



North Simcoe Muskoka

Specialized Geriatric Services

Supporting People through Isolation

May 19, 2022

Objectives

- Overview of NSM SGS program
- Review the impact of isolation on Persons during the pandemic
- Discuss strategies and resources to support Persons through isolation

NSM Specialized Geriatric Services



Established 2016



Mandate:

- System Leadership
- Clinical Leadership & Regional SGS Service Delivery
- System Education & Mentorship
- System Advocacy
- Research & Ethics

Specialized Geriatric Services

Definition:

“Specialized Geriatric Services” are defined as a comprehensive, coordinated system of **hospital and community-based** health and mental health services that diagnose, treat and rehabilitate **frail seniors**. These services are provided by **interdisciplinary teams with expertise** in care of the elderly and provided across the continuum of care. SGS is inclusive of both **Geriatric Medicine services and Geriatric Psychiatry services**.

SGS Focus: Frailty

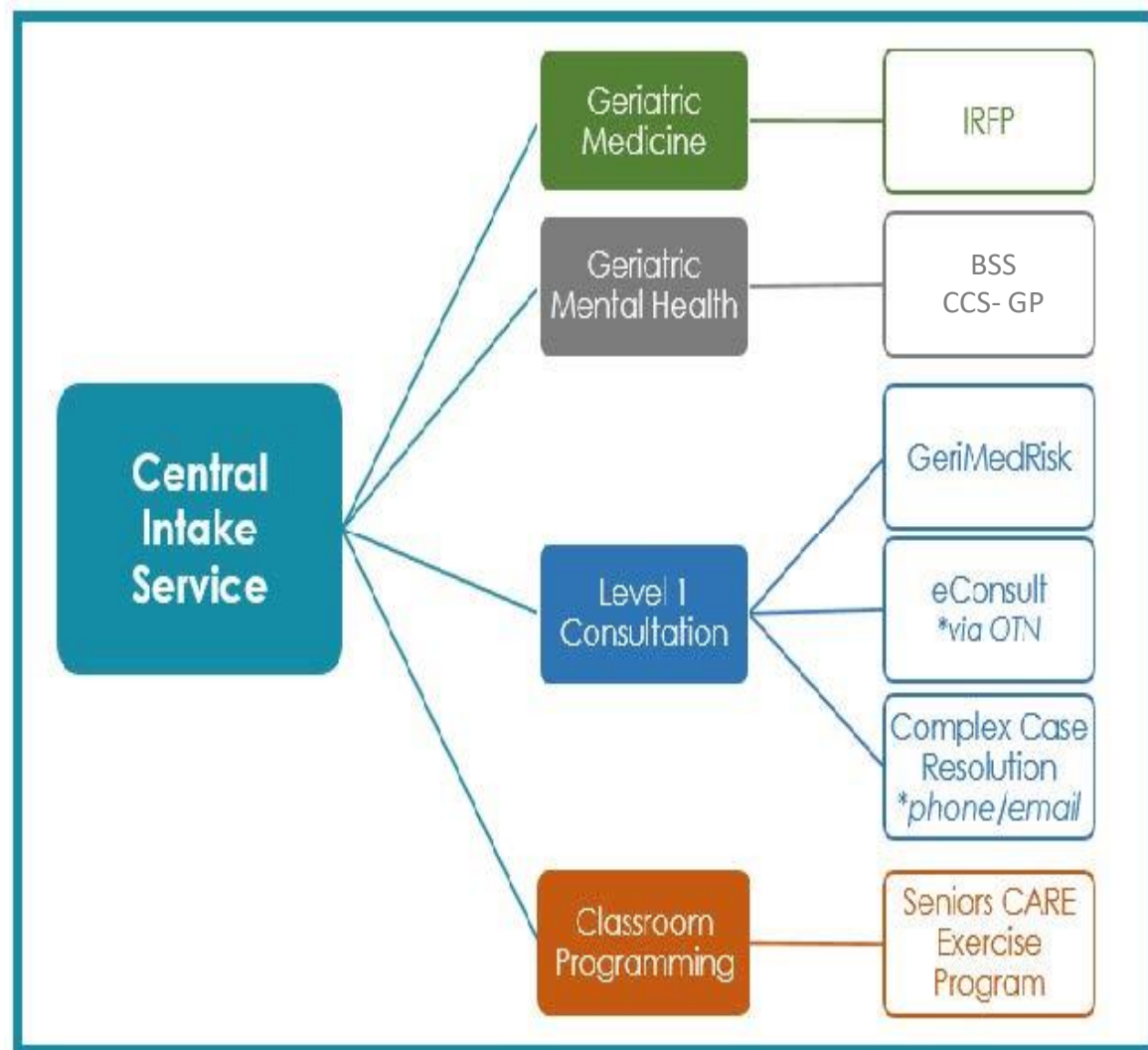
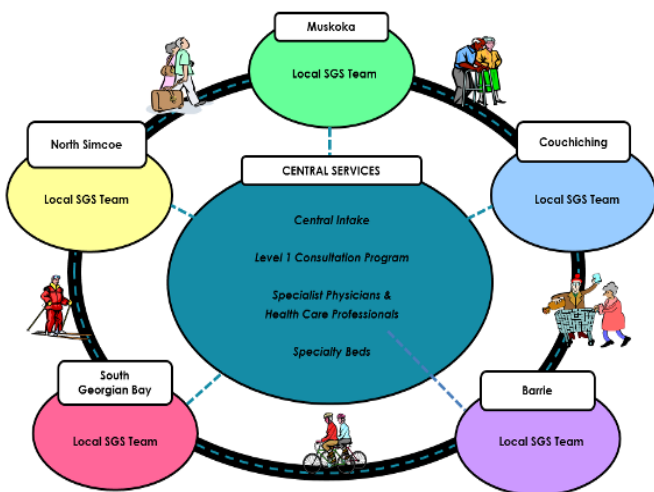


