



Annual Activity Report

Provincial Geriatrics Leadership Ontario

2020-2021

<https://rgps.on.ca/>



Table of Contents

Executive Summary	3
About Provincial Geriatrics Leadership Ontario	4
Operating and Engagement Structure	5
Specialized Geriatric Services (SGS) in Ontario	6
Provincial Infrastructure for SGS	7
Estimated Requirements for Older Persons' Care in Ontario	8
Core Activities: Building Capacity	9
Core Activities: Driving Clinical Excellence	10
Core Activities: Advancing Seniors' Health Policy	11
Leadership Examples from Regions	12
Collaboration with Provincial Partners	13
Statistical Highlights	14
Adding to the Evidence	15
PGLO Steering Committee and Staff	16



Executive Summary

In 2020-21, Provincial Geriatrics Leadership Ontario (PGLO) received base funding from the Ministry of Health (MOH) to form as the backbone support for specialized geriatric services (SGS) across Ontario. Central to this goal is the coordination of perspectives across geriatric medicine, geriatric psychiatry, seniors' mental health, care of the elderly trained primary care physicians, and interprofessional geriatric teams.

PGLO's success in 2020-21 followed two years of prior work establishing the collaborative infrastructure and builds on the prior work of the now-sunset Regional Geriatric Programs of Ontario. PGLO is governed by a 14-member Steering Committee combining older adult, clinical and administrative expertise, that provides strategic direction to the staff who carry out the annual workplan.

Across Ontario there more than 2,500 health professionals providing care focused on older adults living with complex health conditions through a wide range of programs and services. Many of these continued their important work serving vulnerable older adults throughout the COVID-19 pandemic.

There is a strong network of SGS. There are also currently more than 620K older Ontarians estimated to be living with frailty. The demand has never been higher for care from health professionals specifically trained to serve older adults who live with multiple, complex and often interacting health conditions.

PGLO is the only entity of its kind in Ontario. With a mandate to build capacity, drive clinical excellence and advance seniors' health policy, PGLO and the network it convenes are key partners in creating a system of integrated care for older adults living with complex and chronic health needs in Ontario.



