

This is Long-Term Care

May 2018

The Ontario Long Term Care Association

ONTARIO
LONG TERM CARE
ASSOCIATION

oltca.com

Who we are

- Canada's largest long-term care organization, representing 70% of long-term care homes in Ontario:
 - ✓ non-profit
 - ✓ private
 - ✓ municipal
 - ✓ charitable
 - ✓ multi-home companies
 - ✓ independent operators
 - ✓ urban and rural
 - ✓ small and large
- Diversity of membership ensures we represent all interests in LTC
- Size and scope makes us the leading voice in long-term care
- Recognized by Ministry and LHINs as system player, key sector advisor



Long-term care in Ontario

- 627 homes are licensed and approved to operate in Ontario - all homes are funded and regulated by the Ontario Ministry of Health and Long-Term Care.
- 58% of homes are privately owned, 24% are non-profit/charitable, 16% are municipal.
- More than 40% of long-term care homes are small, with 96 or fewer beds.
- Of these small homes, about 47% are located in rural communities that often have limited home care or retirement home option.
- More than 300 homes (approximately 30,000 beds) were built to design standards dating back to 1973 and require renovations or to be rebuilt. In October 2014, the government announced a renewed capital redevelopment plan for long-term care homes and this planning work is underway.

Long-term care in Ontario - continued

- 77,574 long-stay beds are allocated to provide care, accommodation and services to frail seniors who require permanent placement.
- 619 convalescent care beds are allocated to provide short-term care as a bridge between hospitalization and a patient's home.
- 343 beds are allocated to provide respite to families who need a break from caring 24/7 for their loved one.
- The average time to placement for long-term care, as of February 2018, is 161 days.
- Wait list for long-stay beds as of February 2018 was at 33,080.

Sources: Long-Term Care Utilization Report, February 2018, Ontario Ministry of Health and Long-Term Care; Ontario Long Term Care Association, internal database, 2018.

Our members

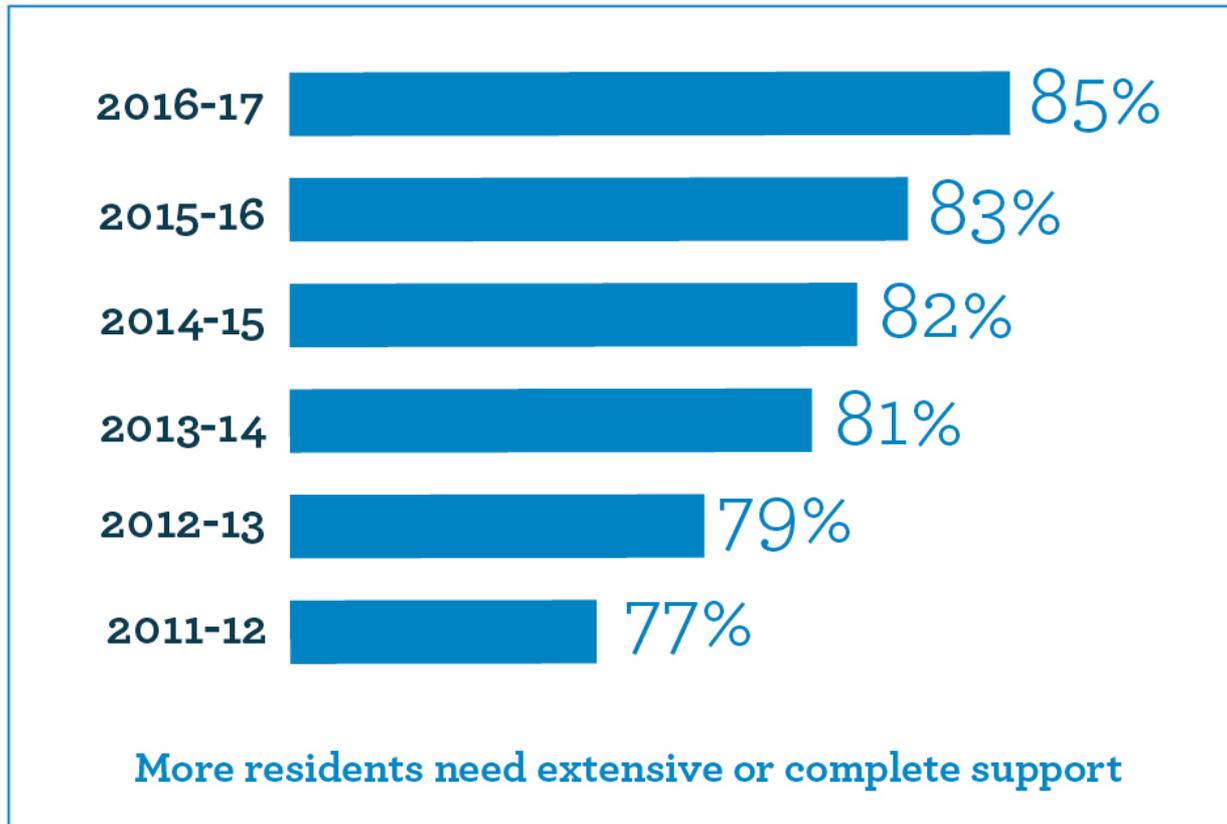
- Total active membership:
 - 435 homes (69% of Ontario total)
 - 51,578 beds (65% of Ontario total)
 - 136 small operators (1-3 homes only), 10 medium operators (4-20 homes), and 5 large operators (20+ homes)
- Of 435 Association member homes:
 - 358 are privately owned (99% of Ontario total)
 - 62 are non-profit/charitable (42% of Ontario total)
 - 15 are municipal (15% of Ontario total)
 - 3 are recognized CLRIs
- Commercial members: vendors who share a genuine interest in furthering quality in long-term care
- Affiliate members: educational and research institutions, non-profit stakeholders