Vulnerability to adverse health outcomes resulting from an interaction of multiple domains and factors.



(K. Rockwood et al. 2005)

NSM SGS Clinical Services



PRC/ Team Lead

Support of health care providers / workers caring for complex older adults.

- Case consultation
- Education
- Clinical system leadership

Psychogeriatric Resource Consultant (PRC) Role in North Simcoe Muskoka

The PRC program in North Simcoe Muskoka supports health care providers caring for older persons presenting with or at risk for responsive behaviours that may be associated with dementia, complex mental health, substance use and/or neurological conditions. The PRCs have a 3-part mandate of case consultation, education and clinical system leadership.

Support for Organizations

- Assist staff to problem solve through case based consultation. This may be provided in-house or by telephone conversation.
- These conversations, founded on the PIECES™ model, encourage staff to consider what they know and what they need to know to plan the best care for the individual.

Level 1 Consultation

Complex Case Resolution (CCR)

The Complex Case Resolution (CCR) process is a consultation service that helps facilitate the flow of older adults with cognitive impairment and responsive behaviours through the health system. A standardized approach helps CCR explore options and promotes provider collaboration to improve patient outcomes, including transitions.

Level 1 CCR consults are 1:1 consults with providers focused on identifying possible solutions.

Level 2 CCR consults are for more complex cases when many options have been tried and exhausted. In these cases, providers are brought together to facilitate a case review and identify a course of action.

No referral form is required for CCR. To initiate a Level 1 Complex Case consultation, contact your NSM Psychogeriatric Resource Consultant (PRC). SGS PRCs are available to provide education and case consultation in your organization. Click on the link for further information on the role of [PRCs in NSM](#).

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IMPACT OF ISOLATION AND SUPPORT

Ontario



From the period **January 15, 2020**
to January 10, 2022:

- 139,756 individuals age 60+ have had COVID (15.6%)
- 1,936 Long-Term Care Homes and 1,166 Retirement Homes have been declared in outbreak
- 17,477 LTCH residents have had COVID
- 9,521 individuals age 60+ have died from COVID (91.6%)

Source: Public Health Ontario Daily Epidemiological Summary, from the period January 10, 2022.

