



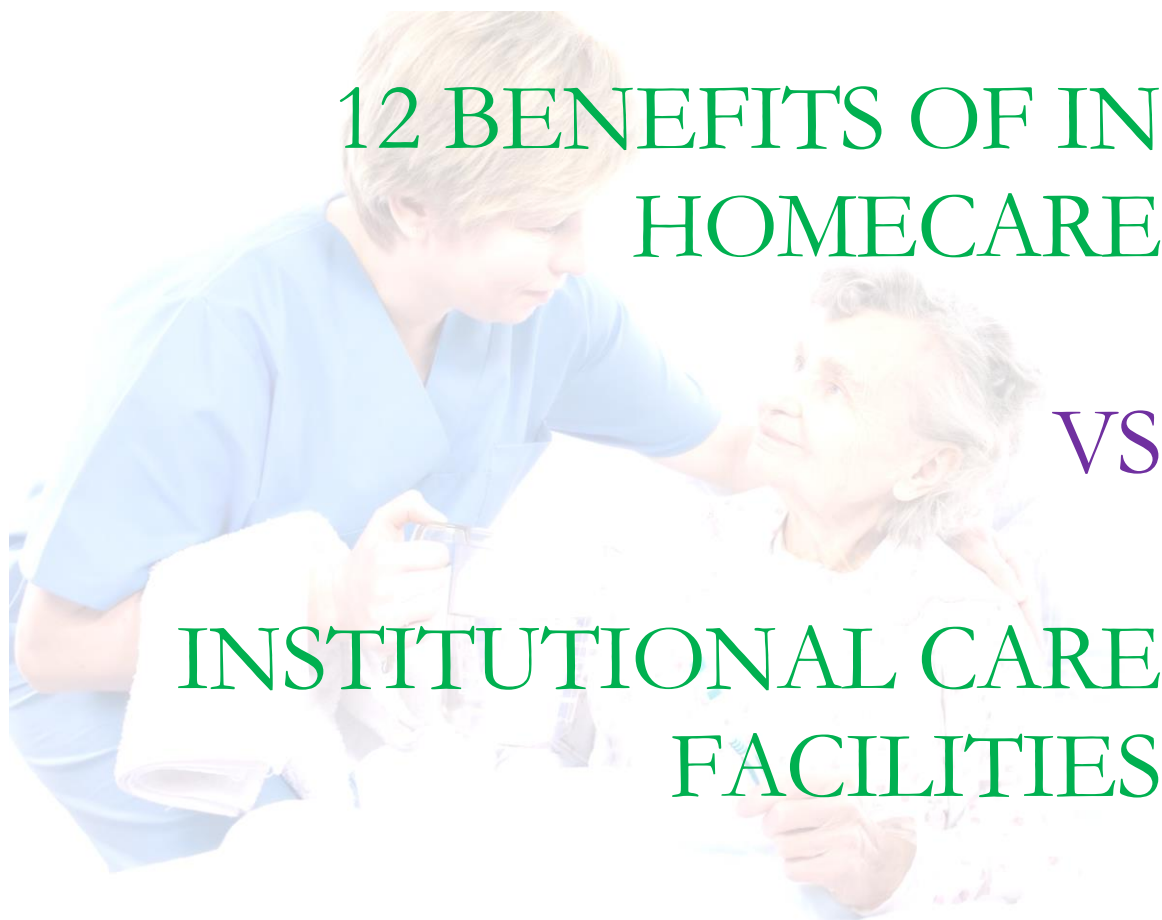
AMOUR AT HOME HEALTHCARE

Care, well deserved.

12 BENEFITS OF IN HOMECARE

VS

INSTITUTIONAL CARE FACILITIES



Aging Population

Canada has an ageing population. The baby boomers are now heading in to their later years and are living much longer. With age comes the invaluable knowledge and history that has helped inform and shape the society that we live in today, but in turn, this is accompanied by greater aged related health complications, and further pressures on our healthcare system. A significant proportion of this ageing population (and their children), are wondering 'where to from here'.

Most elderly people want to spend their retirement in their own homes. Research shows that 'ageing in place call home is the preference for the greater majority. A recent Government report showed that of those surveyed, 92 percent of elderly people wanted to remain at home vs a nursing home or collective dwellings. And indeed, the report also showed that this was the most cost-effective option for both the Government and individuals.

