

Last Updated: May 20, 2014

A Communication Resource for GAIN Team Members – Please refer to the following questions and answers when sharing information about GAIN with key stakeholders:

Background/Context: Providing a system of care for frail older adults

- Central East LHIN's Seniors Aim is to reduce the demand for long-term care so that seniors spend 320,000 more days at home in their communities by 2016. Improving health care for seniors is a top priority of the Central East LHIN. Achieving the Seniors strategic aim requires providing alternatives for home and specialized care that helps seniors stay at home and in their community rather than in a long-term care home. Not only will this aim benefit seniors who wish to stay at home or in the community, but it will also benefit those who do require placement in a long-term care bed. By reducing overall demand for long-term care, we will also reduce the wait time to access long-term care for those who need it the most.
- 15% of the Central East LHIN's 1.6 million residents are seniors who consume almost half of the CE LHIN's health care resources. This population of frail older adults is estimated to grow by 27% over the next ten years. There are an estimated 96,573 seniors in the Central East LHIN who may be considered frail (Seniors Care Network Commissioned Research, 2013). Frail seniors are at risk for worsening health; frail seniors are less able than others to recover after a health stressor event. 9% of frail seniors reside in Long Term Care or Complex Continuing Care; the remainder live in the community.
- Over the next 20 years, the CE LHIN's senior population is forecast to double, substantially increasing the total health care need. Roughly 29% of at-risk seniors receive primary care from solo practitioners. 61% of at-risk seniors receive primary care services from enrolled primary care teams, which don't typically manage frail seniors under specific geriatric programs. There is no clear demonstrable difference in outcomes (e.g., hospitalizations, ED visits) for seniors enrolled in primary care teams compared to those in solo practices. There is a lack of adequate integrated physical, mental, and social supports/coordination for at-risk seniors.
- The Geriatric Assessment and Intervention Network (GAIN) is a program of the Seniors Care Network in Central East LHIN. Seniors Care Network is a partnership of health service providers created by the Central East LHIN in 2011. Seniors Care Network is focused on enhancing 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. The specialized geriatrics programs and services of Seniors Care Network are intended to help 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, including 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, psychological and mental health concerns or frequent health service usage will benefit from the services offered by their local GAIN team.
- GAIN Community teams support seniors at-home, in the community. Depending on the needs of a particular individual, an interprofessional care team is created to provide the required support to increase the capacity for frail older adults to remain in their home in the community. GAIN teams draw upon the expertise of nurse practitioners,