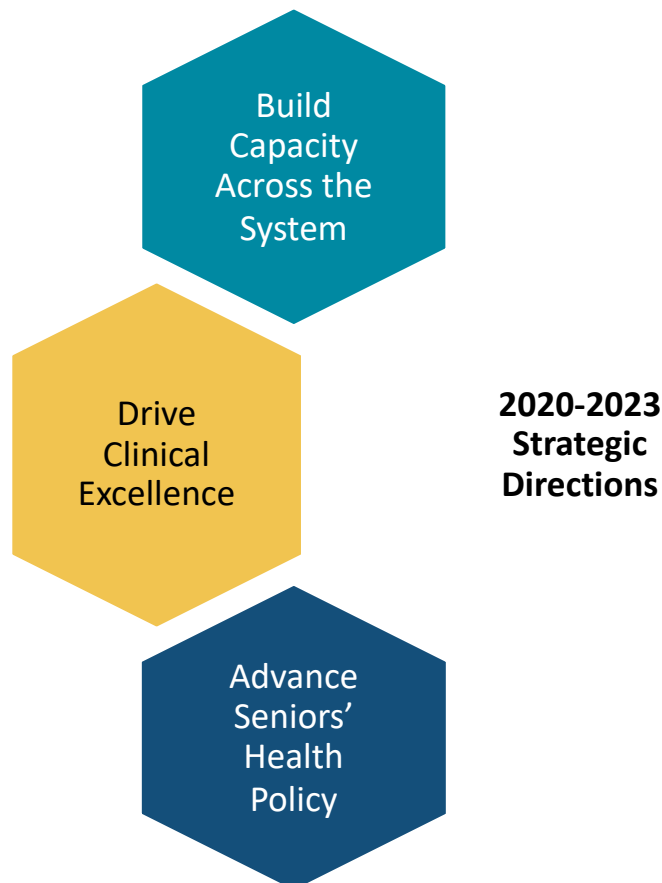
Kelly Kay
Executive Director



Kelly Milne,
Chair
PGLO Steering Committee

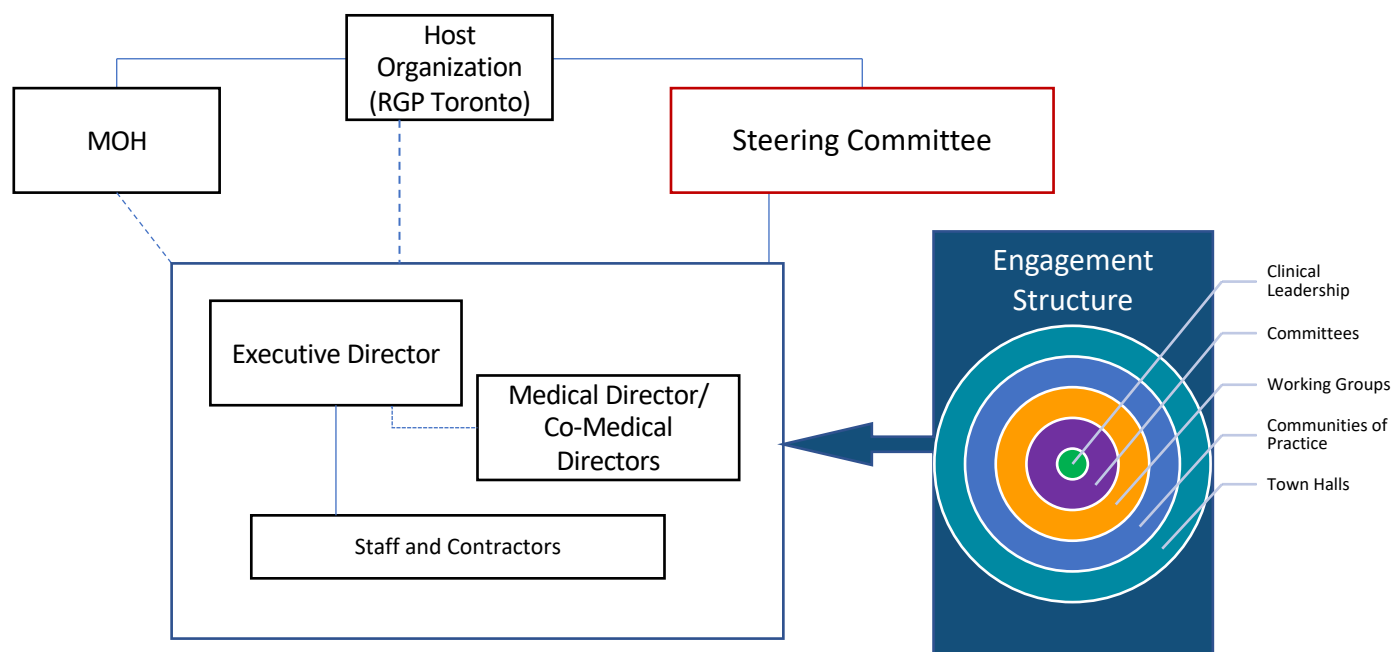
About Provincial Geriatrics Leadership Ontario

In 2020-21, Provincial Geriatrics Leadership Ontario (PGLO) received base funding from the Ministry of Health (MOH) to form as the backbone support for specialized geriatric services across Ontario. Central to this goal is the coordination of perspectives across geriatric medicine, geriatric psychiatry, seniors' mental health, care of the elderly trained primary care physicians, and interprofessional geriatric teams. Working together with older adults, caregivers and expert health professionals, along with regional system partners, provincial organizations, national associations, and government ministries, PGLO is reimagining leadership in clinical geriatrics in Ontario.

