

Network of Excellence in Seniors' Health and Wellness (NESHW)



Championing innovation and change for Alberta's seniors -

Covenant Health launched the Network of Excellence in Seniors' Health and Wellness in the fall of 2013 to propel progress on seniors' health and wellness initiatives already in play, and to promote pragmatic advances in care and support for Alberta's seniors. We believe that an intentional and collective focus on innovation and change is critical to developing and designing sustainable models for seniors' care and service delivery.

Network Strategic Focus:

Best practices must be learned and applied faster and more efficiently in order to effect change. This involves scanning worldwide for best approaches, assessing these against the provincial landscape, developing service delivery models, testing, evaluating and disseminating findings for optimal impact:

Generating new ideas: Innovation Fund

In 2014, we funded 13 initiatives originating within the healthcare system, community-based organizations and Alberta's academic institutes. Funded projects are now beginning to show results that can be applied across the province in areas such as:

- managing aggressive behaviours in seniors (with neurocognitive/mental health conditions) with a capacity building process to support health care professionals, unregulated health care staff and the continuing care staff sector;
- identifying seniors presenting in emergency departments who are at risk for poor health outcomes, and connecting them with appropriate community supports and services;
- improving person-centered care in long term care by facilitating input from health care aides in daily, brief, oral care-team huddles;
- avoiding unnecessary transitions to emergency departments from long term care by identifying attributes of avoidable transitions and factors contributing to decisions-to-transfer;
- improving capacity of frontline home care staff to drive quality improvement with data- decision making tools that inform short quality improvement cycles.

In 2015, the Network funded five initiatives which will investigate innovative approaches and models in community-based care of seniors to enable them to live to the fullness of their capacity as active and connected members of their communities.

The Network will summarize, share and spread findings from the Innovation Fund projects to appropriate audiences and help connect partners to foster evidence-based approaches to seniors care and service.

Involving stakeholders in setting priorities:

A Strategic Advisory Committee provides guidance to the Network on key trends and developments in seniors' health and wellness, and linkages to the broader seniors' system including service delivery, research and education.

Stakeholder input on Network priorities informs our focus and approach. Input received to date has stressed the importance of integrating and collaborating with provincial partners in seniors' services and care; partnering with seniors in their care plans; supporting family caregivers; and broadly sharing knowledge and findings to inform and expand best practices.

The voices of Albertans heard during our Fall 2015 *Shape Seniors Care* campaign will inform and influence Covenant Health's seniors' strategy; this will include articulating a 'philosophy of care that honours seniors'.

Research Funded:

2014 Innovation Fund

1. "Northern Home Care Knowledge to Action Strategies that Support Persons with Dementia and their Family Caregiver" - Dr. Dorothy Forbes, Assoc. Professor, Faculty of Nursing, University of Alberta
2. "Implementing a Responsive Leadership Intervention in Long Term Care Facilities: A Pilot Study" - Dr. Sienna Caspar, Research Director, Bethany Care Society, Calgary
3. "Camrose Primary Care Network Geriatric Assessment Program Fall Prevention Program" - Dr. Valerie Smith, Geriatric Consultant, Geriatric Assessment Program, Long Term Care and Supportive Living, Camrose Primary Care Network
4. "Seniors Helping Seniors - Promoting and Empowering Peer Support for Seniors' Health and Wellness" - Dr. Haidong Liang, Project Manager, West-end Seniors Activity Centre
5. "Spreading and Sustaining the Decision Making Capacity Assessment (DMCA) Model: Development and Evaluation of a DMCA Model Implementation and Sustainability Framework" - Dr. Suzette Brémault-Phillips, Assistant Professor, Department of Occupational Therapy, Faculty of Rehabilitative Medicine, University of Alberta
6. "Innovating to Improve Seniors Care in Kalyna Country" - Mr. Brian March, Executive Director, Kalyna Country Primary Care Network
7. "Managing Responsive Aggressive Behaviors: Implementing and Evaluating a Capacity Building Process in Acute Care, Supportive Living and Long Term Care" - Dr. Suzette Brémault-Phillips, Assistant Professor, Department of Occupational Therapy, Faculty of Rehabilitative Medicine, University of Alberta
8. "From Cooperative Learning Strategies to Quality Continuing Care Workplaces" - Dr. Sharla King, Director, Health Sciences Education and Research Commons, University of Alberta

9. "Examining Aged Care Transitions (EXACT)" - Dr. Greta Cummings, Centennial Professor, Faculty of Nursing, University of Alberta

10. "Skills-based Video Training on the Care of the Orthopaedic Client for Frontline Workers in Long-Term Care Facilities" - Ms. Laura Milligan, Facility Instructor - Advanced Education in Orthopaedics for Licensed Practical Nurses, Norquest College

11. "GEM- ED (Geriatric Evaluation and Management - Emergency Department)" - Dr. Jed Shimizu, Care of the Elderly Physician, Rice Geriatric Assessment Unit, Misericordia Hospital, Covenant Health

12. "Integrated Home Care - Data-driven Decision-making for Quality Improvement at the Frontline" - Mr. Abram Gutscher, Integrated Home Care, Alberta Health Services, Calgary Zone

13. "Collaborative Case Management" - Mr. Roger Laing, Executive Director, SAGE (Seniors Assoc. of Greater Edmonton)

2015 Innovation Fund

1. "Seniors Community Hub-Edmonton Oliver Primary Network" - Dr. Marjan Abbasi; Edmonton Oliver Primary Care Network; Geriatrics, Misericordia Hospital, Covenant Health

2. "Supporting Healthy Ageing by Peer Education and Support" - Dr. Adrian Wagg; Department of Medicine, University of Alberta

3. "Navigation Partnerships: Connecting, Accessing, Resourcing and Engaging Older Persons, Families and Communities" - Wendy Duggleby, PhD; Faculty of Nursing, University of Alberta

4. "Transitions in Care: Early Identification and Support for Complex Older Adult Populations" - Lisa Jensen; Grey Nuns Community Hospital, Covenant Health

5. "Coaching for Older Adults with Osteoarthritis" - Allyson Jones, PhD; Department of Physical Therapy, University of Alberta

<http://www.covenanthealth.ca/innovations/seniors-network-of-excellence>