

Aging-in-place in rural and urban communities

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Statement of the Problem

- Older adults want to « age in place » (Dupuis-Blanchard, 2007; Rantz et al., 2011)
- Economic and social issues advocates in favor for aging in place
 - \$66/day for home care
 - \$120/day in nursing home/LTC facility
 - \$500 ++ in a hospital
- The silence of the *Canada Health Act* on home care creates a wide gap in access to services and long wait lists (Canadian Home Care Association, 2008).
- Few studies on aging-in-place – from seniors standpoint and services

Study Objectives

- 1- Determine the needs and the level of satisfaction of French speaking seniors living in a rural and urban communities;
- 2- Make a list of regional services offered for aging-in-place;
- 3- Determine the level of accessibility of services;
- 4- Identify current trends in seniors behaviors towards aging-in-place;
- 5- Recommend strategies and futur orientations that should be put in place to assure aging-in-place as a long-term care option.

Methodology

- Case study – qualitative
- Semi-structured individual interviews
 - Community agencies offering services (n=20)
- Semi-structured group interviews
 - Older adults (n=24) (7 men; 17 women)
- Data analysis – constant comparison and identification of themes

Results - Community Agencies

- Different conceptions of « aging-in-place »
 - Autonomy and quality of life
 - Isolation and solitude
- Services have not changed in the last years
 - Do not favor aging-in-place as a long term care option
- Too many demands for the number of employees
- No plans for the future

Results - Older Adults

- Present services only partially answer the needs of seniors
- Lack of certain services (transportation, accompaniment at night)
- Living in an senior designated apartment buildings facilitates aging-in-place

Proposed Solutions - Seniors

- New role for « social clubs »
 - Have part-time staff and use space as a resource centre for seniors
- Long-term care facilities
 - Day programs
 - Meals on wheels programs
- Leadership
 - Cities, community groups, ...
- Need a « vision » for the futur

Discussion

- Need to develop a home care strategy
- Education for home care workers
- Public policy on aging
- Transition services from hospital to home
- Facilitate access to information (9-1-1 type)

References

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Questions / Comments

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