



**BC Care  
Providers**  
ASSOCIATION

# **Are You Asking the Right Qs? What Does it Take to Become a Dementia-Friendly Care Home?**

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# Overview of Presentation

- **Overview of dementia (focus on LTC)**
- **BCCPA recommendations and research on dementia**
- **LTC Dementia Care Models & Implementation Challenges**
- **Dementia Friendly Care Homes (DFCH) Project**
- **Gradual change – Baby Steps**

# Facts on Dementia

- **About 747,000 Canadians living with Alzheimer's disease and other forms of dementia**
  - Increase to 1.4M by 2031
- **BC Dementia Guide (2016): dementia impacts roughly 62,000 British Columbians**
  - Expected to rise to 87,000 by 2024
- **Costs Canada roughly \$33 billion per year, in direct health care expenses and indirect costs**
  - Costs are expected to total \$293 billion by 2040 (Alzheimer's Society of Canada)

# Facts on Dementia

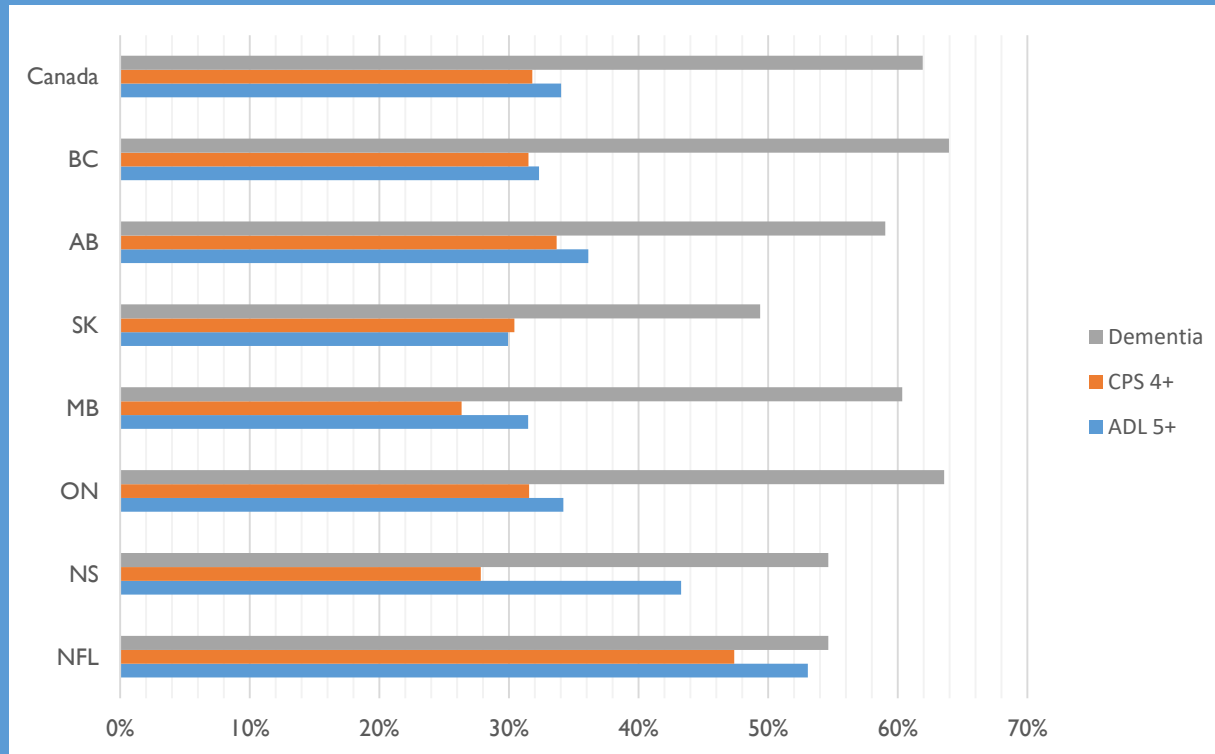


- **USC Leonard D. Schaeffer Centre for Health Policy and Economics (2014)**
  - Annual per-person cost of the disease (including direct and indirect costs) was \$71,000 (US) in 2010 - double by 2050
- **US: age-adjusted death rates for dementia have doubled** (30.5 deaths per 100,000 in 2000 to 66.7 in 2017)
- **CIHI Data: Over 60% of residents in long term care have dementia** (BC has highest rate at about 65%)
  - Higher rates of antipsychotic use
  - Resident on resident aggression

