

# NURTURING THE SPIRIT OF SENIORS IN MANITOBA



2009 Provincial Long Term Care Conference  
Winnipeg, Manitoba  
May 26, 2009

**Keynote Speaker:**  
**Minister Kerri Irvin-Ross**  
**Minister of Healthy Living**  
**Minister responsible for Seniors**  
**Minister responsible for Healthy Child Manitoba**



# **VISION**

**A community that:**

**Values and supports the contributions of older people;  
celebrates diversity, refutes ageism and reduces inequities;  
and provides opportunities for healthy choices that enhance  
independence and quality of life**

# Age-Friendly Manitoba Initiative

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- Seniors and Healthy Aging Secretariat
  - Leading the Age-Friendly Manitoba Initiative

# **Age-Friendly Manitoba Initiative**

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- 1. Outdoor Space and Buildings**
- 2. Transportation**
- 3. Housing**
- 4. Respect and Social Inclusion**
- 5. Social Participation**
- 6. Communication and Information**
- 7. Civic Participation and Employment**
- 8. Community Support and Health Services**



# What we know about Manitoba...

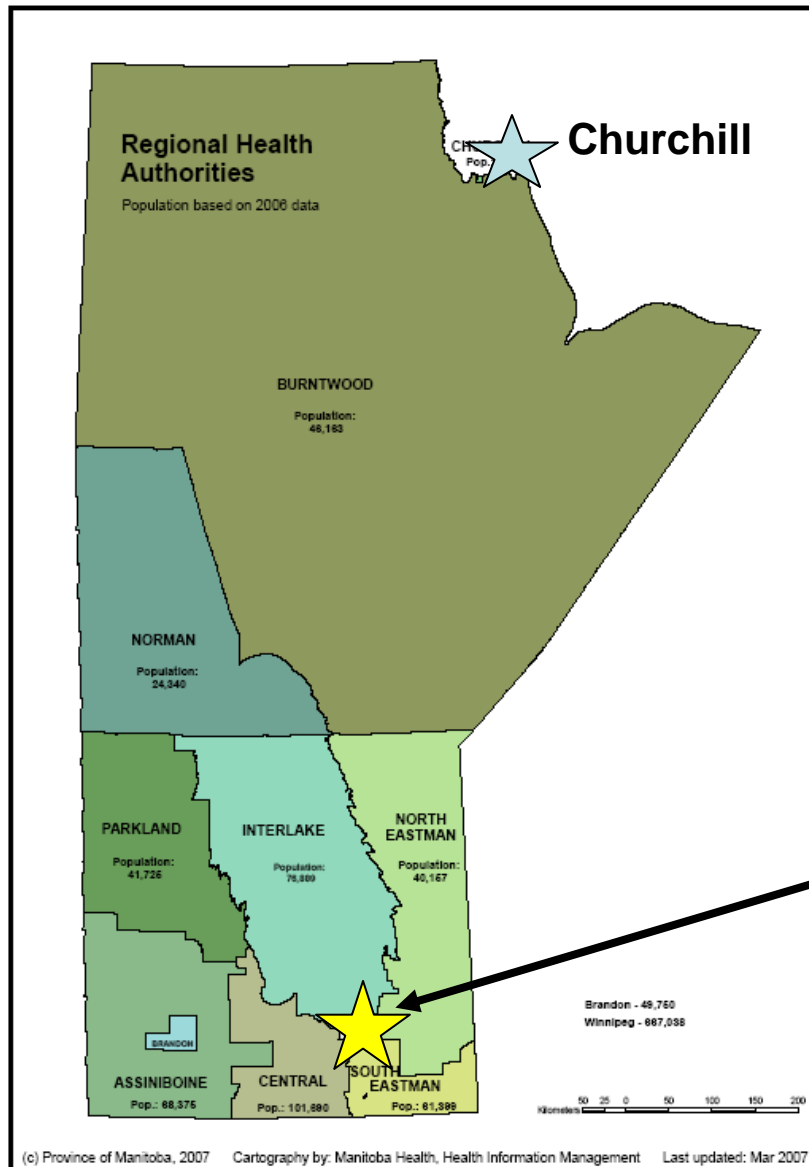
- Projected population increase in Manitoba residents 75+ from 2006 – 2036 is 92.1%  
Baby boomers are coming!
- In 2006, in the 75 to 84 age group, there were 143 women for every 100 men while in the 85 and over age group, there were 219 women for every 100 men.
- Increasing age is associated with a greater likelihood of living alone. This is true of both men and women.



**Provincial Population**  
1,148,401

**Regional Health Authorities (11)**

- Assiniboine
- Brandon
- Burntwood
- Central
- Churchill
- Interlake
- Nor-Man
- North Eastman
- Parkland
- South Eastman
- Winnipeg Regional Health Authority



# **Age-Friendly Manitoba Initiative**

- **Address and Promote Health, Independence and Wellbeing Aging**
- **Determinants of Health:**
  - the social environment,
  - the physical environment, and
  - the person's individual characteristics and behaviors

# Age-Friendly Manitoba Partners

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- **Association of Manitoba Municipalities**
- **Manitoba Chamber of Commerce**
- **Centre on Aging, University of Manitoba**
- **Active Living Coalition for Older Adults – Manitoba**
- **Senior Organizations**
- **Various Government Departments**
- **Older adults**

# SUPPORT SERVICES TO SENIORS

- Promotes a range of community based services that focus on promoting health, independence and well being for the older person
- Determines the needs of seniors in the community and offers appropriate services
- Empowers people to improve their health
- Reduces/delays the need for more invasive intervention

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NOT IN SERVICE

SPAY now or PAY later.

It's the law. There's a fine.