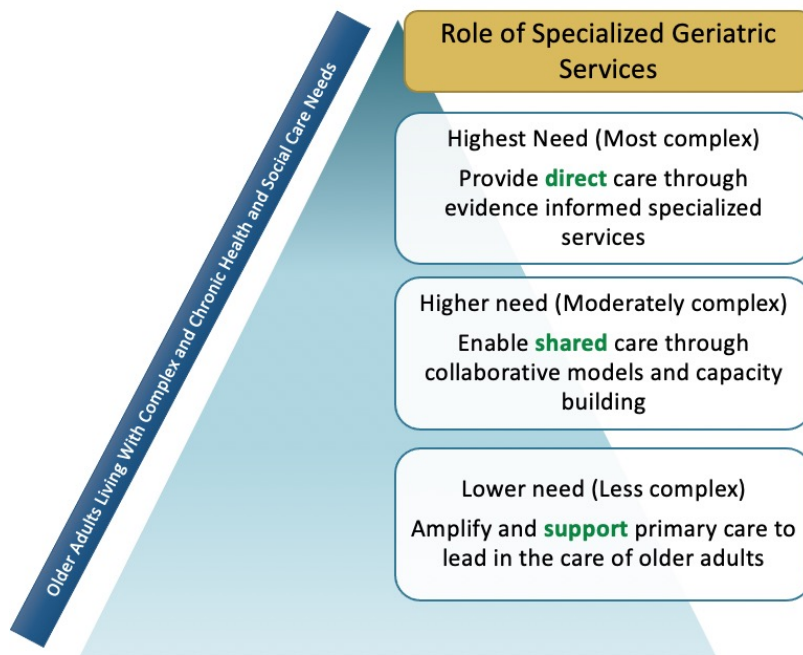


Operating and Engagement Structure

PGLO is governed by a 14-member Steering Committee (see page 16) that provides strategic direction to the staff team who carries out the annual workplan. The annual work plan reflects expectations set by the Ministry of Health (MOH) and includes activities identified by the MOH and through extensive consultations with older adults, leaders and clinicians working specialized geriatric services across Ontario.



Specialized Geriatric Services In Ontario



Specialized Geriatric Services (SGS) are defined as a comprehensive, coordinated system of health services that assess, diagnose, and treat older adults living with complex health concerns. These services are provided across the continuum of care by interdisciplinary teams with expertise in care of older adults. SGS is inclusive of Geriatric Medicine, Geriatric Psychiatry, Seniors Mental Health, Care of the Elderly Primary Care and Interprofessional Geriatric services. SGS includes more than 2,500 providers providing care focused on older adults living with complex health conditions through a wide range of programs and services.

