

# Aging in Place: Challenges and Facilitators

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# Goals



Introduce *elements of aging in place* as a long term care option for seniors

Share *research results* on aging in place for French and English speaking older adults that are semi-independent – challenges and facilitators

Elements of *reflection* for the future

# Aging in Place



## Definition

☞ The ability of a person to stay, with or without help, in the community;

☞ The choice of a person to be secure, and to be in control of the residence of her choice.

# Aging in Place

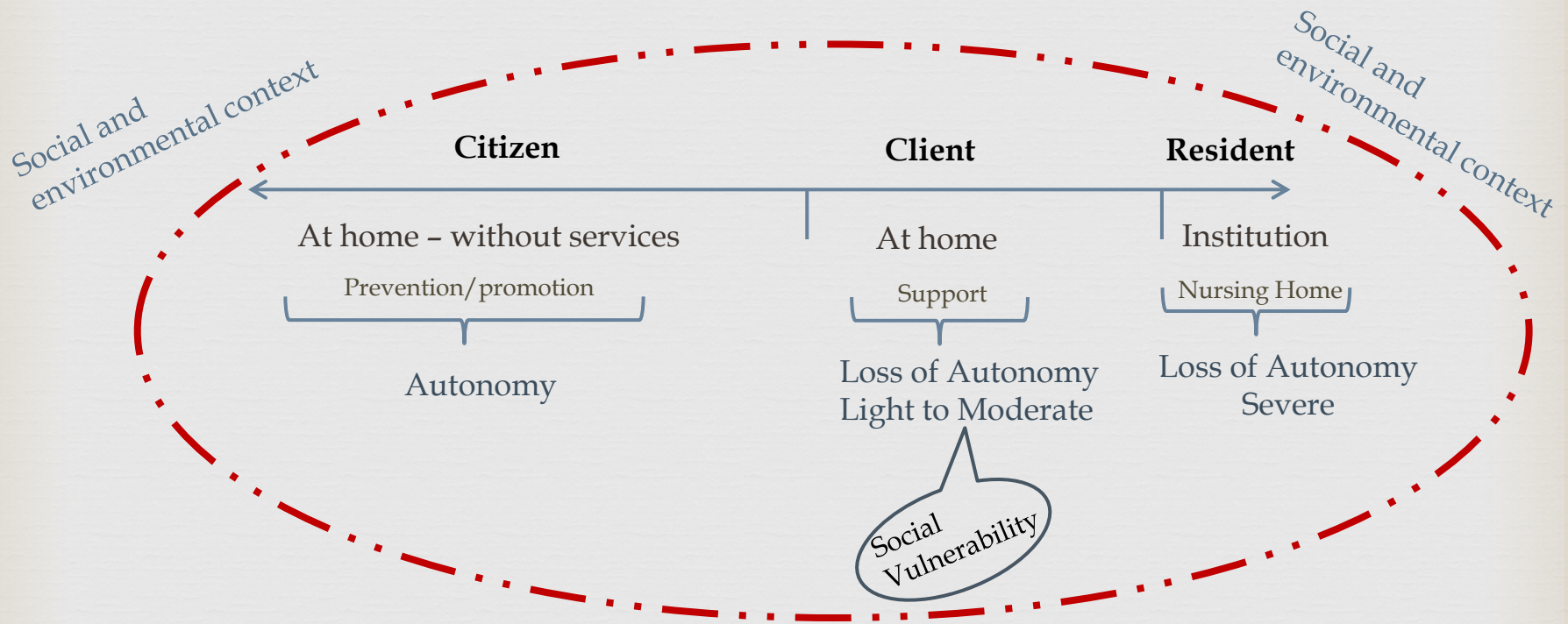


- ❧ In Canada, 92% of older adults over the age of 65 years live in the community (Stats Can, 2014)
- ❧ In NB, 19,5% of the population is currently over the age of 65 years
  - ❧ More older adults than teenagers under the age of 15 years (Stats Can, 2015)
- ❧ In NB, 49% of the population live in a rural community
- ❧ In NB, 33% of the population declare French as their first language
  - ❧ With age, and with the presence of dementia, older adults can lose their ability to understand and speak a second language.

# Research Program on Aging in Place



# Continuum of Autonomy/Care





# The Challenges of Aging in Place

# Seniors Specific Needs



- ❧ Services currently received
  - ❧ Housekeeping
  - ❧ Lawn/snow
  
- ❧ Service providers
  - ❧ Family ++
  - ❧ Private services (paid personally)



❧ Services needed but not being received

- ❧ Groceries / Meals
- ❧ Health advice and regular monitoring
- ❧ Transportation
- ❧ Information on programs, services, activities
- ❧ Outdoor maintenance (plant flowers, paint fence)
- ❧ 'Presence' at night

- ❧ « *All services are available in English but few are offered in French* »
  
- ❧ Experience of asking/receiving services in French
  - ❧ Long wait
  - ❧ Few choices in workers (competency)
  - ❧ Worker difficult to understand or speaks few words in French
  
- ❧ Consequences of not receiving services in French
  - ❧ Communication difficulties
  - ❧ Safety
  - ❧ Frustration
  - ❧ Quality of services