# Acuity Levels of Long Term Care Residents by Province, 2016-17



Figure 5 – Acuity Levels of Long Term Care Residents by Province, 2016-17



Source: CIHI, CCRS (2016-17)

# Use of antipsychotics in LTC



## Ontario

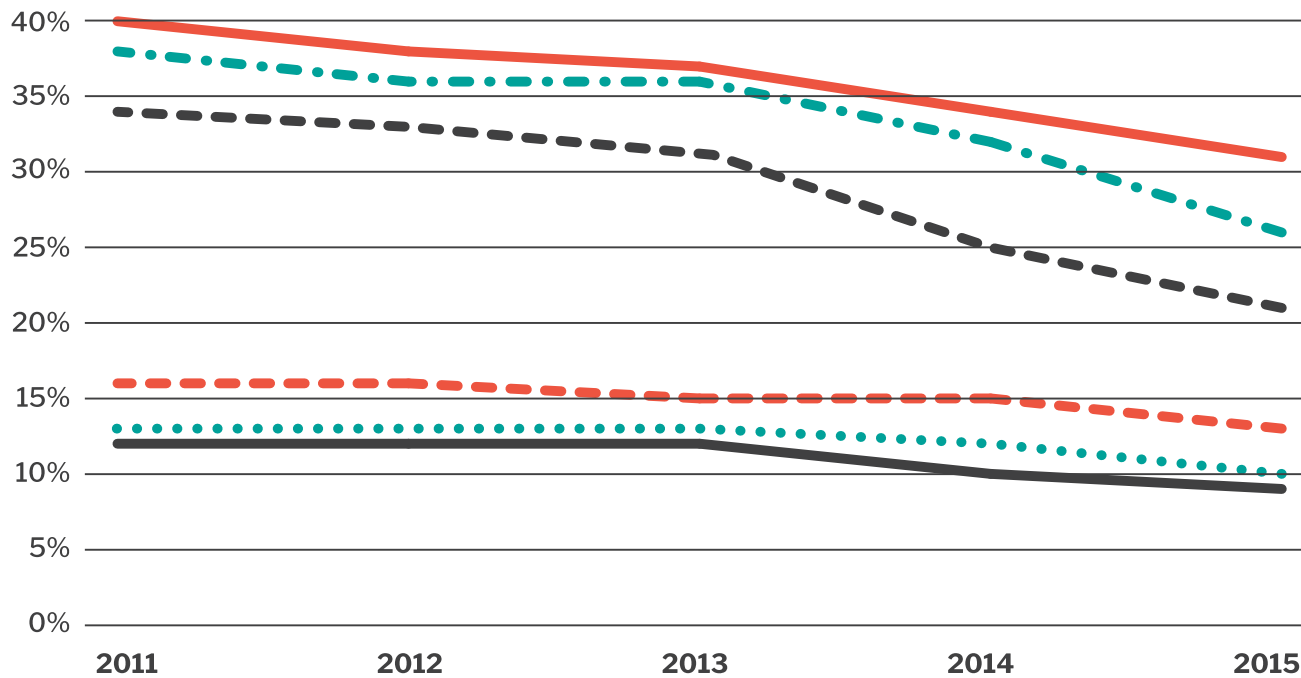
- With dementia
- Without dementia

## Alberta

- With dementia
- Without dementia

## British Columbia

- With dementia
- Without dementia





# BCCPA recommendations:



## Dementia

- **Establish Continuing Care Infrastructure Fund**
  - Enhancements for improving dementia friendly environments
- **Support development of Continuing Care Hubs**
  - Reduce acute care congestion, ER visits but also provide better care for frail elderly and seniors with chronic conditions and dementia
- **Funding for Behavioral Supports program to provide training & resources**
  - Based on Behavioral Supports Ontario (BSO)
- **Seniors Quality of Life Fund**
- **Development of a National Seniors Health Promotion Strategy** (senior health & well being)

# Dementia recommendations

## National or Provincial Dementia strategy

- Explore new care models / initiatives to support seniors with dementia (i.e. dementia villages, butterfly care homes and dementia friendly communities)
- Advocate support retrofitting existing care homes (i.e. dementia friendly care homes)

CALTC – fed government invest in construction, renovation and retrofit of 400 LTC homes to meet current design standards and needs of today's seniors, especially with dementia, by 2023