Provincial Infrastructure for SGS



Provincial
Geriatrics
Leadership
Ontario



Rehabilitative
Care Alliance

Four Provincial Partners



GERIMEDRISK

Behavioural
Supports Ontario



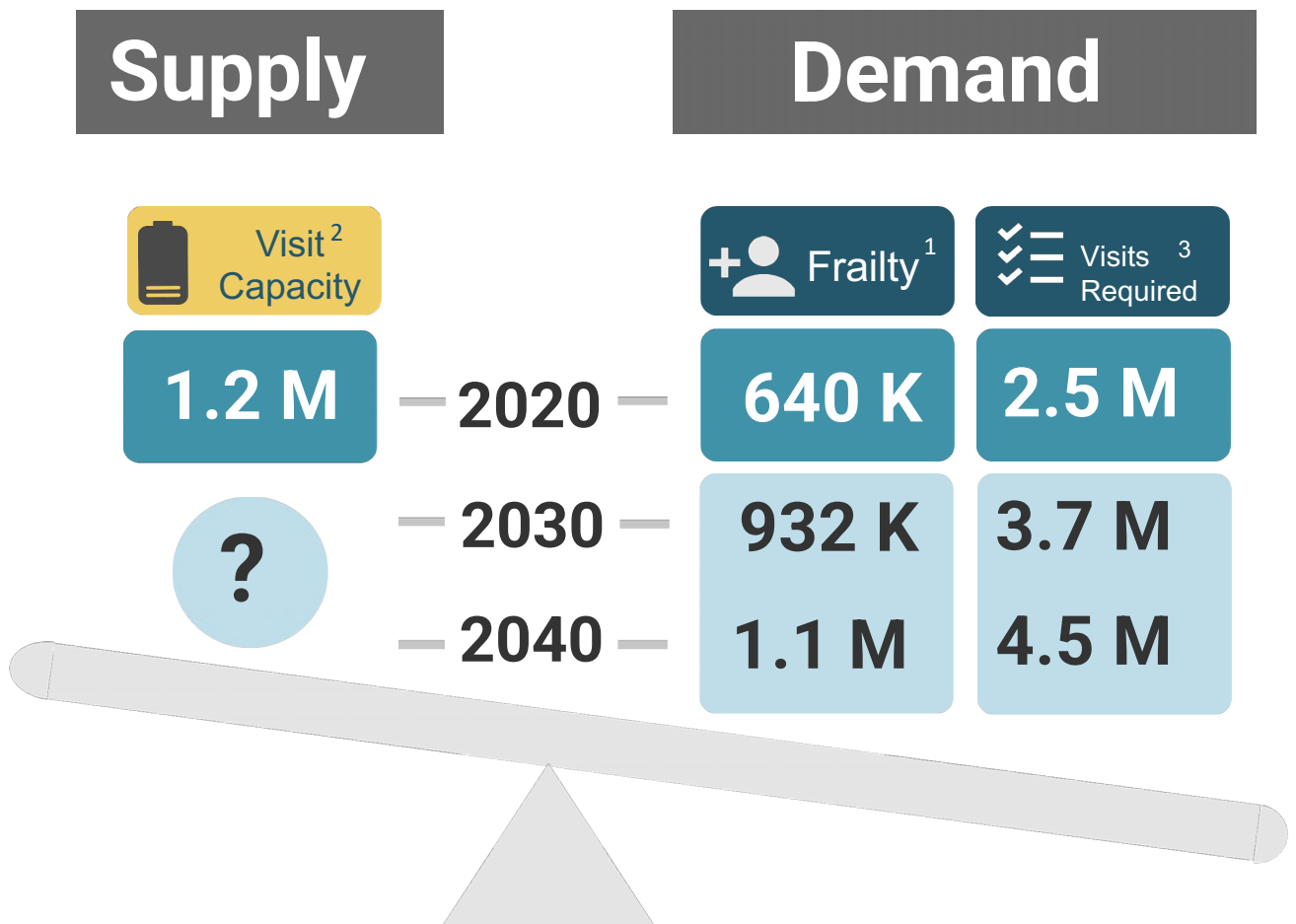
11 Regional Networks



200+ Programs and Services

~2500 SGS Health Professionals

Estimated Requirements for Older Persons' Care In Ontario



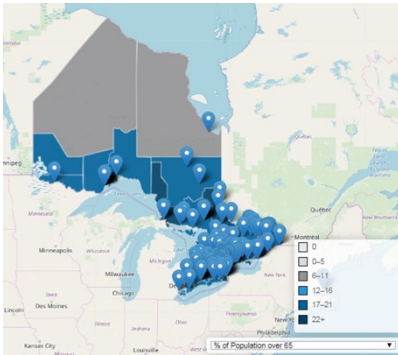
There is a current and growing under-supply of HCPs of all disciplines funded to provide care to older adults living with complex health conditions (frailty).

HCP = Health Care Provider

1. Estimated number of adults 65+ living with frailty in Ontario. Source: PGLO (2020). Frailty estimates. <https://rgps.on.ca/resources/frailty-estimates-by-census-division-and-ontario-health-region/>
2. One SGS HCP, on average, can support 500 assessment, follow-up and intervention visits for older adults living with complexity per year
3. Each older adult living with complexity (frailty) should have a minimum of 4 assessment, follow-up or intervention visits annually with a HCP trained in geriatric care

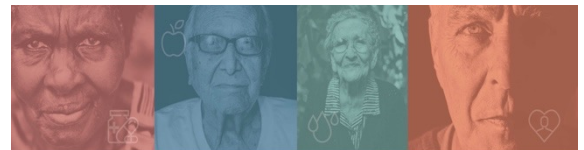
PGLO Core Activities

Building Capacity Across the System



The Specialized and Focus Geriatric Services Asset Mapping Initiative is the only integrated source of comprehensive data about the supply, utilization, demand and nature of SGS programs and services. PGLO carries out data collection and mapping of specialized geriatric services in all health regions. The data is self reported and in 2020-21, approximately 200 programs contributed data.

Caregiving Strategies is a collection of educational resources that have been co-developed with caregivers for caregivers who provide care and support for seniors experiencing frailty. Caregiving Strategies resources include a website, a handbook (available in 4 languages) and an online course. In 2020-21, more than 450 individuals completed the online course.



