

BC Seniors Advocate

Re-visioning Long-term Care – The BC Perspective



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SENIORS ADVOCATE

www.seniorsadvocatebc.ca
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Who is in Residential Care in BC?

RAI Characteristics	Seniors in Residential Care
Over 85 years of age	56%
Average age	85.1
Female	65%
Married	19%
Diagnosis of Alzheimer's or other dementia	61%
Diagnosis of psychiatric condition or mood disorder	30%
Moderate to severe physical impairment	70%
Moderate to severe cognitive/memory impairment	62%
Combination of complex conditions indicating high or very high need for facility level care	82%
Exhibits aggressive behaviour	33%
Uses wheelchair	53%
Received 9 or more different medications in the last 7 days	51%



Trends in Residential Care in BC

- ◆ ↓ LOS (although new evidence shows slight ↑)
- ◆ Acuity stable over last 7 years
- ◆ 30-40% no dementia
- ◆ < 20% married
- ◆ Lower income on average



What is happening in residential care?

Residents receiving therapy

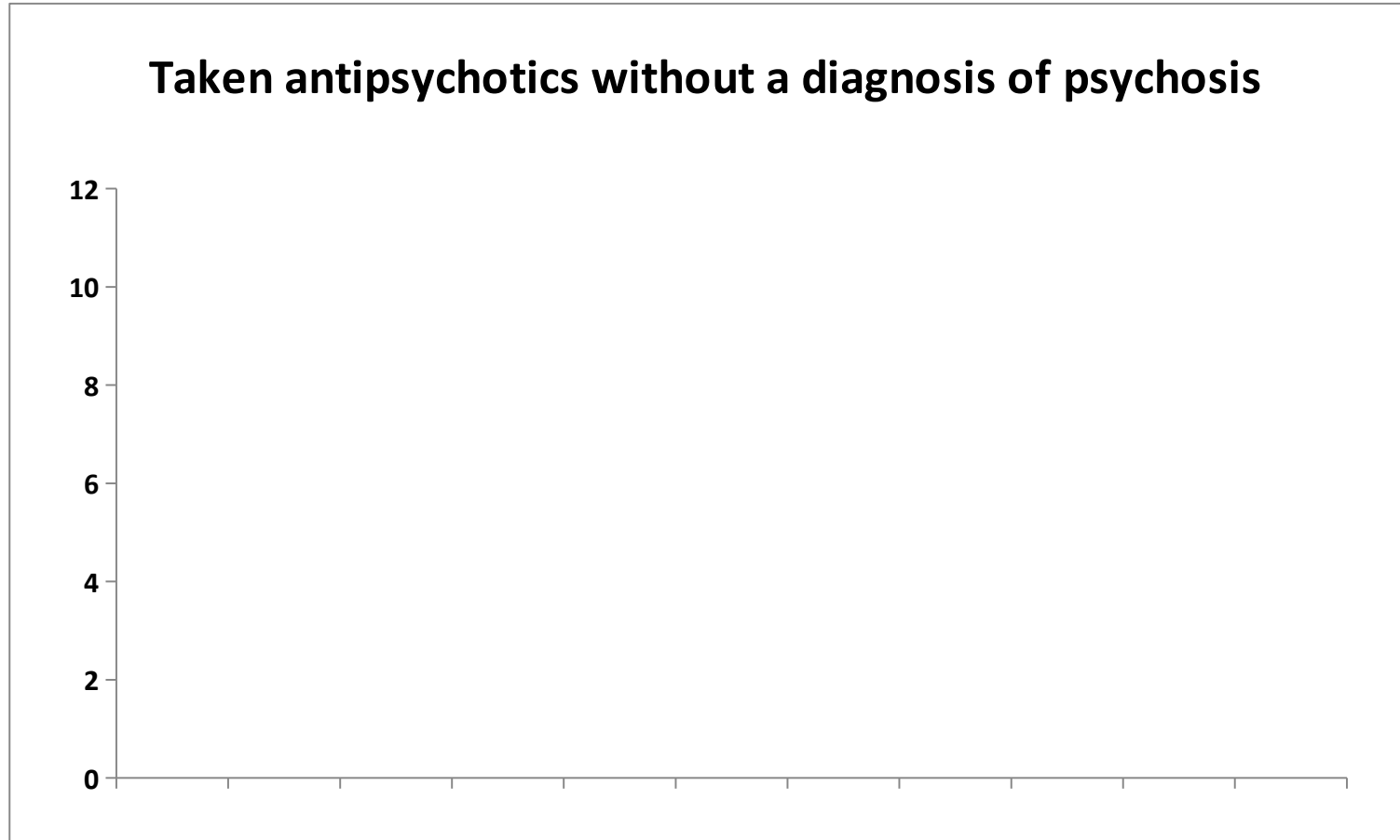
(CIHI e-reports Q1 2016)



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Drugs in Care

Taken antipsychotics without a diagnosis of psychosis



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Use of Antidepressants



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Medications: The BC Experience

30,000 seniors admitted between Jan. 2011 – Dec. 2015

- ◆ 32.4% of residents with no history of antipsychotic use prescribed within 180 days of admission (69.7% of these were taking within 7 days)
- ◆ 28.6% of residents with no history of antidepressant prescribed within 180 days (52% of these were taking within 7 days)
- ◆ 50.7% prescribed a benzodiazepine within 180 days
 - ◆ 32.2% of these had no history (66% of these were taking within 7 days)



Re-visioning Residential Care

Move from:

- ◆ Staff-centric
- ◆ Medicalized
- ◆ Risk-averse
- ◆ Safety dominated
- ◆ Homogenized



Re-visioning Residential Care

Resident-centred:

- ◆ Respect communities of interest
- ◆ Tolerate, accept and embrace differences of residents
- ◆ Accept decisions for risk (wheelchair vs. walker)
- ◆ Lens of “home” not institutional (med carts, linoleum, bus carts)
- ◆ Staff: right #; right people; right training
- ◆ Listen to seniors about what they value

“It’s my home”

- ◆ Survey seniors – quality of life vs. clinical outcomes – current survey in BC possible model
- ◆ Work with families and involve them to understand loved ones’ wishes
- ◆ Honesty: Better not perfect



Contact

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