# Models of Dementia Care: Dementia Villages

- 2007 (Hogeweyk, Netherlands)
- 150+ residents with dementia
- Free to roam around village (pub, grocery, etc.)
- 20+ residential units (6 to 8 residents)
- Staff integrated as part of village (no uniforms)
- Positive outcomes (reduce antipsychotics)
- New Dementia Villages



# Models of Dementia Care: Butterfly Care Homes

- UK (1995); 30+ care homes as of November 2018
- Focus on Emotional Intelligence
- Smaller living spaces (household model) and bright living environment
- Removing barriers between residents and staff
- More flexibility / relaxing routines
- Positive outcomes



# Household Model of Care



- **Various models:** dementia village, butterfly care homes, etc.
- **Literature:** PLWD experience better quality of care in home-like, clustered accommodation model
- **Home-like, clustered domestic models of care are associated with better quality of care** (i.e. providing access to outdoors and flexibility of care)
- **Australia research:** home-like models (up to 15 residents) are delivering better outcomes for comparable cost
  - Less likely admitted to hospital or transferred to ED
  - 52% less likely to be prescribed potentially inappropriate medication

# Challenges implementing new models



- **Funding (minimal extra funds to support change)**
- **Regulation (excessive or inflexible regulations)**
- **Staffing challenges (lack of providers)**
- **Availability of education and training**
- **Need better evidence**
- **Better define person-centred care / quality of life**
- **Resistance to fundamental change (status quo) – gradual change (baby steps)**



# Dementia Friendly Care Homes



**Creating Dementia-Friendly Care Homes in B.C. (December 2018)**

<https://bccare.ca/2018/12/creating-dementia-friendly-care-homes-in-b-c/>

# Dementia Friendly Care Homes

## **Builds on idea of dementia friendly communities**

- *Alzheimer Society works closely with municipalities, professional groups, corporations and individuals to reduce stigma and remove barriers to support PLWD to participate fully in communities and continue to enjoy activities that are meaningful*

## **BCCPA White Papers & Strengthening Seniors Care**

- *Provincial government explore establishing a dementia-friendly program in which a designation could be provided to care homes that have made specific redesign changes to accommodate PLWD and/or where dementia training has been provided to staff*



# Dementia Friendly Care Homes

- Research partnership between BCCPA, Alzheimer Society of BC and SFU
- Examine what other jurisdictions in Canada and internationally have done, or are doing, to develop dementia-friendly criteria or guidelines in LTC
- Study is largely focusing on two areas: 1) physical infrastructure / living environment and 2) staffing (incl. education & training)

# Dementia Friendly Care Homes

## Physical infrastructure

- Create environments that are distinctive, safe, and familiar to seniors. Many care homes are outdated and need to be update (dementia friendly designs, larger living spaces, privacy, etc. )
  - 2017 study noted that supportive physical environments can have a number of positive effects PLWD in LTC

## Staff education and training

- Butterfly care approaches
- Ontario: Behavioral Supports Ontario
- Gentle Persuasive Approaches (Safe Care BC and ASBC – Creating Connections, P.I.E.C.E.S)

# Dementia Friendly Care Homes

- **Extensive literature review**
- **April 26, 2019 DFCH Forum:** BCCPA and Alzheimer Society co-hosted event that brought together stakeholders together
- **Exploring challenges as well as pros and cons of developing a DFCH program or designation in B.C. context**
- **Assist current & future care homes in using or implementing promising practices to become more dementia-friendly**
- **Release paper in summer or fall of 2019 (next steps)**

# Summary



- **Dementia rates are increasing and significant portion are entering long term care**
- **Need to improve dementia care (quality of life) in LTC**
- **Variety of different care models - focus less on models as opposed to how care is organized & delivered**
- **Dementia Friendly Care Homes – physical environment and staffing (gradual change or baby steps)**

# Dementia Friendly Care Homes: Baby Steps



- Small or gradual changes (baby steps) can make a difference
- LTC home (Mt. Cartier Court) in Revelstoke, B.C., helping residents with dementia avoid getting confused by identical-looking doors
- Doors covered with made-to-measure vinyl decals to look like made of different materials (i.e. antique wood, wrought iron or stained glass)
- Cost of \$150 per door (\$6500)







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[https://www.nlcahr.mun.ca/Research Exchange/BC Dementia-Friendly Care 032019.pdf](https://www.nlcahr.mun.ca/Research_Exchange/BC_Dementia-Friendly_Care_032019.pdf)