities

- “There’s No Place Like Home”... In-Home Health Care and Community Support Services
- Independent/Supportive Living
- Assisted Living/Retirement Home Living
- Long-Term/Chronic Care/Nursing Home/Dementia Care Facilities
When Independence is No Longer An Option...

Assessing Suitability of New Habitats
What To Ask – What To Look For

- Facility Ownership/Operations/Admission Requirements
- Resident Rooms/Resident Life/General Living Space/Activities
- Exterior Grounds/Services
- Medical Care
- Safety
- Dining
- Visiting/Family Involvement
- Special Care Units
Tips and Traps

- Pre-planning
- Site visits
- Know your rights
- Read the fine print
- Know what you're paying for
- Find out the complaints process
Financial Considerations
“Someone has to pay for it”

- Medicare – What’s covered by government programs
- Personal Savings
- Check Your Benefits
- Making the Most of Social Security
- Spouse/Partner/Family
- Long-Term Care Insurance/Leveraging Life Insurance
- Sale of Home/Reverse Mortgage
End of Life Care...Making Last Days Comfortable

- Understanding Palliative Care
- Understanding Terminal Care
- The Settings - Palliative Care Units/Hospice/Home Care
- Staffing/Philosophy
- Pain and Symptom Control
- Living Wills/Advance Directives/Power of Attorney
Care For Caregivers

- The need for self-care
- Realistic expectations of self and others
- Ask for help
- Build a support team
- Education/caregiving books/websites
- You have a right to your own life
When Independence is No Longer An Option...

Additional Resources

Community Care Access Centres (CCACs)
http://www.ccac-ont.ca

A Guide to Programs and Services For Seniors in Ontario

Ontario Ministry of Health and Long-Term Care
Home Community and Residential Care Services

Ontario Retirement Communities Association (ORCA)
http://www.orcaretirement.com/

Advocacy Centre for the Elderly
http://www.acelaw.ca/index.php

CARP
http://www.carp.ca/
When Independence is No Longer An Option…

Additional Resources

Long-Term Planning Network
http://www.ltcplanningnetwork.com/

Caregiving Matters
http://www.caregivingmatters.ca/

The Care Guide (including access to Care Connect Helpline)
http://www.thecareguide.com/

Canadian Hospice Palliative Care Association
http://www.chpca.net/

Canada Revenue Agency Medical and Disability-Related Information
Questions?

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Please Join Us For the Next Session in the Four-Part Series

What’s a Health Advocate and Why Do You Need One? Tools for Empowering Yourself and Others in Accessing Health Care

November 3, 2015
12 – 1 PM
This presentation is provided to York University, Human Resources, Pension and Benefits for seminar participants
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