

Healthy Aging in Place

Community Presentation

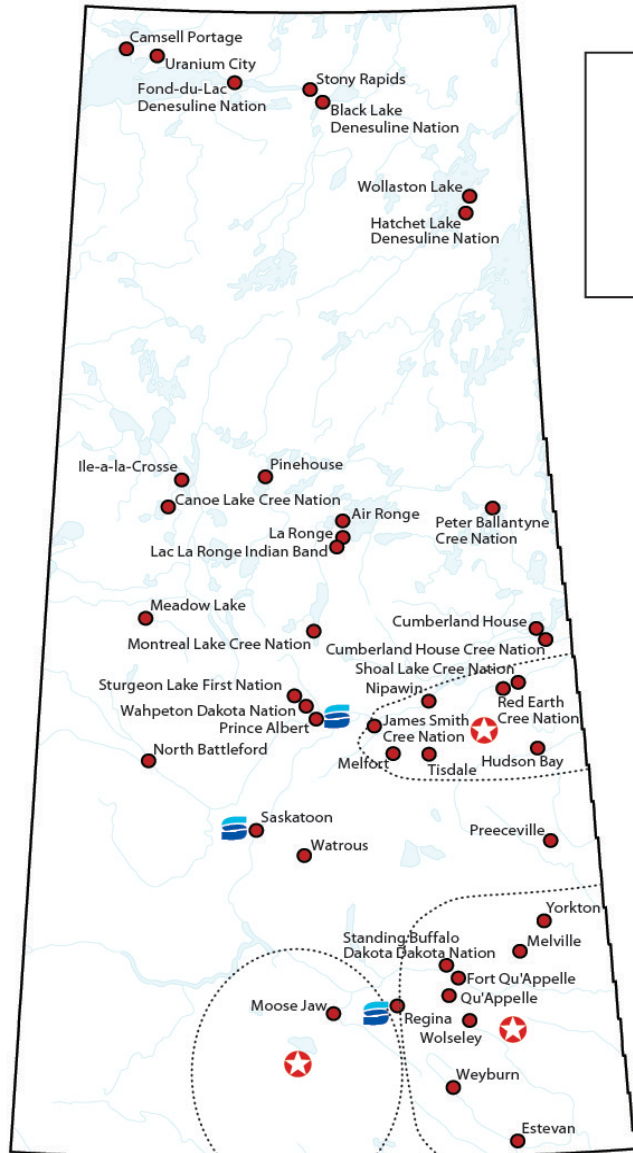
Wolseley, Saskatchewan
May 31, 2011

Saskatchewan Population Health and Evaluation Research Unit
University of Saskatchewan, University of Regina

SPHERU: Who are we?

- The Saskatchewan Population Health & Evaluation Research Unit (SPHERU) is an interdisciplinary research unit committed to critical population health research
- Collaboration between U of S and U of R with 10 researchers working out of 3 locations in the province: Regina, Saskatoon, Prince Albert
- Funded by the Saskatchewan Health Research Foundation (SHRF) and other national and provincial project funding

Saskatchewan Population Health and Evaluation Research Unit (SPHERU) SASKATCHEWAN PROJECT SITES/REGIONS 2005-2011



- SPHERU Research Site
- SPHERU Office
- SPHERU Study Region

Why are we here today?

- Share progress of research findings and exchange insight.
- Discuss whether these findings accurately reflect your experiences.

STUDY OBJECTIVES

- To address gaps in our understanding of the health service needs of seniors living in rural communities
- To identify the supports that enable rural seniors to stay independent and remain in their homes and communities longer

Why is this study important?

- Currently little government support for aging in rural areas;
- A lack of research and information on the health needs of older adults in rural areas;
- Majority of existing data and government policies are focused on aging in urban centers and cities.

Aging in rural Canada

- Over 15% of the rural population in Canada is aged 65 and older.
- Between 2006 to 2026, the number of older adults in Canada is projected to increase from 4.3 million to 8.0 million.
- Saskatchewan has one of the highest percentages of seniors, and is one of the few provinces without an aging or long term care strategy.