Confinement Syndrome

Physical Health & Well-Being:

- Preventable acute illnesses
- Worsening of chronic conditions; acute exacerbations
- Dehydration, malnutrition (under or over nutrition)
- Inadequate pain management
- New or worsening pressure ulcers

Mental & Emotional Health:

- Loneliness
- New or worsening anxiety, mood, depression
- Increased substance use
- New or worsening cognitive impairment, responsive behaviours

Functional & Cognitive Status:

- Reduced mobility and falls
- New or worsening bladder and/or bowel incontinence
- Reduced functional abilities (ADLs, IADLs)

Caregiver Health & Well-Being:

- Caregiver stress which can lead to physical, mental and emotional issues.
- Elder abuse which can be active or passive and can include physical, financial, emotional or sexual abuse and neglect



Physical Impact

- Functional decline
- Decreased strength and mobility
- Increased risk of falls and falls



Data from survey by Age UK and Kantar Polling in Aug/Sept 2020 showed:

- 1 in 3 have less energy
- 1 in 4 not able to walk as far as they used to
- 1 in 5 say they feel less steady on their feet

Source: October 20 2021

Public Health England. [Wider impacts of COVID-19 on physical activity, deconditioning and falls in older adults.](#) Published 2021

Practical Strategies/Resources

- Encourage exercise- get moving
- Formal programs (e.g. VON SMART, municipal recreation, physio, CARE, etc.)
- Encourage proper nutrition, hydration, regular medical appointments
- Online resources and virtual programming
- [Canadian 24-Hour Movement guidelines for Adults \(65+\)](#)
- [SFCare](#)



Mental Impact of Isolation

- Increased prevalence of depression and anxiety
- Risk of delirium
- Worsening dementia
- Caregiver stress

Data from survey by Age UK and Kantar Polling in Aug/Sept 2020 showed:

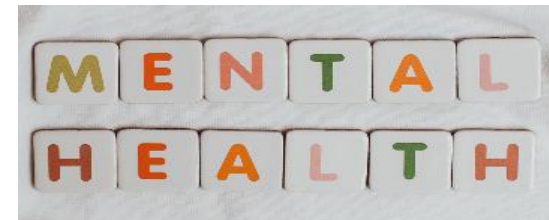
- 1 in 3 respondents reported feeling more anxious since the start of the pandemic
- 1 in 3 agreed they felt less motivated to do the things they enjoy
- 1 in 5 are finding it harder to remember things



Practical Strategies/Resources

- Reduce the stigma- ask about mental health
- Flag changes and seek support for mental health
- COVID specific resources:
 - [My Transitional Care Plan](#)
 - [Dementia Isolation Toolkit](#)
- Focus on “purpose and meaning”
- Encourage socialization
- Access mental health services (e.g. primary care, CMHA, Waypoint, Wendat, NSM SGS, LOFT, etc.)
- [CCSMH](#) , [RGP of Toronto](#) , and [NICE](#)
- [Provincial Geriatrics Leadership Office: Caregiving Strategies Toolkit](#)

The image shows a screenshot of a form titled "MY TRANSITIONAL CARE PLAN DURING THE COVID-19 PANDEMIC". The form is designed for patients to provide information about their support system and care needs. It includes sections for "My Support System and/or Care Team Leading up to and in the Day of My Move", "My Personal Summary", "My Typical Daily Routine", and "My COVID-19 PPE & Swabbing Support". The form is divided into several sections with checkboxes and text input fields.

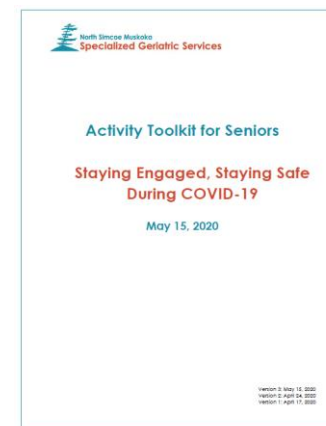


Social Impact of Isolation

- Social Isolation and Loneliness
- Lack of available social programs/opportunities
- Data from survey by Age UK and Kantar Polling in Aug/Sept 2020 showed:
 - 1 in 3 agreed they felt less motivated to do the things they enjoy
 - 2 in 5 felt less confident going to the shops
 - 1 in 4 felt less confident spending time with family

Practical Strategies/Resources

- Involve in Person centred meaningful activity
- [SFCare- Social Engagement Toolkit](#) – including social prescriptions
- Engagement in organization recreation/activation opportunities
- Meaningful 1:1 interactions, even if brief
- Foster virtual/in-person visits
- Virtual programs/experiences
- Municipal and external social opportunities
- [NSM SGS Activity Toolkit](#)



Summary

- COVID IPAC measures have had an impact on people's mental, physical and social health
- It is important to target care strategies and interventions to address these
- Know where to find key resources
- NSM SGS is a partner in care

Thank You!

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