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WATCH Y



# SENIORS: Programs and Services

- Support Services to Seniors ( run by Community Resource Councils)
- Tenant Resource Programs
- Seniors Centres



# MANITOBA'S HOME CARE PROGRAM

- The cornerstone of the Province's Long Term Care continuum
- It provides individuals with the opportunity to remain in a state of high level of wellness while living independently in a familiar environment
- One of the main outcomes of the Home Care program is to prevent premature admission or overstay in a care facility

# A GAP IN THE SYSTEM

- Fastest growing segment of the population.
- High demand on Home Care Program
- High rates of institutionalization
- Families unable to cope with parental needs
- Shortage of affordable housing with supports
- Seniors want to remain in their communities
- Successful Aging in Place often requires assistance.

# PRE-AGING IN PLACE SERVICE SYSTEM

Personal  
Care Home

Independent  
Living

Supportive  
Housing

*Home Care*

*Support Services to Seniors*

# ADDRESSING THE GAP

- Aging in Place Principle
- Long Term Care Strategy

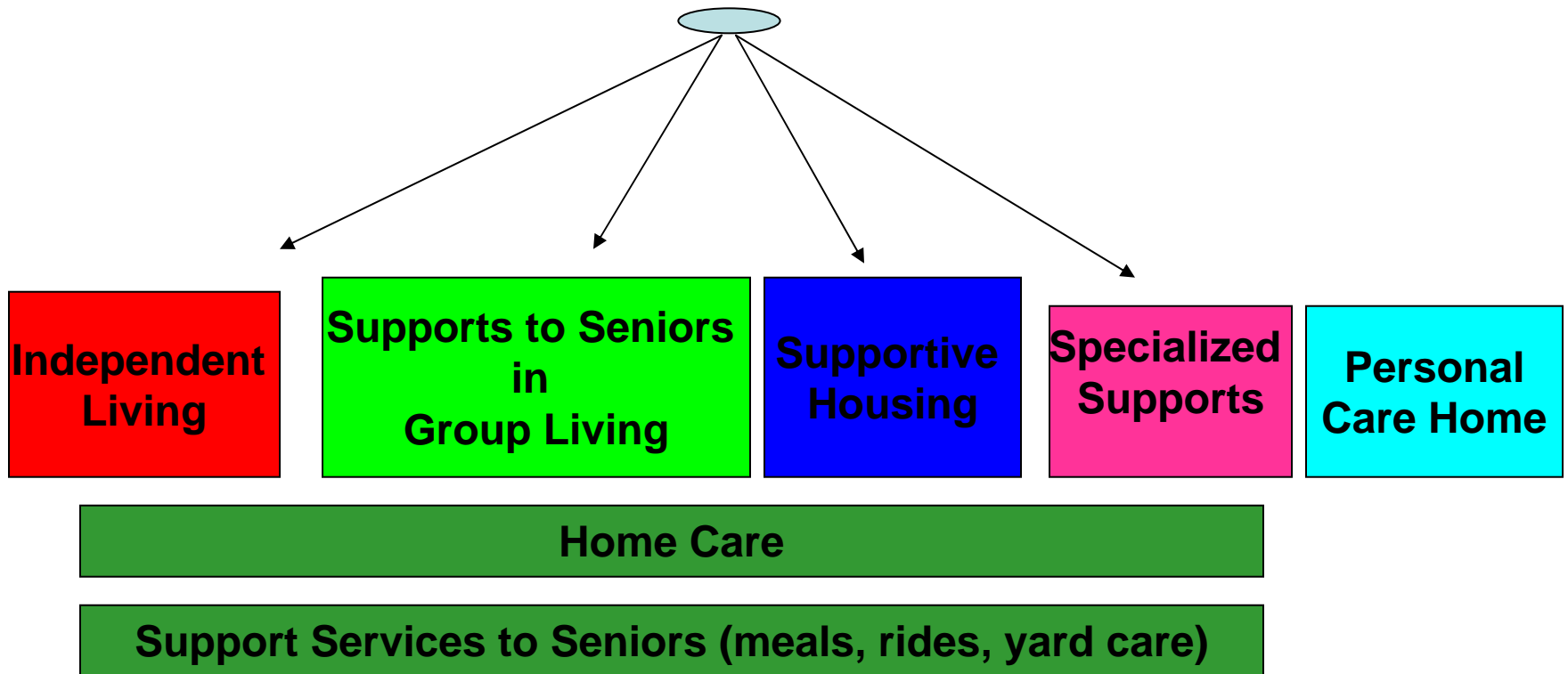
# MANITOBA'S AGING IN PLACE

- “Aging in Place” is the central principle of Manitoba Health’s Long Term Care strategy
- The strategy addresses the need for more comprehensive community based housing with support options
- Supports the ability for individuals to remain in their community

# TARGET POPULATIONS

- Individuals who could remain living in their communities with additional supports
- Individuals who require 24 hour support and supervision to live in the community (not 24 hour care and supervision)
- Individuals with complex health and personal care needs

# AGING IN PLACE CONTINUUM



# WHERE ARE WE NOW?

- Since the Introduction of Aging in Place in January 2006:

	Supports to Seniors in Group Living (SSGL)		Supportive Housing (SH)		Specialized Supports (SS)	
	Winnipeg	Rural & Northern	Winnipeg	Rural & Northern	Winnipeg	Rural & Northern
Totals	1150	1669	256	126	113	60
Total	2819 units		382 units		173 units	

# WHAT WE FOUND...IMPACT

- individual ↔ community ↔ health care system



# FUTURE DIRECTIONS

- As we focus on the achievements of best practice foundations, through the Aging in Place strategy, the Age Friendly Initiative and the support of all of the identified community organizations, we look to the future.
- The future for our seniors is positive, with the support and involvement of our community in achieving the goal, *to make Manitoba the most age-friendly province in Canada.*