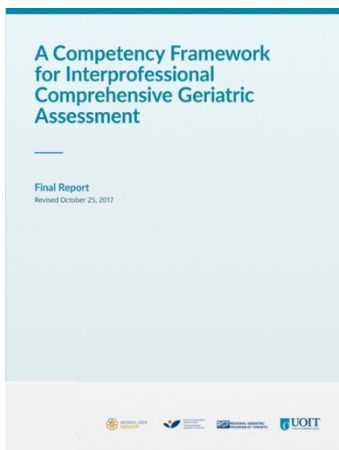
Caregiving Strategies Topics

- Caring for the Caregiver
- Pain
- Staying Active
- Nutrition
- Bladder Health
- Medication Management
- Changes in thinking (Delirium)
- Social Engagement

RESOURCES AVAILABLE

- FREE online course
- Handbook
- Tools, tips and links to great resources

Get resources at
www.rgps.on.ca/caregiving-strategies

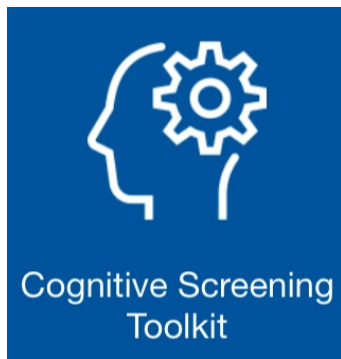


The Competency Framework for Interprofessional Comprehensive Geriatric Assessment describes the behavioural and practice expectations of members of the interprofessional geriatric team. Resources include a self assessment tool and a compendium of educational resources to support knowledge translation and learning.

PGLO Core Activities Driving Clinical Excellence

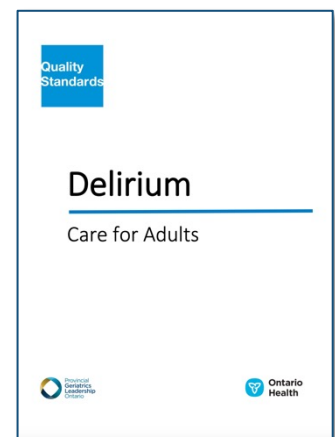
Integrated Care for Older Adults with Complex and Chronic Health Conditions is a major body of work for PGLO which includes:

- Identifying design elements of integrated care
- Developing a performance measurement and achieving consensus among older adults and health professionals on core indicators to aid evaluation of integrated care
- Developing a logic model to articulate integrated care at micro, meso and macro levels



Development of Clinical Supports, such as *The Cognitive Screening Toolkit* published in 2020, is an example of an important collaboration between PGLO colleagues and others, such as the American Geriatrics Society (AGS). This work was recently launched on the iGeriatrics app. The app introduces an easy-to-access resource that can help clinicians select appropriate free, open-access cognitive screening tests among those intended for use with primary care patients. PGLO also developed a number of COVID-19 resources and screening tools.

Clinical Standards Development includes partnering in the development of practice standards in key areas of significant impact for older adults. In 2020-21, this included collaborating with Ontario Health to develop *Delirium Quality Standards* and *Leading Practices to Prevent Hospitalization and Extended Stays for Older Adults* and co-developing the *Rehabilitative Care for Older Adults Living with Frailty Framework* with the Rehabilitative Care Alliance.



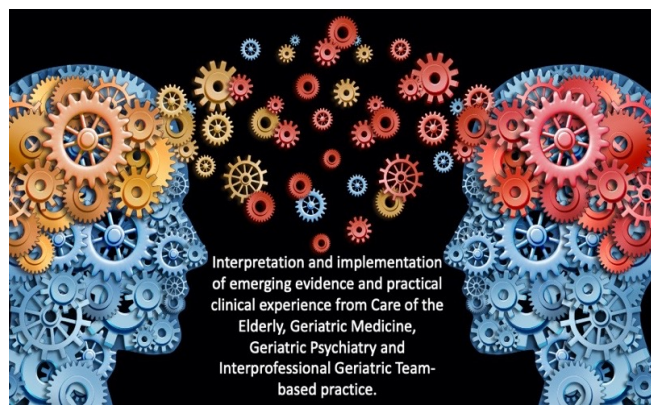
PGLO Core Activities

Advancing Seniors' Health Policy



PGLO is informing Long-Term Care Reform by participating in consultations with the Ministry of Long Term Care (LTC) to inform a Quality Framework for LTC in Ontario. PGLO is also represented on the CSA Group Technical Committee for National LTC Standards specific to the built environment, operations and infection control. Further, PGLO facilitated the preparation of a national position statement to support family presence in LTC, created by the PGLO/Canadian Geriatric Society LTC Interest Group. Lastly, PGLO held an international town hall on learnings gleaned from the pandemic experience in LTC, with proceedings published in the Journal of Post Acute and LTC Medicine

