

A better approach to long-term care in Ontario

What is a long-term care (LTC) home?

LTC homes, also called nursing homes, are intended to provide residents with a home where they can experience quality of life and access to safe care to meet their physical, psychosocial and cognitive needs. Residents are largely seniors, however, include others who are no longer able to get their needs met in the community.



Homes offer 24-hour access to nursing and personal care, as well as assistance with activities of daily living.



What does LTC look like in Ontario?

LTC in Ontario



626 LTC homes



79,000 residents call LTC their home in Ontario

Staffing



Resident acuity and complexity



Nearly all residents have multiple chronic conditions (e.g., heart disease, diabetes, arthritis).



90% of residents have some form of cognitive impairment, including dementia.

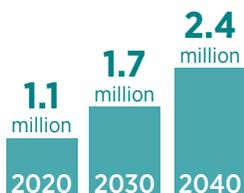


80% of residents with dementia have behavioural symptoms, including responsive behaviours that need immediate attention for resident safety and support.

What are the challenges facing the LTC sector?

An aging population

In Ontario, the number of seniors aged 75 and older will rise 51% in 10 years and 115% in 20 years.



Shortage of beds

Even with an additional 15,000 beds, Ontario will have a shortfall of 36,900 beds by 2023-24.



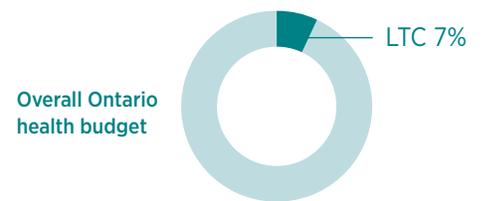
Rising wait times

Median wait times rose from 99 to 152 days between 2011-12 and 2018-19.



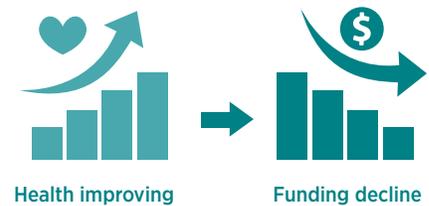
Funding

Ontario budgeted \$4.6 billion for LTC in 2020-21. Canada spends a smaller share of its GDP on LTC than most countries in the Organization for Economic Co-operation and Development (OECD).



Funding formula dilemma

Funding for an LTC home depends, in part, on the health of its residents. The more complex the needs, the higher the funding. This means that an LTC home loses funding if the health of its residents improves. Such a formula is a disincentive for implementing best practice guidelines, hiring registered staff and investing in the health and well-being of residents.



Solutions for LTC

RNAO Recommends: Nursing Home Basic Care Guarantee

Increasing acuity and complexity of care means each LTC home resident needs **4 worked hours of direct nursing care by RNs and RPNs, and personal support by PSWs each day** for safe care and quality of life.

RNAO's staffing recommendation



Benefits of enhanced staffing



Improve resident health outcomes



Reduce mortality



Lower hospitalization rates & associated costs

New Approaches to Elder Care

More home care targeted to Ontario's seniors so they can age in place.



Smaller, more homelike community-based settings for seniors in place of large care facilities.



COVID-19 disaster in LTC homes the result of shortfalls

Canada did a poor job of protecting residents in nursing homes compared to other countries in the Organization for Economic Co-operation and Development (OECD). Eighty-one per cent of COVID-19 related deaths were in LTC - more than double the average for other OECD countries.

Globally:

Percentage of all COVID-19 deaths in LTC as of May 25, 2020:



Canada



Rest of reporting OECD countries

In Ontario:

Number of COVID-19 deaths in LTC as of Oct. 31, 2020:

2,013

Percentage of COVID-19 deaths in LTC as of Oct. 31, 2020:

64%