

The Hepworth Quarterly



March 2019 Edition

WELCOME TO THE QUARTERLY!

Welcome to the Hepworth Quarterly, and we couldn't be more excited to have you join us here! Since our launch in 2016 we've been amazed and thankful for the response we've received in the market for our advocacy and elder planning services and for that we thank you all very much.

As you can see, for 2019, we're taking another step forward in providing the kind of information and insight that our clients and subscribers are looking for as they navigate their own paths to Ageing Well...with our new newsletter!

Not to worry for those wondering, as we will continue to conduct our regular seminars throughout the Greater Toronto Area.

We're always thrilled to meet you all in person!

In addition, we're continuing with our popular Elders' Insight series for 2019, but we've taken a step forward with it as well, as we move from an audio podcast to a full video podcast.

We think you'll find the episodes even more engaging when you can see us and especially our terrific guest speakers. More on the Elders Insight on Page Three!

All said, we're excited about 2019 and anxious to connect with our subscribers...and to have them connect with us as well. So, don't hesitate to drop us a line at contact@hepworth.ca or give us a call at (416) 399 - 2673

THE EMERGENCE OF THE PERSONAL ADVOCATE

Those of you that have been following us over the years, likely know us for our Navigating the Health Care System seminars across the Greater Toronto Area.

The focus of this seminar has been on how complex the healthcare system has become and how easy it is to get lost and disoriented whenever one needs to make use of it.

As a natural result, we've crafted a new seminar presentation.

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SO.... WHAT'S IN HERE?



We thought we'd design our Newsletter around our Ageing Well Model that we developed some time ago.

Using the five core elements of Health, Housing, Financial & Legal, Lifestyle and Family, we'll be providing interesting content that we regularly develop here at Hepworth & Associates, as well as other pieces that we find in the news and via our ongoing travels. All said, we hope to keep you informed, engaged and ready to come back for more. So, let's get started!

Happenings in Health

At date of this writing, the Province of Ontario is reflecting upon the announcement of the its governments' intentions of creating a central agency called **Ontario Health** to oversee the province's \$60-billion health-care system.

The super-agency, unveiled February 26, 2019 by Health Minister Christine Elliott, will be formed by dissolving the 14 Local Health Integration Networks (LHINs) and merging their duties with those of six provincial health agencies, including Cancer Care Ontario and eHealth Ontario.



Without being an early critic of a valiant attempt by our new Provincial Government, I think Kevin McNamara, the former Deputy Health Minister for Nova Scotia captured it best this week with his "What's happened in this country is we've become experts at merging and unmerging, rather than providing health care". An approach to consolidating and de-consolidating government agencies is not a new strategy and one we've seen many times over the years with dubious improvement. Hepworth & Associates will continue to monitor the evolution of this new version of the strategy and provide its thoughts along the way.

Happenings in Financial & Legal



This past month on our Elder's Insight series, we were delighted to have, as our guest, **Cynthia Woods** of Woods Law in Toronto. We continue to be surprised by what the statistics tell us about the whole 'estates' discussion, as 51% of us still do not have a will in place. And second, approximately 70% of Canadians do not have a signed Power of Attorney in place. Cynthia provided even more fascinating insight to this discussion including those "horror stories" that can result from not ensuring these basic documents are up-to-date and complete.

If you haven't seen this episode of The Elders' Insight, click [HERE](#) and we'll take you there!

Upcoming Events



We're currently putting dates together, commencing March 2019, for the rollout of our new presentation for 2019, **The Emergence of the Personal Advocate**.

You can stay tuned by keeping an eye on our website at www.hepworth.ca or on our social media channels at Facebook and Twitter.

The Monthly View

THE EMERGENCE OF THE PERSONAL ADVOCATE

(continued from Page 1)

This new presentation, entitled "The Emergence of the Personal Advocate" provides a depth of insight into how the complexities of managing one's later life course, has resulted in the emergence of a new professional service.

The later life course complexities include not only navigating today's healthcare system, but other issues such as home care selection, advance care planning considerations and much more.

We will begin delivering our new seminar in March 2019 across the Greater Toronto Area and we hope to see you there!

The Emergence of the Personal Advocate (an excerpt) And the Role of the Patient Advocate

By Gary Hepworth, EPC

For some people our healthcare system has changed to the point where it is no longer recognizable. Further complexity may be added as governments are actively looking at major changes to how health care is delivered. As patients become more concerned that they aren't getting the care they need or are being asked to pay more than they can afford, they and their caregivers are increasingly reaching out to **private, independent patient advocates** for support.

Private patient advocates may use different terms: health advocates, patient or health navigators, case or care managers, elder planners, doulas and others; all names that represent someone who works one-on-one and independently with patients as individuals.

How do private advocates help patients and caregivers?

Advocates offer a wide range of non-medical services ranging from accompanying patients to their doctors' appointments, to sitting by the bedside in the hospital, to reviewing health care options.

Some advocates focus on one particular disease or approach to care. For example, an advocate might work only with cancer patients or dementia patients. Another advocate might focus on complementary and alternative treatments, or on end-of-life decision-making. Still others may focus on assisting clients with identifying assisted living and/or long-term care options. The overall goal of advocates and care managers is to provide patients and caregivers with the support and education they need so they can make their own decisions about their next steps.

Whether that is helping to coordinate their care among several providers, sitting by their bedsides to keep them safe in the hospital, helping them interpret difficult medical information and terminology, or reviewing their care plans – the advocate is the one person who has the background and knowledge needed to make the patient’s journey as smooth as possible, without the inherent conflict-of-interest that arises within the profit sectors of the system.

Doctors, nurses and other providers find constraints on their work and abilities that preclude them from being devoted to one patient’s needs. Their time is limited by the system, and few patients ever get everything they need from a provider. A private advocate focuses on that one patient at a time who needs his or her help.

For the entire article, join us at The Monthly View at <https://hepworth.ca/the-monthly-view>

Final Thoughts

This being our first foray into “newsletter-land”, we hope you found it informative and interesting. We’re sure its look and feel will continue to evolve and ideally, based on feedback we get from our readers, so please don’t hesitate to share your thoughts, ideas and even criticisms.

Until next quarter.....stay healthy, stay warm and age well!



Hepworth & Associates

Later Life Course Support & Planning

...peace of mind for those you care about

Need Help Now?

Call us at

(416) 399-2673

See You Next Quarter!

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