PGLO is contributing to Ontario's transformation agenda by supporting Ontario Health Teams. This includes collaborating with other provincial entities such as RISE and Health Service Performance Network (HSPN). Our work also includes supporting emerging communities of practice and individual OHTs, particularly those identifying older adults as a population of focus. This work leverages evidence and experience from SGS through tools and resources that support population stratification, the co-design of clinical models, implementation and evaluation.



Leadership Examples From Regional Partners

Build Capacity Across the System

Regional Geriatric Program of Toronto: Supporting Ontario Health Teams

The Regional Geriatric Program of Toronto is convening an action-oriented Community of Practice for OHTs focused on older adults in the Greater Toronto Region. PGLO has been invited to support this work.


Overview of the GTA OHT Senior Friendly Community of Practice

Hosted by the Regional Geriatric Program of Toronto

Email info@rgptoronto.ca to learn more

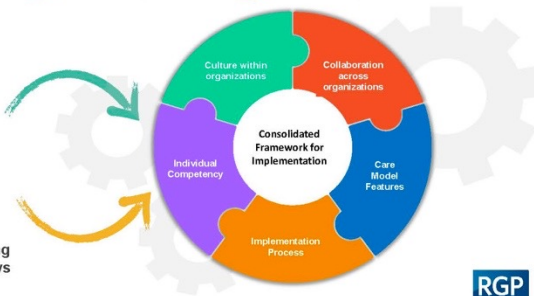



Bi-monthly Large Group Meetings


Focus on Implementation Science


Intercession Coaching


Expertise in building frailty care pathways



Modified from: Christensen et al. Implement Sci. 2016;11:101. doi: 10.1186/s13063-016-0934-4-50

RGP

Drive Clinical Excellence

South-West Regional Geriatric Program: Enhancing Community Paramedicine

In partnership with the Regional Geriatric Program of Toronto, the South West Frail Senior Strategy team and Fanshawe College partnered to launch the Senior Friendly Care (sfC) E-Learning Series in Fanshawe's community paramedicine orientation. Evaluation results demonstrate that paramedics reported an 22% increase in overall confidence in their ability to care for older adults and an increase in knowledge level related to all areas of the Senior Friendly 7, particularly incontinence and delirium. PGLO is assisting to link local and provincial SGS endeavours with provincial development of community paramedicine programming.



Collaboration with Provincial Partners: An Example



Advance Seniors' Health Policy

Best Practice Framework for Rehabilitative
Care for Older Adults Living with Frailty

The Framework is being developed by the Rehabilitative Care Alliance (RCA), Specialized Geriatric Services (SGS) and the Provincial Geriatrics Leadership Ontario (PGLO), with input from numerous partners. It is intended for:

- Rehabilitative care professionals and other clinicians who deliver care as part of the rehabilitative care team across all health care settings.
- Operational leaders responsible for health care program development and performance that include rehabilitative care.