There are several different options available for providing appropriate care to ageing family members and the choice often depends on specific circumstances. Generally speaking, the two main options are around institutional care (care in a nursing home) or care at home (home care). They are distinctly different and it is important to understand the difference from the outset.

Institutional care is moving from a private home into a care facility, such as a nursing home, where 24 hour clinical care is available. Home care is when an older person is provided with care and support so that they can stay in their own home. Some circumstances dictate specific solutions. For example, institutional care is better suited to high-dependency individuals whose health has deteriorated in a significant way and they require around the clock care. Home care is better suited to people who are still able to perform some home duties and self-care at home (either alone or with some assistance).

Our population is aging and there is a demand for institutional. There are waiting lists that are from six months to three year for some. There is no surplus of nursing home and that has become a real issue.

There are pros and cons to both models of care and here we consider some of the advantages and disadvantages to both.

Institutional Care Facility

Institutional Care by its very nature provides around the clock care. It is staffed by qualified clinical staff (mostly nurses), and other visiting medical professionals such as doctors. However, it does not provide emergency care for acute conditions. This type of care is provided in a hospital setting. Institutional care is more suited to high-dependency individuals that are unable to perform most self-care.

At Home Care

Around the clock care at home can easily be achieved, based on the individual requirements. The advantage of in-home care is that it is fully flexible and can be tailored to the individual's unique needs. Home care provides different levels of care, where the individual selects services under a home care package that best suits them. This ensures they are getting the exact type of care they require. They may be able to prepare basic meals for themselves but may need assistance with preparing a hot main meal, help with a shower or a bath, a regular visit from a physiotherapist or some social support. The advantage to home-based care is that it is not a blanket approach, and tailoring the type of care to the needs required enables dignity to remain intact and supports an individual to retain their independence and live life on their own terms.

Social Networks Institutional Facility

Most institutional care facilities offer some form of social program, which often includes outings and excursions, as well as on-site activities to keep residents socially engaged and active. There are limitations to the types of activities due to the fact that these organized activities need to cater to many individuals, who all

have unique needs. They are also held during select times so do not offer a lot of flexibility.

The process of moving away from home and familiar networks can be disruptive and upsetting. Combined with the management of chronic health conditions, losing institutional connections and limited social interactions can be detrimental. However, it is also worth considering that the nursing home setting provides a whole new group of people to build and maintain friendships with, if the person going into care is so inclined.

Social Networks At Home

One of the advantages to home-based care is the ability to maintain a familiar environment and keep in touch with old friends, neighbors and family. By introducing support at home, little needs to change around social networks and it may also provide an opportunity to re-establish old connections with the help of a caregiver to support outings. A regular caregiver can also provide companionship and friendship, fostered through spending time together in an informal environment.

There are quite a few home care programs that support social connection and living a social and active life. People can choose exactly what they would like to do, whether that is fostering a hobby, going shopping or to the movies or enjoying an organized day out. The flexibility of formal home care allows the individual to choose what they would like to do within their home care package budget and requirements. (Have added this last thing as there are some stipulations on what the money can be spent on as well as the budget depending on the level of care assessed)

Emotional Wellbeing-Institutional Facility Care

Some seniors can find moving from home into institutional care a particularly upsetting experience, especially those who are in the early stages of dementia. It

can be quite frightening and confusing. Loss of independence can be a very emotionally challenging experience. Loneliness is also a major health risk and being in institutional care does not mitigate it simply because they are surrounded by people. Often residents are not able to take a lot of the personal items from home with them (because of space limitations or occupational health and safety). Being surrounded by unfamiliar things can cause distress and may make settling in more difficult. Being forced to be in contact with people they might not have much in common with communal spaces may also be an issue for some.

Emotional Wellbeing -At Home Care

The advantage of at home care is that there is no major life change (such as moving to a new environment) to overcome. While having a caregiver visit the home may require a period of adjustment, there is unlikely to be any trauma attached to it, and introducing a caregiver gradually may mitigate this. Introducing in-home care may actually increase emotional wellbeing if the senior person strongly wishes to remain at home. Usual social and family interactions can continue and having extra support may enable the elderly person to do some things they wouldn't be able to without the home-care support. Being in a familiar place, with their own things cannot be underestimated.