What we plan to do with this study?

- This study is community-based which allows older adults in rural areas to have their health needs and views shape the results of our study.
- We plan to share our findings with health regions, provincial government and federal policy-makers.
- Our goal is to make policy-makers aware of the needs of an aging population in rural communities.

Research: Progress Updates

- Work with community partners, Dennis Fjestad, Donna Lamoureux and Maggie Petrychyn;
- 39 interviews conducted with 24 women and 15 men, ages 64 to 98 years;
- Conducting interviews over 3 years with older adults in Watrous and Wolseley, SK;
- Completed 1st wave of interviews in Wolseley and will begin 2nd wave in June 2012.

Findings: Progress To Date

Key findings: Health service needs

- Home care
- Seniors' housing
- Access to information
- Built environment
- Transportation
- Meals on Wheels

Homecare

- No local home care workers, creates service availability problems such as giving pills in early mornings and evenings:

“I don’t know why they can’t find someone in Wolseley to do this, but they seem to have to drive in from other areas...”

Homecare

- **Consistency in workers** : *“As you get older, to have a different worker come in, you have no idea who’s going to be coming. It could be a different worker that you’ve never seen before.”*
- **Gender of homecare workers-** *“My friend the other day, she went in for a bath at the home. The home care gave her a male, a man, an older man, you know? Poor old soul.”*

Homecare

- **Lack of information and image issue:**

Respondent: “Home Care it's not worth a bloody nickel. They don't do anything.”

Interviewer: “Do you know what services they provide?”

Respondent: “Not really. I know some people that were getting them, stopped getting them ‘cause they weren't doing anything.”

Seniors' housing

- Clear need identified for more seniors' housing at the different levels of care.
- Need for more housing closer to downtown to increase accessibility to services.

Seniors' housing

- **Waitlist issue:** *“Especially Jubilee Court you have to wait till somebody dies which is bad or sent to the nursing home.”*
- **Seniors' housing design** doesn't allow wheelchair or ambulance stretcher to access inside the house.

Seniors' housing design

“These architects should have to get a wheelchair and show themselves they can maneuver... If somebody fell and broke their back and they had to lie flat out on the stretcher when they took them out. They would have to take out a window to get them out..”

Access to information

- *“I think Regina Health District needs to make sure that a lot more information gets put out... I think just the availability for resources and I think just more education too when it comes to knowing what is available.”*

Built Environment

- **Heavy doors-** *“The bank here, you're standing on 2 steps pushing a heavy door”*
- **Doors swing wrong way–** *“So how am I going to get around here, open the door and get in without falling backwards down the steps? Even at our post office you get up to the top... the door opens towards you.”*
- **Stairs:** seniors' housing, banks, Regina hospital

Transportation

- **Majority of women respondents identified a strong need for transportation:**

“I know it’s not just me I hear so many older women saying they just never get to Regina...And they liked going... the Greyhound used to go in the morning and come back at night but now it’s just terrible...”

Meals on Wheels

- **Accessibility & Availability:**
 - *“They need to re-examine the meals on wheels program because there are still a lot of people that fall through the cracks.”*
 - *“[Meals on wheels] is five days a week, but there’s still weekends.”*
- **Volunteer-based concerns:** if there are not enough volunteers the service ends.

Next Steps

- Continue the study in Wolseley over next three years to better address the health service needs of an aging population within a rural community.



Comments and Questions

Research Team

Community Partners

- Dennis Fjestad
- Donna Lamoureux
- Maggie Petrychyn;

Researchers

- Dr. Bonnie Jeffery, SPHERU, University of Saskatchewan and University of Regina
- Dr. Sylvia Abonyi, SPHERU, U of S
- Dr. Shanthi Johnson, SPHERU, U of R
- Dr. Nuelle Novik, Faculty of Social Work, U of R
- Dr. Diane Martz, SPHERU, U of S
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