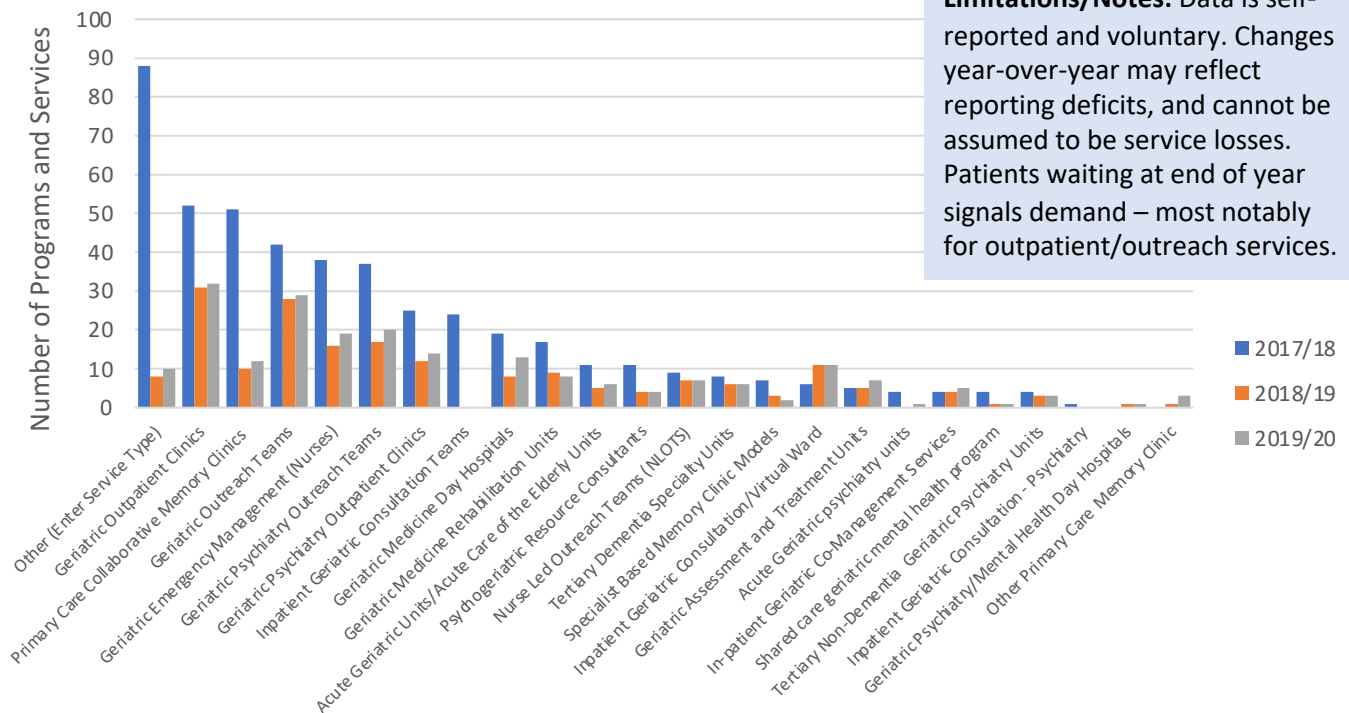
The Framework outlines best practices and required components of rehabilitative care for older adults living with frailty in order guide best practice and improve rehabilitative care for older adults living with frailty across Ontario. This work will be critical to informing pandemic recovery planning with and for older adults, work that is already underway.



Statistical Highlights

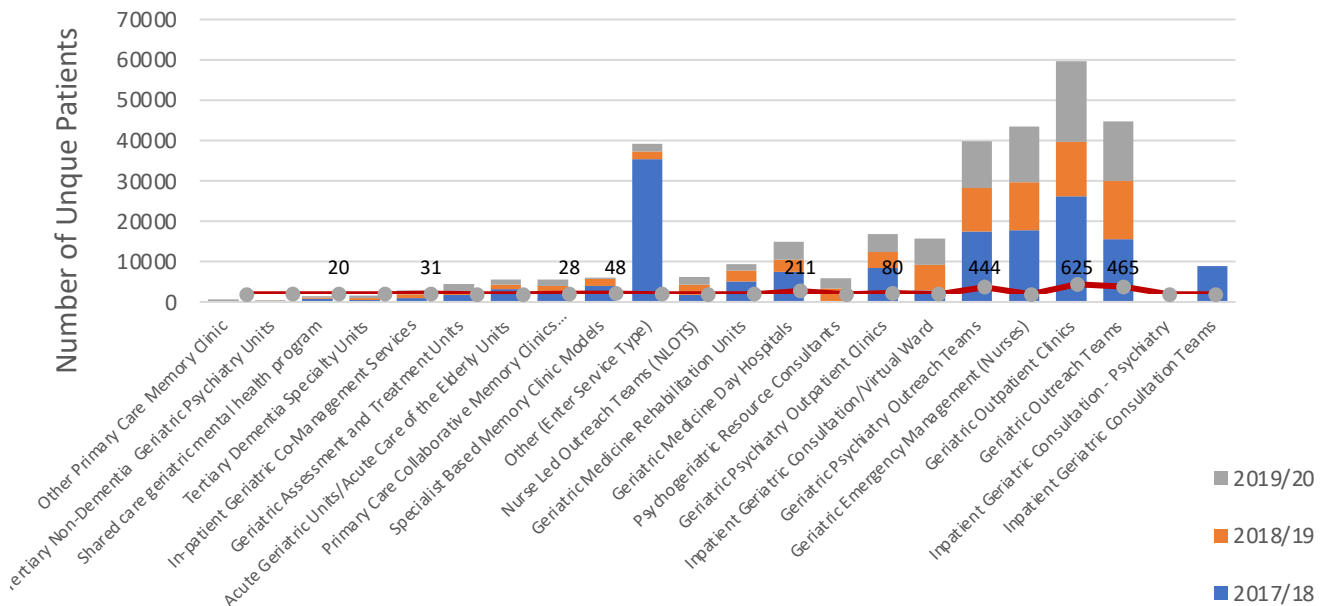
(Excludes data for BSO and GeriMedRisk which are reported by those programs independently)

