

### *Senior Strategy*

The South East region has recognized that a high number of senior are living in the communities; this has allowed the South East LHIN to focus on senior care.

In the South East LHIN, senior care starts in the client's home with a focus on how the senior wishes to stay at home as long as possible. This is possible with a health care team's support that keeps the seniors desires in mind. With the seniors wishes in mind, understanding how we age, understanding health related aging disease and recognizing changes to an individual's ability to move around, be physical, change in behaviors or suffer from memory loss, the South East LHIN Senior Strategy is aligned to support the senior by aiming to provide easy access to service, care and different living/care places as senior age.

There are six main areas of focus for seniors in the South East LHIN:

1. Assist a senior living at home by providing early community supports.
2. Create an alternative "home like" "place for seniors to live.
3. Begin programs that help senior stay strong, keep them moving, slow down memory loss and prevent mood changes while at home or being care for in the hospital.
4. Identify seniors at risk of poor health at home, in a physician's office or in hospital. In order to provide them with the right care at the right time in the right place.
5. Return seniors home from hospital when ready.
6. Review the special care needs of the seniors and find the right place or program to provide this care.

Currently the South East LHIN has created senior friendly hospitals and all South East LHIN hospitals have senior friendly care plans and understand where to improve their care.

Community health care providers are also leaders in senior care who are continuously linking with seniors to improve the care they provide.