From residential care to health service provider: Long-term care today

- Homes were originally resourced, built and equipped to provide assistance with activities of daily living (ADL) – bathing, dressing, eating, toileting, etc.
- The shift to home care has dramatically changed the role of long-term care in the health care continuum.
 - Since 2010, only seniors with **high** or **very high** care needs are eligible for long-term care.
 - Seniors are entering long-term care homes when they are older, frailer, and in need of more care.

Rapid change, dramatic impact

- Significant changes in resident profiles:



Source: Canadian Institute for Health Information, Continuing Care Reporting System 2011-2012 and 2016-2017.

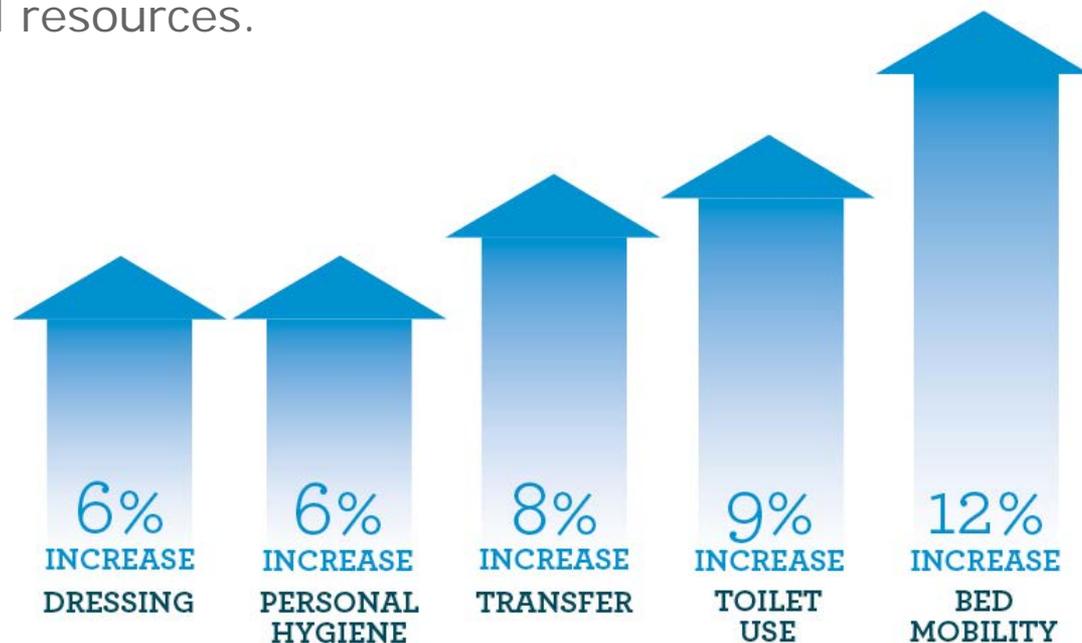
Rapid change, dramatic impact

- Increase in acuity (complexity and frailty) of residents entering LTC:
 - 85% of residents need extensive help with daily activities such as getting out of bed, eating, or toileting
 - 1 in 3 residents are highly or entirely dependent on staff
 - 90% have some form of cognitive impairment; 1 in 3 (64%) are severely impaired
 - 46% exhibit some level of aggressive behaviour related to their cognitive impairment or mental health condition
 - 40% have a mood disorder such as anxiety, depression, bipolar disorder, or schizophrenia
 - 40% need monitoring for an acute medical condition
- Funding and services haven't kept pace with increasing needs of residents.

