



OLDER ADULTS WANT TO AGE WELL IN THEIR HOMETOWN.
THIS IS POSSIBLE.





Everyone ages. The Saskatchewan population is aging and the percentage of people 60+ will continue to grow, probably reaching 25-30% by 2030. As could be expected for a range of ages from 60 to 100+, individuals' health and abilities vary greatly. However, there are broad stages that most people experience if they live for a long time – especially into their late 80's, 90's and over 100. These are sometimes described as continuum of care. The need for support to live well increases as health and social circumstances change with age.

Stages of aging: These stages are not rigid. A person may move from one stage to another and back to a former stage if a health or social problem is addressed.

Totally independent

Able to live without intentional support from family or community.

Short term changes

Health incident affects strength and independence; medical assistance and practical supports needed while healing takes place. A “handyperson” who has helped moves away or stops supplying the services. Older person moves to another location, and needs help with finding services.

Long term changes to physical or mental health

Close family move away. Major physical health problems or dementia affect a single person or life partner. Older adults can still live in their home with regular medical and/or practical supports.

Permanent changes

Deterioration so the person becomes frail and needs daily help for medical and/or practical needs.

Permanent 24 hour care in a facility



Home Supports Initiative

People want to age in their own homes and communities for as long as possible. At Saskatchewan Seniors Mechanism we believe that if practical supports can be accessed as people age, they will be able to stay in their homes for years longer. Communities will continue to receive the gifts of paid workers, volunteers, mentors, tax payers, entrepreneurs and active citizens who are aging in their town, village, city. SSM is providing leadership and advocacy to make Home Supports a reality. SSM and its member organizations are the provincial voice for older adults and will continue to work collaboratively with provincial and municipal governments.

Real Options include:

1. Practical supports such as assistance with:
 - housekeeping
 - pet care
 - yard care
 - Minor home renovations
 - services to address particular medical and/or personal care with consistent, trusted home care workers

FAQ'S

Is HSI different from Home Care or just an expansion? In the past, Home Care has included some practical services beyond medical care but presently Home Care is provided for short term medical needs, particularly for patients who have been hospitalized. Home Supports would include practical supports and/or personal care needs on an ongoing basis.

Is this province wide? Initially a pilot project may involve one or more communities, but the intention is that all Saskatchewan communities will be able to access HSI.

Who is going to pay for HSI? Costs for health care are a provincial responsibility and there are concerns about these costs. Data from other countries that have systems of Home Supports and research in Canada show



2. Expanded in-home services to cover diverse health needs such as:
 - physiotherapy
 - education on managing conditions
 - wound care
 - help with specific continuing health issues
3. Better Options for older adults to be healthier, happier and able to contribute to their community, even as they receive support through community services.

Lower Costs

Research and real life examples confirm that if older adults do not have to move to long term care facilities until they need 24 hour care, overall financial costs can be reduced by 60%. As well, long term care facilities would have the time and space to develop models that provide respectful, dignified homes for older frail adults.

that the costs of implementing accessible systems of Home Supports are approximately 1/3 of the cost of institutional care for older adults. Individual users would share costs based on their ability to do so.

Who is responsible for this? SSM is responsible for advancing the Home Supports Initiative but key leadership will need to come from the Saskatchewan government along with close collaboration with municipalities and older adults.

Are there expectations for people who sign up to be supporters?

There are no expectations that supporters will be asked to donate money or time. The major expectation is that as the number of people who sign up grows, the ability of SSM and others to demonstrate the

We are asking you to join those who are committed to the Home Supports Initiative.

We are compiling a list of persons who confirm they support the Initiative. We need to have your name, phone number and email address. We will not share your phone number or email with anyone but need it to confirm you are a real individual. More names will lend more power and continue to build momentum. SSM will communicate with members of the group via email, our website and Facebook.

Please join by sending an email including your name and phone number to:
homesupports@skseniorsmechanism.ca

To learn more, please visit us at:
www.skseniorsmechanism.ca

importance of the Home Supports Initiative. SSM will communicate regularly with supporters to update on progress.

If I support this initiative what can I do to help? You can watch for publicity about HSI and share any information you have with family and friends and encourage them to sign up as supporters. There may be opportunity for some supporters to help in other ways in the future.

Examples might be: writing a letter to the editor, writing to your MLA, contacting local council, emailing or phoning in to a talk show that is exploring the idea of Home Supports. SSM will be providing samples of content for letters as well as letting supporters know if presentations or significant media events will be scheduled.



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