

## this issue

CRNCC updates **P.1**

Warm welcome **P.2**

Did you know? **P.3**

Event highlights **P.4**

On the mic. **P.6**

On the radar **P.7**

## We Need Your Ideas

In preparation for our next symposium, we'd like to open up the field to you for ideas.

What topics or themes would you like to see explored at our next event?

Please email us at  
[crncc@ryerson.ca](mailto:crncc@ryerson.ca)



she has added sizzle and design flair to the newsletter format and DVD productions. She has also extended the brand recognition of CRNCC. We wish Quest success in her future studies. To ensure a smooth transition and operational excellence, we are fortunate to have the multi-talented and ever resourceful Alvin Ying, who has been with the CRNCC since its beginning, to serve as CRNCC manager.

On February 17, the **CRNCC** in partnership with **Solutions: East Toronto's Health Collaborative** mounted a full day symposium on **Self-Managing Care: From Ideas to Solutions**. Award Winning Canadian author **Wayson Choy** was the keynote speaker who, with humour and warmth, talked about his near death experience and all the people across the care continuum who now help him manage his health condition. "Without their ongoing support," he said pointing to the 300 people in the audience, "I would have missed all this!" He was truly inspirational and set the tone for highly successful event.



## CRNCC Updates

We'd like to express our deepest appreciation to *Quest Atkinson* who has decided to focus on pursuing graduate studies. During her time as the CRNCC manager,

**CRNCC Co-Chairs,**

Janet Lum



Paul Williams



## What's New

### IN FOCUS FACT SHEETS

New

**Supporting Self-Managed Care**

New

**Sexuality and Aging**

### REPORTS

**Helping Patients Help Themselves:**

**Are Canadians with Chronic Conditions**

**Getting the Support They Need to Manage Their Health?**



**Special Issue of Healthcare Papers on Aging at Home**

## Warm Welcome

A special welcome to **Dr. Dennis Kodner**, the newest international member to the CRNCC. Dr. Kodner is the Director and Professor of Medicine & Gerontology NYIT Center for Gerontology and Geriatrics, New York College of Osteopathic Medicine of New York Institute of Technology (NYIT). He is also an adjunct faculty of the Division of Geriatric Medicine at McGill University. Dr. Kodner is on the editorial board of the International Journal of Integrated Care (IJIC) and serves as a member of the International Network of Integrated Care (INIC).



Dr. Kodner focuses his research and writing in the area of integrating care. Most recently, he published "All together now: A conceptual exploration of integrated care" in the October 2009 special issue of *Healthcare Quarterly*. See references to some of Dr. Kodner's other publications in our Knowledge Bank.

Dr. Kodner brings to the CRNCC expertise in areas of integrated care, chronic disease management, home and community-based services, eldercare innovation and comparative long-term care systems. We are delighted that he has joined our Network and look forward to his active participation.

To contact Dr. Kodner, see our list of CRNCC Member Organizations.

**Please visit the CRNCC website for past presentations and webcasts on integrating care initiatives at home and abroad**

**Aging at Home:**  
connecting the dots in Ontario  
and beyond



**Look Globally - Act Locally:**  
Integrating Care in the Community for  
Vulnerable Populations

# Did you know?

## Unpaid Informal Caregiving

Informal carers provide unpaid care and support to a family member, friend or neighbour who has a physical or mental disability, is chronically ill, or is frail.<sup>1</sup>

Statistics Canada 2002 General Social Survey<sup>2</sup> estimates that:

- 18% (2 million) of Canadians 45 years or older give informal care to older adults.
- 16% (1.7 million) of Canadian adults aged 45 to 64 provide informal care to almost 2.3 million seniors with a long-term disability or physical limitation; and,
- 1 in 12 (321,000) Canadians over 65 look after at least one other senior.

While informal carers perform many activities, they mostly assist with the activities of daily living. The General Social Survey groups informal care into 4 broad categories: duties inside the house (housekeeping, meal preparation, laundry); duties outside the house (house maintenance); transportation (for shopping and other tasks); and, personal care (bathing and personal hygiene).

On average caregivers between 45 and 64 years provide 23 hours of care per month:

- 13 hours (57%) on housekeeping and other IADL supports;
- 4 hours (17%) on outside activities;
- 3 hours (13%) on transportation;
- 3 hours (13%) on personal care.

Caregivers over the age of 65 provide almost 28 hours of care per month:

- 16 hours (57%) on IADL activities;
- 1 hour (3%) on outside activities;
- 6 hours (21%) on transportation;
- 5 hours (18%) on personal care.