Number of Specialized Geriatric Programs and Services By Type in Ontario
(2017/18-2019/20)



SGS Program/Service Type

Number of Unique Patients Served by SGS Program/Service Type (2017/18-2019/20)



— = number of patients waiting at end of 2019 (data labels reflect number of patients waiting >5)

Adding to the Evidence

Publications

Basu, M., Cooper, T., **Kay, K.**, Hogan, D., Morais, J., Molnar, F., Lam, R., & Borrie, M. (2021). Updated Inventory and Projected Requirements for Specialist Physicians in Geriatric. Accepted for publication (Canadian Geriatrics Journal).

Borrie, M., Cooper, T., Basu, M., **Kay, K.**, Prorok, J., Seitz, D. (2020). Ontario Geriatric Specialist Physician Resources 2018. Canadian Geriatrics Journal, 23(3), 1-9. <https://doi.org/10.5770/cgj.23.448>

Heckman, G., **Kay, K.**, **Morrison, A.**, et al. (2021). Proceedings from an International Virtual Townhall: Reflecting on the COVID-19 Pandemic: Themes from Long-Term Care. Journal of Post-Acute and Long Term Care Medicine.
[https://www.jamda.com/article/S1525-8610\(21\)00338-8/fulltext](https://www.jamda.com/article/S1525-8610(21)00338-8/fulltext) .

Molnar, F., **Benjamin, S.**, Hawkins, S., Briscoe, M., & Ehsan, S. (2020). One Size Does Not Fit All: Choosing Practical Cognitive Screening Tools for Your Practice. Journal of the American Geriatric Society, 68(10), 2207-2213.
<https://doi.org/10.1111/jgs.16713>

Peer Reviewed Presentations

Kay, K. (2021). Designing for integrated older persons' care across systems, networks and people. International Conference on Integrated Care (ICIC) 2021 (Oral Presentation).

Lee, L., Hillier, L.M., Patel, T., Gregg, S., Hickman, K., **Kay, K.**, & Agla, C. (2021) "Patient preference" approach to recruiting research participants: Perceptions of primary care-based memory clinic team members. CGS 40th Annual Scientific Meeting. May 25, 2021 (Poster).

PGLO Steering Committee and Staff

Steering Committee

Older Adult/Caregiver representatives

Ms. Mona Lancaster

Ms. Anne-Marie Yaraskavitch

Clinician Representative for Care of the Elderly

Dr. Sid Feldman (Vice-Chair)

Dr. Chris Frank

Clinician Representative for Geriatric Medicine

Dr. Jo-Anne Clarke

Dr. Frank Molnar (until March 31, 2021)

Clinician Representative for Geriatric Psychiatry

Dr. Tarek Rajii

Dr. Andrea Iaboni (until March 31, 2021)

Dr. Shabbir Amanullah

Administrator for Care of the Elderly

Ms. Valerie Scarfone

Administrator for Geriatric Medicine

Mr. Kelly Milne (Chair)

Administrator for Geriatric Psychiatry/ Seniors Mental Health

Ms. Julia Baxter

Permanent Members

(Host Organization Representatives)

Dr. Barbara Liu

Ms. Marlene Awad

Staff

Executive Director

Kelly Kay

Medical Director, Geriatric Medicine

Dr. Kevin Young

Medical Director, Geriatric Psychiatry

Dr. Sophyia Benjamin (until March 31, 2021)

Dr. Mark Lachmann

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Interprofessional Implementation Fellow

Dana Corsi

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