## ☞ Reasons given for refusing services

- ☞ Stranger
- ☞ Difficult to accept services
  - ☞ Realities of loss of independence
- ☞ Past negative experiences
  - ☞ Self
  - ☞ Others
- ☞ Cost / Revenue



# Factors that Facilitate Aging in Place

# 8 strategies to successfully age in place

(older adults over 75 yrs)

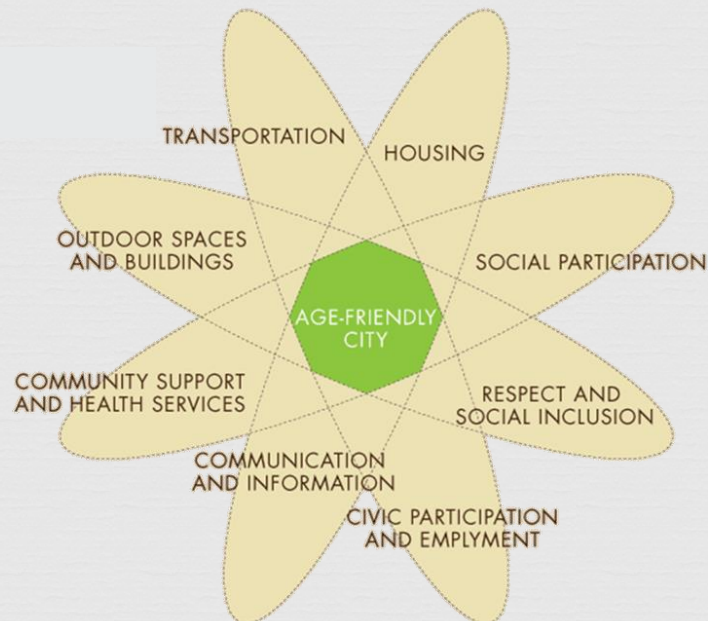


- ❧ Attitude and determination
- ❧ Self-perceived health
- ❧ Choice of home
- ❧ Access to transportation
- ❧ Available support
- ❧ Age-friendly community
- ❧ Access to home maintenance services
- ❧ Adequate income and educational level



# Elements of Reflection

# Age-Friendly Communities



Dupuis-Blanchard, S., Gould, O., & French, I. (2016). The importance of planning for an aging population: Is our city age-friendly? *Journal of New Brunswick Studies*, 7(1), 70-86.

# Nursing Homes without Walls



∞ 65 nursing homes

∞ Rural & urban settings

∞ Levels 3 and 4

∞ 395 special care homes

∞ Private

∞ Levels 1 and 2

∞ Rural & urban settings

Anglophone	42
Francophone	19
Bilingual	4

Anglophone	201
Francophone	119
Bilingual	75





## ∞ On-line survey

∞ 42 nursing homes participated (64%)

## ∞ Sociodemographic information

∞ 55% of administrators were 50-59 years old

∞ 31% of administrators had 5-9 years of experience in management

∞ 29 administrators were English speaking

∞ 13 administrators were French speaking

∞ 66% of respondents were from a rural community



- ∞ 100% of participants in on-line survey were interested in offering services and care to seniors in the community
  
- ∞ 88% would need more funds
  - ∞ Services
  - ∞ Human resources
  
- ∞ 52% would need more space

# Care in the community is part of their values

## Collaboration with the community

Room and bus rental

Access to activities

Generosity of the community

## Volunteers

Awariness of the public of what is a nursing home

Intergenerational programs

Less stigmatisation

## ☞ Administrators' vision for the future:

☞ Nursing homes become « hubs » for services related to aging



- Day centres
- Meals

- Multidisciplinary team available
- Transportation

- Transitional care units
- Assisted living housing

# Last reflection...



- œ Aging in place with dementia? Research?
  - œ Person with dementia
  - œ Family caregivers
  - œ Communities

# Conclusions



Services and support need to be adequate according to the needs of seniors and their families and in the official language of choice for aging in place to be successful

- Human resources
  - Work conditions
  - Education
  - Recruitment and retention



Community engagement and intergenerational



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❧ *Individual* factors that contribute to aging in place

- ❧ Positive attitude
- ❧ Good health
- ❧ Housing that meets their needs
- ❧ Revenue and education

❧ *Community* facilitators

- ❧ Transportation
- ❧ Support
- ❧ Age-friendly communities
- ❧ Access to services and care

- ❧ Study participants were successfully aging in place
  - ❧ Family support (spouse and children)
  
- ❧ Services for aging in place are limited and are difficult to access in the official language of one's choice
  
- ❧ Uncomfortable asking for help and accepting help





- ❧ Nursing homes can support aging in place by offering their services in the community
- ❧ Nursing homes are in most regions: rural, urban, French, English
- ❧ Infrastructure that is already in place with human resources
- ❧ Need all sectors to collaborate and eliminate the silos of services and care

# Next...



- ∞ The element of « dementia » in this story????
  
- ∞ Human resources recruitment
  - ∞ Create awareness in high schools
    - ∞ Population aging
    - ∞ Job and career possibilities
  
- ∞ Development of strategies/politics (short and long term) for aging as well as for dementia



# Questions / comments



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National conference of the Canadian Association on Gerontology  
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