

B.5 Healthy Aging

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Presentation to

Seniors Strategy Advisory Task Force

Dr. Karim Kurji, Medical Officer of Health

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Healthy Aging

A life-long process of optimizing opportunities for improving and preserving health and physical, social and mental wellness, independence, quality of life and enhancing successful life course transitions.

Health Canada, 2002

Ontario Public Health Mandate

Requirements for program and services

- Population health assessment and surveillance
- Health promotion and policy development
- Health protection
- Disease and injury prevention

York Region Seniors

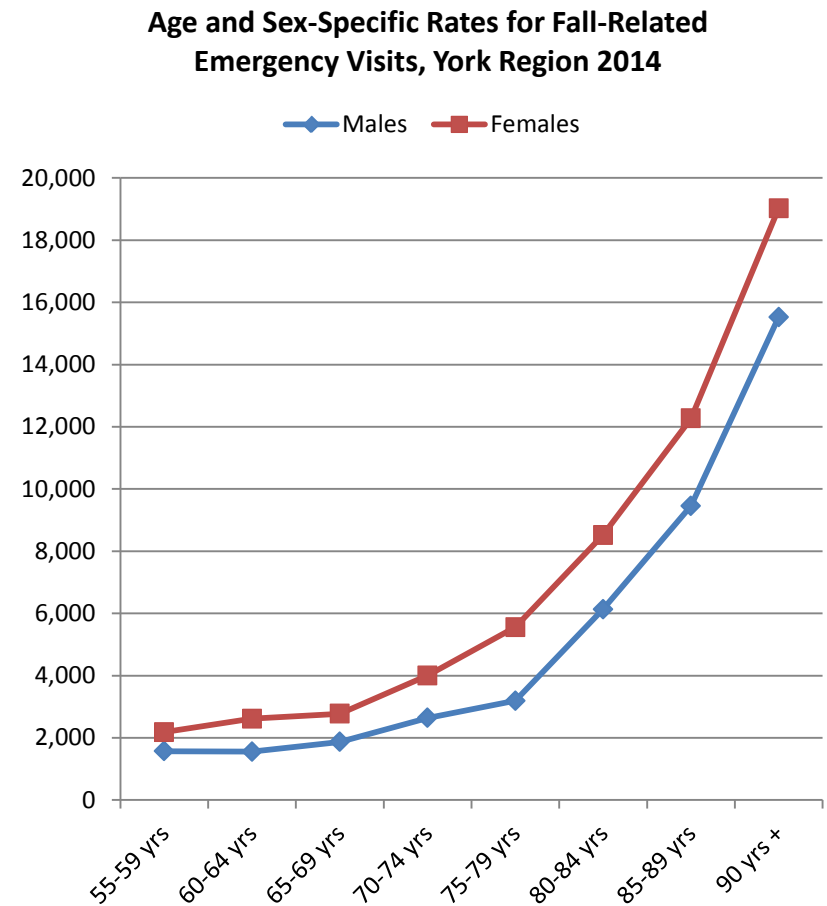
- Engage in behaviours that increase the risk of chronic disease
- Have lower perceptions of their general health status
- Have increasing rates of chronic disease as they age
- 46% have physical activity limitations resulting from long-term health conditions

