

A better approach to long-term care in Ontario



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

LTC homes, also called nursing homes, provide seniors (residents) with exactly what their name suggests: a home. They are equipped to address the care needs of seniors, whether those needs are physical or cognitive.



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

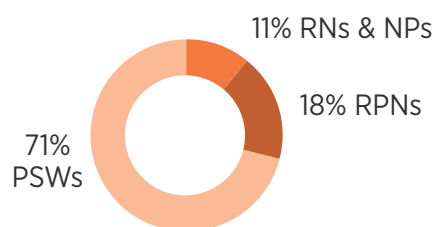


626 LTC homes



+79,000 beds

Staffing



Resident 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.

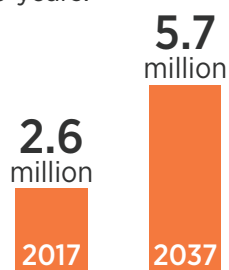


80% of residents with dementia have behavioural symptoms, including aggressive or severely aggressive behaviour.

What are the demands on the LTC sector?

An aging population

The number of seniors aged 75 and older will double within the next 20 years.



Long wait times

The number of people approved and waiting for a nursing home bed increased by 45% from 2015 to 2018.



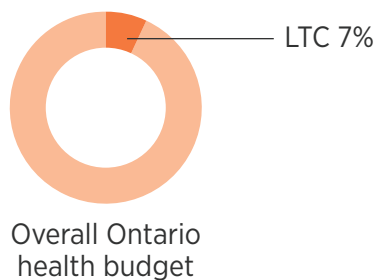
Shortage of beds

Without dramatic system changes, there will be a shortfall of 48,000 LTC beds over the next five years.



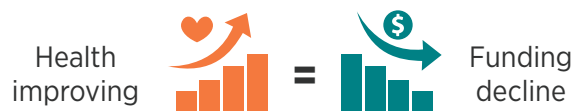
Funding

Ontario spends \$4 billion each year on LTC. Canada spends less of its GDP on long-term care than most other OECD countries.



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. This formula provides a disincentive for implementing best practice guidelines, hiring registered staff and investing in the health and well-being of residents.



RNs improve the quality of care in LTC homes

Benefits of increasing RN staffing ratio



Improve resident health outcomes

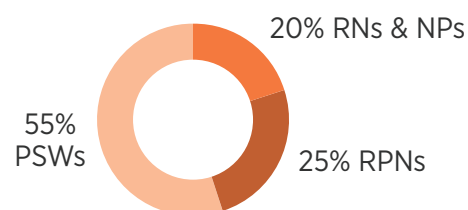


Reduce mortality



Lower hospitalization rates & associated costs

RNAO's recommended staffing ratio



RNAO plays an essential role in Ontario LTC homes

Best Practice Guidelines (BPG)

RNAO's BPG program supports LTC homes that adopt evidence-based practices. LTC coordinators work across the province to improve quality of care for residents by supporting the implementation of RNAO BPGs that address each of the mandatory programs LTC homes must implement, and others relevant to the sector.

Best Practice Spotlight Organizations (BPSO)

Nursing homes that agree to adopt multiple BPGs are known as Best Practice Spotlight Organizations.



Mandatory BPGs

