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# Respect, Recovery, Resilience

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## PART TWO

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March 8<sup>th</sup>, 2011 Summary

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## Goal

## Improve Mental Health and Well-Being

To improve mental health and well-being of seniors there needs to be a focus on improved access to and acceptability of seniors programs, recreational activities, health food and good quality health care. This includes targeting seniors in rural and northern areas who often have little access to these services and are more likely to be isolated and receiving low income. Particular attention needs to be put on support for informal caregivers through respite, programs and income supports.

### Top priorities to improve mental health and well-being:

- Education
  - Public education
  - Provide mental health training in LTC
  - Focus not only on identification, but also on treatment, case management and health promotion
  - Address stigma of mental health, as well as stigma of health promotion for seniors
- Supportive structures
  - Identify best practice guidelines for identification and treatment of seniors with dementia and addictions
  - Address resource shortage and increase resident to staff ratio
- Target police as partners in mental health system
  - Recognize police as integral part of mental health health system, especially with respect to changes to LTC regulations
- Services
  - Improved availability of psychiatric services in LTC, especially for the young-old and those with a longer history of mental health problems
  - Improved access to appropriate services, including supportive therapy
  - Improved partnerships between CCAC and other resources to improve mental health services for seniors

## Goal

## Create Healthy, Resilient, Inclusive Communities

For this goal, 'community' is recognized as the social determinants of health (housing, employment, income, education). To satisfy these needs across the lifespan there needs to be a focus on *a home, a job, and a friend*. This statement recognizes the environment the individual lives in, the importance of being able to meaningfully contribute, and the necessity of human connection.

## **Top priorities to create healthy communities for an aging population:**

- Inter-Sectoral Collaboration
  - This is not just a 'health' sector issue, but requires a commitment from transportation, housing, labour etc.
- Re-engage the Public Health sector
- Accessibility / Transportation
  - Enables meaningful activity as well as increases physical healthy
  - Access to physicians who are willing to take this population on
  - Access to subsidized transportation to take part in the community and access mental health supports

## **Goal Identify Problems Early and Intervene Appropriately**

10-25% of seniors have mental health disorders and there is a strong link between mental health and addictions. Provincial, regional and local activities indicate a shift towards addressing this issue. Interventions include networks, professional organizations, conferences, community consultation, regional initiatives, case consultation, education, community development and key linkages to resources, knowledge networks and collaborative teams.

## **Top priorities to identify problems early in an aging population:**

- Primary care
  - Increase the use of memory clinics so that providers are better able to follow and monitor the trajectory of the disease and divert from the ER when possible
  - Focus here on early detection
  - Continue to provide coaching and mentoring between geriatric medicine and psychiatry
- Medication management
  - Difficult but solvable problem
  - Address those using pain medications with a dementia overlay