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Geriatric Assessment and Intervention Network (GAIN) Hosts Knowledge Exchange

(AJAX) – On October 30, 2014, the Geriatric Assessment and Intervention Network (GAIN) convened a region wide knowledge exchange and planning day. Over 140 participants, who included mostly front-line health professionals, attended the event which was held to focus on furthering the progress made throughout the year in expanding services for frail older adults.

GAIN is a program of Seniors Care Network, which is funded by the Central East Local Health Integration Network (Central East LHIN). Seniors Care Network supports specialized geriatric programs like GAIN that are intended to help frail older adults with complex health concerns that threaten their independence and function. GAIN teams provide specialized care to support frail older adults living at home or in retirement residences with multiple complex medical problems including cognitive impairment, decreased function, falls or risk of falls, impaired mobility, incontinence and/or multiple medications. Frail older adults experiencing changes in support needs, safety concerns, psychosocial and mental health concerns or frequent health service usage will benefit from the services offered by their local GAIN team.

During this event, all ten GAIN teams shared innovative strategies and exchanged ideas that showcased practical and effective approaches to supporting the care of frail seniors in the community. “The progress made by all GAIN teams in the last six months is remarkable. The passion and commitment of the health professionals working in specialized geriatrics is palpable”, says Kelly Kay, Executive Director, Seniors Care Network. “The combined efforts of seniors and their caregivers, front-line professionals and various system partners and organizations who have worked together to enhance the GAIN program means expert gerontological care is reaching more people who really need it” says Kay.

Highlights from the GAIN program include:

- GAIN expansion in April 2014 provided 59 new health professional positions dedicated to meeting the needs of frail seniors .These additional positions brings the total funded staff positions serving frail seniors in the Central East LHIN through GAIN to over 100.
- Between April 1 and September 30, 2014 GAIN teams received 1406 referrals overall and provided 2457 clinic and home-based visits for frail seniors.

- GAIN includes an innovative case management model, called intensive case management, which is being co-developed with the Central East CCAC.
- Since inception in 2010, GAIN has provided over 21000 visits for frail seniors.

In April 2014, GAIN underwent a significant expansion adding six new community-based teams to complement and build upon the work of GAIN teams that were already based in The Scarborough Hospital, Rouge Valley Health System, Lakeridge Health Oshawa and Peterborough Regional Health Centre. The new community-based GAIN teams are located at: Carefirst Seniors and Community Services Association in Scarborough and St. Paul's L'Amoreaux Centre in Scarborough; Oshawa Community Health Centre in Durham; Community Care City of Kawartha Lakes in Lindsay; Port Hope Community Health Centre; and Peterborough Regional Health Centre are funded by the Central East LHIN. All GAIN teams work in partnership with the Central East Community Care Access Centre.

Referrals to GAIN are accepted from primary care providers, hospitals, community organizations and individuals and caregivers. To refer, you can fax a consultation request letter to a GAIN team or download a GAIN referral form from:

www.centraleastlhin.on.ca/goalsandacheivements/Seniors/GAIN.aspx

Quotes:

Central East LHIN Quote:

“The GAIN model, where frail older adults are assessed and supported by an integrated team of health care professionals and community-based providers, is quickly being recognized as a leading best practice and is already having a positive impact on the lives of local residents. The strong partnerships being established between the hospital-based teams, the community-based teams and local primary care providers will clearly support the achievement of the Central East LHIN’s goal of Community First – helping residents spend more time in their homes and their communities.” **Deborah Hammons, CEO, Central East Local Health Integration Network.**

“Really what GAIN is all about is helping older people avoid unnecessary hospitalization and institutionalization, enabling them to stay where they tell us they want to live, which is at home. If we can understand the things that are threatening a person’s independence and their functioning and give them some solutions and services that are going to support them to stay at home, then that’s the best possible outcome.” **Kelly Kay, Executive Director, Seniors Care Network**

Background:

- There are an estimated 53,214 seniors (over age 65) in the Central East LHIN who may be considered frail. This population of frail older adults is estimated to grow by approximately 27% over the next 10 years. Over 90% of frail seniors reside in the community and a community based system of support is critical to meeting their complex health care needs.
- The Ontario government through the Central East LHIN is funding GAIN teams to support the delivery of home care and community services for seniors in Scarborough, Durham Region, Northumberland County, Peterborough City and County, City of Kawartha Lakes and Haliburton

County so that they can maintain their health and avoid being admitted to hospital, or having to move to a long-term care home.

- Seniors Care Network is a seamless network that enhances the healthcare experience for frail older adults and their caregivers. Its Mission is to create and maintain a high quality integrated person-centred network that ensures the best quality of life for frail older adults and their families. Seniors Care Network serves as a catalyst for the integration of clinical and service delivery intended to build better health outcomes for frail seniors across the Central East LHIN.
- Specialized geriatric services (SGS) are those services focused on frail seniors, older people whose complex health concerns threaten their independence and function. SGS provides greater specialization and uses interprofessional teams and inter-organizational collaboration and standardized approaches in its delivery, increasing customization of care to respond to patient and family needs. Services that fall under the scope of Specialized Geriatric care include: specialized geriatric and gerontological assessment, consultation, short-term treatment, rehabilitation, and short-term specialty case management. They also include both the specialties of geriatric medicine and geriatric psychiatry.
- For more information about Seniors Care Network or to download a copy of the 2013/14 Annual Report, go to:
www.centraleastlhin.on.ca/goalsandacheivements/Seniors/Seniors%20Care%20Network.aspx