Cost of Care:

Aged care costs can be complicated. Each person is required to pay a basic daily fee, which is currently set to approximately \$70 per day. If personal circumstances permit, the senior person will be asked to contribute further to the cost of their care.

Average Cost of Care per day in Ontario

- Hospital Bed 842/day
- Institutional Care Bed -\$126/day

- At Home Care- 42/day

Caregivers enable homecare to be possible, but due to the substantial support that they provide, caregivers cannot always shoulder the financial and personal strains of caregiving.

In 2011, the Ontario Government introduced the Family Caregiver Leave Act that will provide up to 8 weeks of unpaid job leave for employees to provide care and support to a sick or injured family member.

Although the need has been recognized, more can be done: In 2007, 2.7 million Canadians aged 45 and older reported providing care for seniors, the value of the unpaid labour contributed by informal caregivers is estimated to be \$25 billion per year.

<http://www.carp.ca>

It is difficult to compare the costs of nursing home care with in-home care simply because the models of care differ significantly. In both cases the government invests and subsidizes some of the care, but the major difference between the costs of the two models of care is that there is no additional fees to pay for care in the home. That alone makes home-based care a more financially viable option.

Choosing care for your loved one can be a stressful and emotionally fraught time. Understanding that most people want to remain at home so they can maintain some independence, and age with the dignity and respect that they deserve is a major consideration. In some instances, institutional care is the only option due to the deterioration of health, but in many cases working in partnership with a home care provider, seniors can remain in their homes keeping their assets, their independence and their dignity intact.

Studies have found that an estimated 90% of elderly prefer home care over institutional care. Here are 12 good reasons to consider home care vs. Institutional facility care.

1) There's no place like home.

Most elderly and frail individuals who are faced with the possibility of having to leave home because they can no longer care for themselves. In fact, recent studies have found that home care is preferred about nine to one over institutionalized care. Most people say they want to be cared for in the comfort and familiarity of their own homes for as long as possible.

Here are other reasons why home care has become widely viewed as the best and most viable delivery of health care in America:

2) Home care helps keep families together.

Compare this to taking an elderly person away from her loved ones. At no time is family more important than during times of illness. For example, taking the case of Nada, who is 82 and lives with her son and daughter-in-law. After Nada had several minor strokes, her family was concerned she might have to be moved to an assisted living facility because she could no longer be left alone when they were at work. They dreaded this possibility, and were greatly relieved when they found a home care agency that provided a companion to stay with Nada during the day. Now, they no longer have to worry about Nada, and she is very happy to be living at home with her family.

3) Home care helps seniors maintain their independence.

Home care allows seniors, who strive to maintain their remaining independence as long as possible, to continue to live in the place they function best – their home.

4) Home care helps promote healing.

Medical evidence shows that people recover more quickly at home.

5) Home care is safer.

Home is a safer place than being in a institutional facility. People can pick up infections and other complications when they live in an environment with a chronically ill population. There can also be a chance of violence from other

persons sharing the facility that can endanger others. This is obviously not the case when cared for at home.

6) Home care is personalized care.

There is a greater chance of a one to one interaction with the same caregiver on a daily basis, whereas in an institutional care you would have different people covering different shifts and this becomes impersonal and can often be intimidating.

7) Home care often gets the entire family involved in providing care.

When a sick, elderly or disabled person is at home it takes a whole family to care for that individual. Family members often take an active role at different times of the day when caring for that loved one and this can be most comforting.

8) Home care reduces the stress that often accompanies illness.

Illness increases anxiety and stress, but research shows it's not nearly as great when care is practiced in the home.

9) Home care is the most effective form of health care delivered in terms of customer satisfaction.

People just love being at home, a place that they are familiar with and being with the people who may have been taking care of them for many years. So going to an unfamiliar place can become mentally and emotionally drained which can cause more decay in their health.

10) Home care is delivered by people who genuinely loves people

People who works in this industry tends to do it for satisfaction of helping others and for making a difference in the life of another. Many of these workers have been doing this type of jobs for over 25 years because they genuinely cares for people and not so much for money.