Hollander et al. calculated the economic contribution by informal carers providing supports to older people using the market cost of homemaking services estimated from 2007 hourly rates. This is the cost that governments would have to pay they wished to replace unpaid care with paid care. The estimated economic contribution of unpaid carers is about 25-26 billion dollars in 2009.<sup>3</sup>

### Planning for the future

Many social factors are increasing the complexities of informal caring. They include: efforts to deinstitutionalize care; changes in family patterns (e.g., one-parent, common-law, LGBT families); increasing numbers of single person households, decreasing number of volunteers who traditionally have contributed many hours of care in the community; and, the increasing racial, ethnic and religious diversity of Canada's population.

<sup>1</sup>Health Canada. (2004). Health care system: Family/informal caregivers. Ottawa: Author. Retrieved from <http://www.hc-sc.gc.ca/hcs-sss/home-domicile/caregiv-interven/index-eng.php>

<sup>2</sup>Stobert, S., & Cranswick, K. (2004). Looking after seniors: Who does what for whom? *Canadian Social Trends*, 74. Ottawa: Statistics Canada. Retrieved from <http://www.statcan.gc.ca/pub/11-008-x/2004002/article/7002-eng.pdf>

<sup>3</sup>Hollander, M. J., Liu, G., & Chappell, N. L. (2009). Who cares and how much? The imputed economic contribution to the Canadian healthcare system of middle-aged and older unpaid caregivers providing care to the elderly. *Healthcare Quarterly*, 12(2), 42-49.

## Related Reports

*Who Cares and How Much? The Imputed Economic Contribution to the Canadian Health Care System of Middle-Aged and Older Unpaid Caregivers Providing Care to the Elderly*

*Care-About-Caregivers: Caregiving for the Future of Ontario*

*Care of Older Canadians: Policy Challenges & Emerging Issues Affecting Caregivers*

*Looking After Seniors: Who Does What for Whom?*

*Unpaid Informal Caregiving*



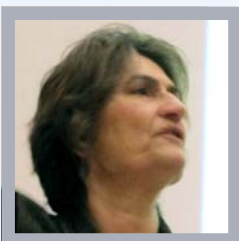
# Event Highlights



## Self-Managing Care: From Ideas to Solutions

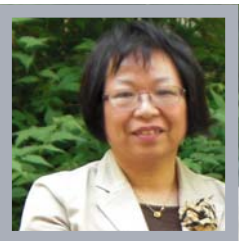
February 17, 2010 - Vari Engineering Centre, Ryerson University (Toronto, ON)

### Morning Panelists



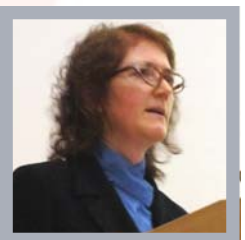
**Judith Schaefer** (MacColl Institute for Healthcare Innovation, United States) talked about the shift from expert-driven care to a Chronic Care Model that emphasizes the essential role of health care providers in building partnerships with clients to prepare them to be active managers of their own illness.

**Andy Underwood** (Home and Community Support Services of Grey Bruce, Owen Sound) shared his sometimes poignant, sometimes humorous stories about his personal experiences and the struggles of the disability community to arrive at self-managed care as a core value and practice for independent living and attendant care.



**Helen Leung** (Carefirst Seniors and Community Services Association, Toronto) highlighted the unique challenges of providing linguistically and culturally appropriate health services and supports for Toronto's large population of diverse seniors who are at risk of chronic diseases. She shared many lessons as Carefirst developed its innovative chronic disease self-management programs.

**Jennifer Chambers** (Centre for Addictions and Mental Health, Toronto) advocated attitudinal changes in clients and health service providers as key components to system changes. Empowering clients means that health professionals must use a range of forums to work with clients as partners in their care.



# Event Highlights

## Afternoon Workshops

**Judith Schaefer** (MacColl Institute for Healthcare Innovation, United States)

**Marilyn Herie** and **Rosa Dragonetti** (Centre for Addictions and Mental Health, Toronto)

**Frances Morton-Change** (Elder Coach, Toronto)

**Bob Gardner** (The Wellesley Institute, Toronto) and **Anthony Mohamed** (St. Michael's Hospital, Toronto)

**Betty Wills** (Carefirst Seniors and Community Services Association, Toronto)

*To view all presentations and other event information, please visit  
<http://www.crncc.ca/>*



## Feedback

"...We found most valuable new ideas, new approaches... team-oriented approaches to health problems...new solutions to growing problems..."

"I have taken away some valuable tools for use in my practice."

"Good mix of activists and advocates on the panel".

"The topic is timely!"

"I valued the ability to see how other organizations deliver their programs."