Burden of Falls in Seniors

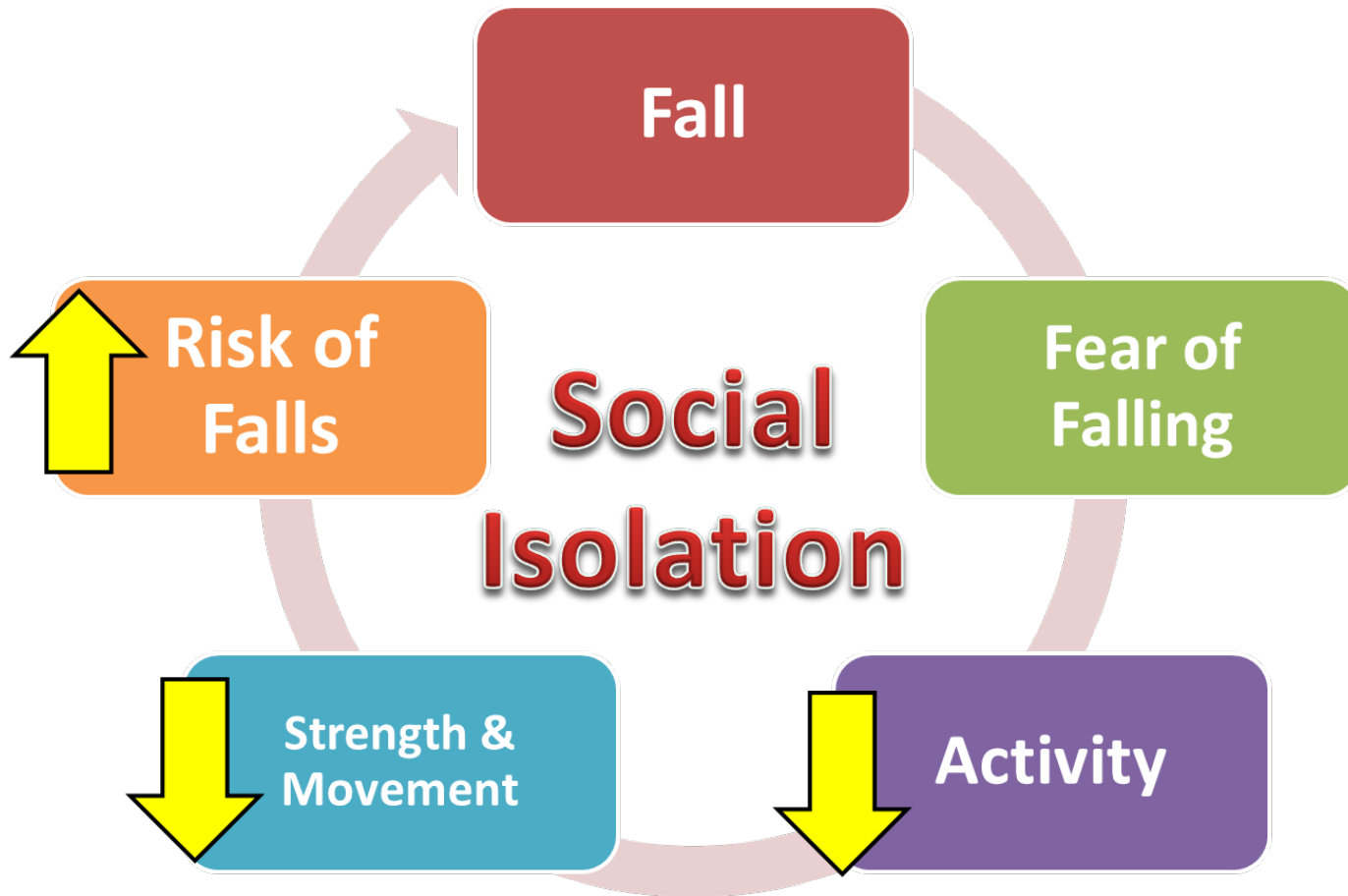
- 1 in 3 seniors fall each year
- In 2014, approximately 1 in 20 York Region seniors had a fall serious enough to require a visit to an emergency department

Burden of Falls in Seniors

- The number of fall-related emergency visits for York Region seniors has doubled since 2004
- The rate of fall-related emergency visits increases with increased age



Falls in Seniors



Falls in seniors are predictable and preventable

Healthy Aging Programs and Services

Education and Awareness Raising

Fit to Retire (\$500)

Healthy Aging Workshops (\$1,600)

Capacity Building

Step Ahead to Fall Prevention in
Older Adults Training (\$420)

York Region Healthy Aging Working
Group (\$690)

Policy Development

Fall Prevention Strategy (Central LHIN
wide) (\$125)

Age-Friendly Communities (\$1,000*)

*Does not include \$5000 in-kind)



Age-Friendly Communities Pilot

Dunlop Street and Rose Town



Four Steps:

1. Define AFC Vision and Goals
2. Assess Local Needs
3. Develop Action Plan
4. Implement and Evaluate

Health Protection Programs and Services

- Food Safety for Older Adults
 - Workshop (\$3,400)
 - Skill building
- Infection Prevention and Control
 - Inspections in Long Term Care
- Extreme Heat /Air Quality Health Index
 - Education (\$1,500)
 - Notification of key stakeholders
 - Social media notification to the public



Moving Forward

“We need to be healthy enough to age in place”



Leveraging Partnerships to Create Better Health Outcomes

- Healthy Aging Workgroup
- Fall Prevention Strategy
- Age Friendly Communities

Responding to the Top 5 Barriers to Integrating Care for Older Adults

Issue	Response
<i>Issue 1: We Do Little to Empower Patients and Caregivers with the Information They Need to Navigate the System</i>	<i>Coordinate access to information and support system navigation</i>
<i>Issue 2: We Don't Require Any Current or Future Health or Social Care Professional to Learn About Care of the Elderly</i>	<i>Education</i>
<i>Issue 3: We Don't Talk to Each Other Well Within and Between Sectors and Professions.</i>	<i>Collaboration</i>
<i>Issue 4: We Work in Silos and Not as a System</i>	<i>Integration, Partnerships</i>
<i>Issue 5: We Plan for Today and Not for Tomorrow with Regards to Understanding the Mix of Services we Should Invest In to Support Sustainability</i>	<i>Seniors Strategy Advisory Task Force</i>