



# The Future of Caring

## Fall 2019 Update



### Century Club

In July, we held a special ceremony to honour 21 new members of our Century Club: residents born in 1919 or earlier. During the event, multiple generations gathered to celebrate a milestone that is more and more common, particularly here at the Perley Rideau. Many sons and daughters of Century Club members took to the podium to express their thanks for the exceptional quality of care that their parents receive here. A long list of dignitaries also spoke, including the Honourable David McGuinty, Member of Parliament for Ottawa South; John Fraser, Member of the Ontario Legislature; Jim Watson, Ottawa Mayor; and Jean Cloutier, Councillor for Alta Vista Ward.



Sadly, a few members of our Century Club have passed away since the event. The Perley Rideau recognizes that the Century Club is destined to grow over the long term and we're determined to continue to pioneer better ways to house and care for seniors.

### Centre of Excellence in Frailty-Informed Care

Over the next few decades, the number of Canadians aged 85 and over is expected to more than triple. To cope with this demographic shift requires new approaches to seniors' care and housing. A key to meeting the larger challenge is improving care for frail individuals: those less able to recover from illnesses and accidents. The Centre of Excellence in Frailty-Informed Care, the first in Canada, will conduct the clinical research needed to design and implement evidence-based best practices in care, and share them with caregivers. The Centre of Excellence will also help to develop the programs needed to train the next generation of caregivers. In the coming days, we will announce the new Chair of the Centre of Excellence in Frailty-Informed Care.



## Seniors' Village

Design work is now underway for the exciting project to expand our Seniors' Village. The project will house about 200 seniors in a new multi-storey tower. The expansion will help to meet growing demand for seniors' housing and support government efforts to improve healthcare and end hallway medicine. It will also contribute to our long-term sustainability. We will continue to engage with the community as the project proceeds, and expect to begin construction in the next two years.

In collaboration with Algonquin College, we continue to explore options for a new seniors' home in the west end. The project would pioneer new ways to care for at-risk seniors and provide students with experiential learning opportunities.



Katrin Spencer, Manager, Seniors' Village Expansion, greets visitors at the village expansion information booth.

## Foundation Launches Caring for the Future Campaign

The Perley Rideau Foundation has launched a special campaign to support the Centre of Excellence and Seniors' Village Expansion. For more information about the Caring for the Future Capital Campaign, visit [perleyrideaufoundation.ca](http://perleyrideaufoundation.ca). We're grateful to the many generous donors who support the Perley Rideau.

**Caring  
for the  
Future  
Campaign**

## SeeMe™: Understanding frailty together



SeeMe™ is a comprehensive program that assesses frailty as part of a person's overall health, and helps residents and their families to make informed decisions about treatment. Residents and family members work with Perley Rideau staff to develop Goals of Care plans that align with their values, preferences, and quality-of-life goals.

By the end of 2019, SeeMe™ will be implemented in all long-term care units and staff continue to work on adapting the program to the short-stay units. Results from an initial evaluation show that the program is well-received by staff and families.

The experience of the Ronan family demonstrates the impact of SeeMe™. Tom Ronan was a Veteran who served in the Royal Canadian Navy during the Second World War, and spent his final years at Perley Rideau before passing away in June. He participated in SeeMe™ alongside members of his family. His daughter, Jill Ronan, wrote us a note about the experience:

*“ When Dad moved into the Perley Rideau, it was a difficult time for our whole family. The SeeMe™ frailty-informed program provided immense relief. We met with the team and developed a personalized plan to ensure that Dad's requests and needs would be met with respect and dignity. The care and compassion that Dad and the family received was beyond anything we could have hoped for. We are eternally grateful to everyone at the Perley Rideau.”*

The Perley Rideau is grateful to the Ronan family for agreeing to be featured in promotional videos and photos.



## Sub-Acute Care for Frail Elderly: SAFE Unit

We have an important update about another ongoing project that improves quality of care and saves the healthcare system money. Our SAFE Unit (Sub-Acute care for Frail Elderly) accommodates people who would otherwise recover from surgery or short-term illness in hospital, where care is more expensive. A recently completed review further documents the benefits of the SAFE Unit.

Compared with a group of similar patients who recovered in hospital, people transferred to the SAFE Unit had shorter lengths of stay, and were more likely to return home and not require additional supports. Another interesting finding is that even though SAFE patients had more complex disease profiles, they were no more likely to visit a hospital emergency room. We will complete a more in-depth cost analysis in the coming months and share it widely.



**98%**

**Patients Recommend  
The Program**

## Sacred Space

A final development worth noting is the opening of Sacred Space: a private room for quiet reflection that can accommodate Indigenous smudging ceremonies and other spiritual and cultural expressions. The Space features resident art made from natural materials, such as plant-based dyes.

With the support of the Therapeutic Recreation and Creative Arts team, Jessie Stephenson, a Perley Rideau Spiritual Care Practitioner, led the project to establish the Sacred Space. As part of her role, Jessie often helps residents and family members cope with end-of-life issues. In November, Jessie described some of what her work has taught her about mental health to a conference organized by the Champlain Centre for Healthcare Ethics.



Check out our Fall Update Videos at [www.PerleyRideau.ca](http://www.PerleyRideau.ca)



CEO Report Fall 2019



Century Club



Sacred Space



Resident Art Exhibition Opens



SeeMe™ Testimonial



SeeMe™ Implementation



SAFE™ Unit Welcome



Perley  
Rideau



Perley  
Rideau



PerleyRideauSeniors;  
@prvhc\_seniors



Perley and Rideau  
Veterans' Health Centre  
/ Foundation



Perley  
Rideau