

ORGANIZATION OF SERVICES FOR LONG-TERM CARE FOR SENIORS

Presented By

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- Population Ageing raises many issues for discussion and challenges to meet.

- One such issue is that of long term care.

Long-term Care

- WHO has defined long-term care as “the system of activities undertaken by informal caregivers (family, friends and/or neighbours) and/or professionals (health, social and others) to ensure that a person who is not fully capable of self-care can maintain the highest possible quality of life, according to his or her individual preferences, with the greatest possible degree of independence, autonomy, participation, personal fulfilment and human dignity”

- Disability has several causes:
 - Trauma
 - Age-related: vision, hearing
 - Chronic disease
 - Is associated with loss of independence and ability to function

- Increased older populations are accompanied by increased disability both physical and mental.
- Active Ageing promotes maximum function

- SABE Survey has highlighted the issue for the region reporting 1 in 5 having difficulty with differences by country.

- The Madrid Plan of Action directed attention to the need for state involvement in long term care.
- Articles 13, 14, 15 of the political declaration
- Priority #2: Advancing health and well being into old age

So there is a need for action.

State Responsibility

- Regulatory: Policies, Standards and monitoring systems.
- Service Provision.
- Promote the rights of older persons with disability, reduce inequities in health care.
- Promote specific programmes according to need.
- Protect against abuse and mistreatment.
- Provide long term care.

State Responsibility - Cont'd

- Providing a policy framework that defines purpose, principles, values and objectives.
- Providing a national policy that defines goals, gaps, time frames and monitoring systems.
- Providing programmes at municipality level.

Community Solutions



- Older persons want to remain at home but changes in the family are challenging the ability of families
 - economic challenges
 - feminization of old age
 - smaller families
 - changes in S/E states

- The challenge is how to strengthen the family and the community networks while providing the necessary supports and interventions if and when necessary.

Foundations of Community Health Care

- Self care
- Social and health care supports
- Relies on available family
- Education

Systems of care

- For:
 - the individual
 - the family
 - the caregiver
- Provided by:
 - the individual
 - the community
 - the family
 - the state

- Community based System for Seniors with Disability should:
 - maintain independence.
 - rehabilitate.
 - support family caregiving.
 - manage chronic diseases.
 - stimulate and facilitate social participation.
 - prevent premature institutionalization.

Five Areas for Consideration

- Who: people involved
 - »senior
 - »family
 - »community
 - »professional
- Where: the setting
- What: services
- How
- What can be done by whom, to start the development

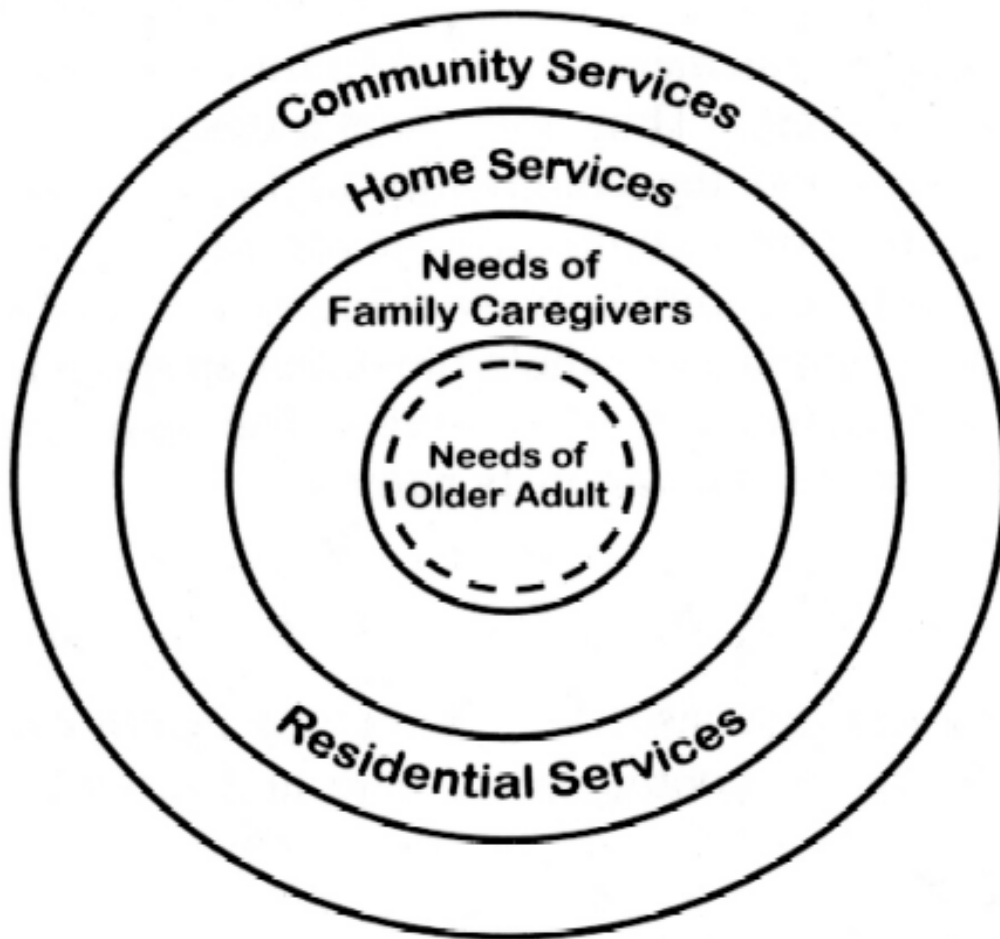
Areas for Integration and Networking

- Education
- Housing
- Transportation
- Social
- Legal
- Health

Community-based elder care: a continuum

- Community Services

- Adult day care
- Meals on wheels
- Exercise programme
- Legal advice
- Money Management services
- Outpatient mental health
- Recreation
- Respite care
- Senior centres
- Support groups
- Transportation
- Housing
- Support groups



Community-based elder care: a continuum - (cont'd)

- Home Services
 - Emergency response
 - Home-delivered meals
 - Home health care
 - Home health aide
 - Hospice
 - Home repair
 - Emergency relief services
- Residential/Institutional Services
 - Assisted living
 - Continuing care retirement community
 - Nursing home
 - Residential care (board & care)
 - Senior citizen apartments
 - Shared housing
 - Hospice

- The Caregiver is Key

Definition of Caregiver Costs

- Stress
- Strain
- Caregiver burden
- Monetary costs
- Time and energy
- Caregiver physical and mental health
- economic loss to caregiver

Burden on Caregiver

Caregiver Needs

- Education
- Support
 - physical
 - emotional
 - professional
- Relief

Support for Caregiver Needs

Community Programmes

These must be supported by a regulatory framework to protect the rights of older persons and prevent abuse.

- supported by a standards and regulatory body with enforcement capability.
- include training and re-certification programmes for the workforce.
- include a registry of homes, institutions and voluntary organizations offering services.

In Conclusion

- There is a role for state, community, family and individuals in extending quality of life for seniors and the state has a key leadership role.