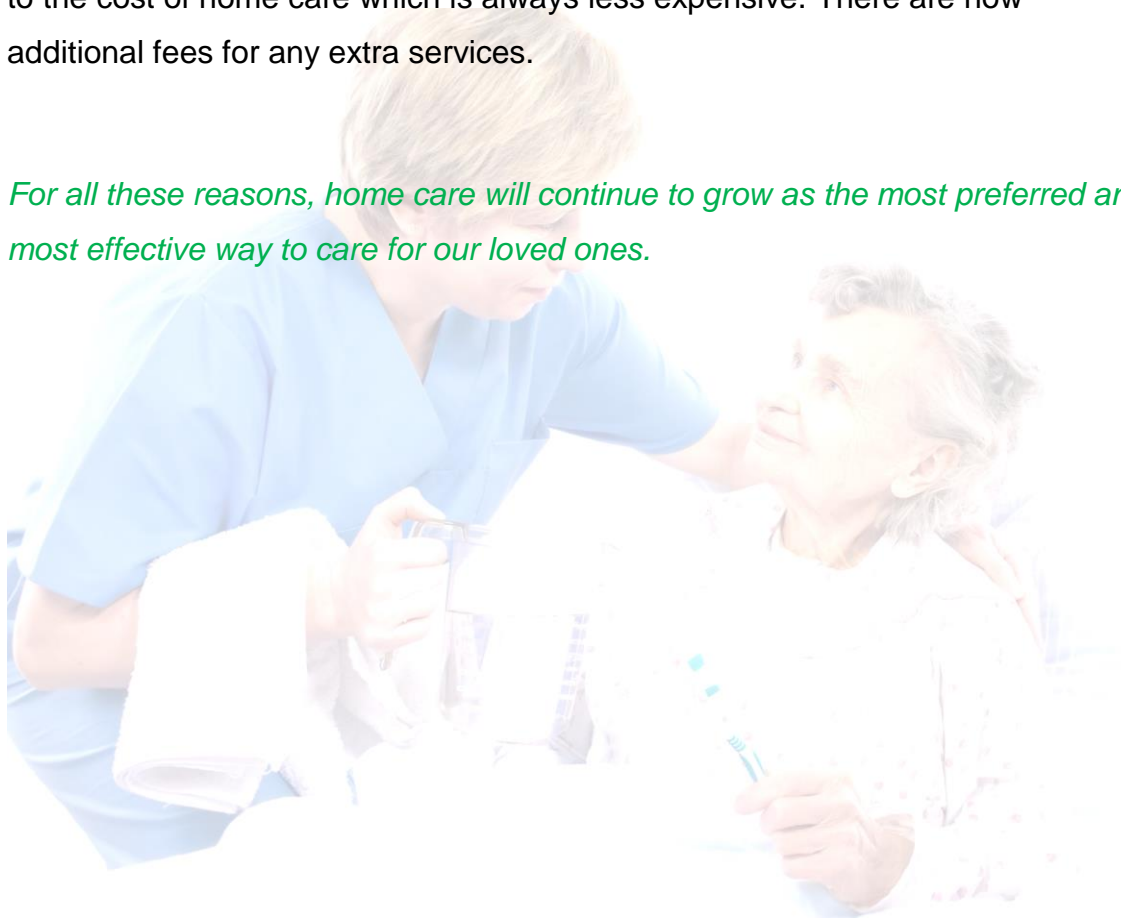
11) Home care can extend and improve the quality of life.

There are many studies by nursing schools and government agencies have found that home care actually extends life. Visits by home care personnel often provide extended support.

12) Home care is less expensive than other forms of care.

Having an elderly patient in an Institutional care will be very costly in comparison to the cost of home care which is always less expensive. There are now additional fees for any extra services.

For all these reasons, home care will continue to grow as the most preferred and most effective way to care for our loved ones.



WE CARE!



AMOUR AT HOME HEALTHCARE
Care, well deserved.

100 Consilium Place, Suite 200
Toronto, Ontario, M1H 3E3

1800.660-8539/416-350-7238

<https://amourathomecare.ca>
services@amourathomecare.ca