Source: Canadian Institute for Health Information, Continuing Care Reporting System 2016-2017.

Residents more frail, complex

- Majority of LTC residents need help with activities of daily living.
- Increased needs are accompanied by a need for more staff time, skills, and resources.



**More residents need support
with important daily activities**

Source: RAI-MDS 2011-12 to 2016-17, Ontario Ministry of Health and Long-Term Care, Intellihealth Ontario.

Growing demand, not enough capacity and dated supply – LHIN level Feb 2018

LHIN	Total Beds in LHIN	Total Beds to Redevelop	Wait List	Average Days to Placement
Toronto Central	5,878	2,961	2,479	227
Central	7,247	2,717	4,661	201
Central West	3,505	953	947	155
Central East	9,682	4,477	6,674	289
Mississauga - Halton	4,163	1,144	2,246	153
HNHB	10,678	4,005	2,894	121
South West	7,376	3,594	1,566	99
South East	4,070	1,980	1,301	152
Champlain	7,591	3,124	3,429	219

Growing demand, not enough capacity and dated supply – LHIN level Feb 2018

LHIN	Total Beds in LHIN	Total Beds to Redevelop	Wait List	Average Days to Placement
Waterloo Wellington	4,142	1,387	1,647	151
Erie St Clair	4,606	1,244	675	97
North Simcoe Muskoka	3,066	832	1,829	177
North East	5,085	1,962	1,947	133
North West	1,865	369	785	156
Ontario Total:	78,954	30,749	33,080	161

Public opinion on LTC

- According to a 2017 poll conducted by Nanos Research on behalf of the Association:
 - More than half of Ontarians surveyed are somewhat not confident or not confident that the provincial government is investing what is needed to ensure LTC homes are continually providing quality care.
 - Almost two-thirds of Ontarians surveyed disagree or somewhat disagree that they are confident in LTC homes being able to handle the care needs of Ontario's aging population.
 - More than 90% of Ontarians surveyed say that it is unacceptable or somewhat unacceptable that older LTC homes aren't designed to safely meet the needs of today's seniors living with Alzheimer's or dementia.
 - More than 90% of Ontarians surveyed say that it is unacceptable or somewhat unacceptable that more than three seniors could share a room.

Building better long-term care

- To ensure our seniors receive the safe, high-quality care they need and deserve, we know the government needs to act now.
- Our action plan for Better Seniors' Care, *[More Care. Better Care.](#)*, highlights the Association's recommendations for building capacity in long-term care homes to deliver on Ontario's Health Action Plan:
 1. MORE CARE with more staff
 2. BETTER CARE with Behavioural Supports in every home
 3. MORE CARE with more beds
 4. BETTER CARE by modernizing long-term care homes



More care. Better care.

Improving staffing to better support resident needs

- Funding to support the hiring of up to 1,000 new PSWs, with an emphasis on support for small and rural homes.
- Funding to support the hiring of more registered staff (i.e. RNs, RPNs, NPs), with an emphasis on support for small and rural homes.
- BSO teams within every home.
- Creation of an innovation and technology policy to support innovation, such as IT infrastructure.



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LONG-TERM CARE
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HAVE DEMENTIA



1 in **3**
RESIDENTS IS HIGHLY
OR COMPLETELY
DEPENDENT ON STAFF.

More care. Better care.

Making homes safer and more modern

- We need a better program, inclusive of enhanced construction funding, to accelerate the renewal of older long-term care homes.
- 10,000 more beds dedicated to the renewal program to help keep many homes from consolidating.



- A separate urban redevelopment strategy to address gaps in funding, land availability and design requirements.
 - More resources for homes in small and rural communities to help sustain them.
 - A tax environment that better encourages the renewal of older long-term care homes.
- Improved Ministry processes that would help expedite approval and licensing of capital projects.

Better Seniors' Care – What can you do?

- The Ontario Long Term Care Association's action plan for More Care, Better Care, is available at www.BetterSeniorsCare.ca.
- Share this website with your family, friends, colleagues and networks.



Thank you for visiting BetterSeniorsCare.ca

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