## Downsview Walking Club

*Downsview Services to Seniors*

### Tell us a little bit about this walking club?

The walking club happened as the result of an on-going partnership among Downsview Services to Seniors, York West Active Living Centre and Parc Downsview Park (home of the “Hanger”, formerly an aircraft hanger and now serves as an indoor recreational facility). The program is open to everyone 55 years or older. Participants meet every Thursday morning as certified walking instructor, Lydia, leads an hour of physical activity in a social setting. Best of all, this program is free of charge and accessible to older adults throughout the area since the TTC service comes directly to the door of the Hangar .



### What is the idea behind this walking program?

At Downsview Services to Seniors we are committed to providing seniors with opportunities to experience both physical activity and social engagement on a regular basis. We believe that the Walking Club promotes both physically fitness and social connectedness.

### What do some of your participants say about the program?

Participants of the walking club have repeatedly said that they enjoy the Hanger because it provides a large indoor controlled climate and “forgiving” astro-turf walking surface, as compared to the unpredictability of outdoor winter climate and hard walking surfaces that can be wearing on backs and knees.

### Where do you see this program heading in the future?

The number of program participants has grown, demonstrating that there is a great demand for programs which contribute to improving and maintaining one’s quality of life. Right now we are trying to find additional funding to expand the walking club to twice weekly. This will make the program even more accessible and will encourage more frequent walking. We also hope to set up specific and personalized programs to monitor fitness, endurance, strength and balance.

We have plans to find research support from the recreation or kinesiology departments at one of our universities. Another aspect of our program which merits research is improved sense of wellbeing and reduction in social isolation of our participant population.

For more information on the Downsview Walking Club, please contact:

**Jeff Gruchy**

H.L.C. Program Coordinator

[www.downsviewservices.com](http://www.downsviewservices.com)



## APRIL 2010

### 29-30 | OGA Annual Conference: Innovation and Aging

Presented by: Ontario Gerontology Association  
Location: Sheraton Parkway Hotel, Richmond Hill, ON



## JUNE 2010

### 7 | Advancing Research for Health in our Global Community

Presented by: Daphne Cockwell School of Nursing  
Location: Ryerson University, Toronto, ON



### 7-9 | Get Inspired: 2010 OANHSS Annual Meeting and Convention

Presented by: Ontario Association of Non-Profit Homes and Services for Seniors  
Location: Westin Harbour Castle Hotel, Toronto, ON



**OANHSS**  
ONTARIO ASSOCIATION OF NON-PROFIT  
HOMES AND SERVICES FOR SENIORS

### 10-11 | Health Equity: Pushing the Boundaries

Presented by: Association of Ontario Health Centres  
Location: Sheraton on the Falls, Niagara Falls, ON



Association of Ontario Health Centres  
Community-governed primary health care  
Association des centres de santé de l'Ontario  
Soins de santé primaires gérés par la communauté

### 13-15 | OACCAC Annual Conference: Knowledge and Inspiration

Presented by: Ontario Association of Community Care Access Centres  
Location: Ryerson University, Toronto, ON



## SEPTEMBER 2010

### 13-15 | Connecting Research and Education to Care in Seniors' Mental Health: Canadian Coalition for Seniors' Mental Health 4th National Conference

Presented by: Canadian Coalition for Seniors' Mental Health  
Location: Westin Nova Scotian Halifax, Halifax, NS



Canadian Coalition for  
Seniors' Mental Health  
Coalition Canadienne pour la Santé  
Mentale des Personnes Âgées

## In The Know...

Look for the following upcoming In-Focus Backgrounders on topics such as:

- Sexuality and Long-Term Care
- Sexuality and Diversities
- PSWs
- Informal Caregivers

Go to CRNCC Knowledge Bank  
[www.crncc.ca/knowledge/index.html](http://www.crncc.ca/knowledge/index.html)

\*We encourage you to check [www.crncc.ca/events](http://www.crncc.ca/events) often as our calendar is continually updated



CRNCC is committed to creating an open and accessible environment that offers current and relevant information. We welcome comments, questions, and concerns.

**Address**

350 Victoria Street  
Jorgenson Hall – Suite 723  
Toronto, Ontario  
M5B 2K3

**Phone**

416.979.5000 x7045

**Email**

[crncc@ryerson.ca](mailto:crncc@ryerson.ca)

**Online**facebookLinked in

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If you would like to be removed from this listserv, or know someone who would like to be added, please contact us at [crncc@ryerson.ca](mailto:crncc@ryerson.ca).

*The views expressed here do not necessarily represent those of the Social Sciences and Humanities Research Council of Canada, Ryerson University, or the University of Toronto.*