



FOR IMMEDIATE RELEASE

The Canadian Geriatrics Journal Publishes Evaluation of Perley Health's SeeMe™: Understanding *Frailty* Together

A Leading Peer-Reviewed Medical Journal Has Published the Findings of a Study into Perley Health's Approach to Caring for People with Frailty

OTTAWA, March 2, 2022 – The Canadian Geriatrics Journal has today published the evaluation of Perley Health's SeeMe™: Understanding *frailty* together, an approach to caring for people living with frailty.

The leading peer-reviewed medical journal is showcasing original research conducted by the Perley Health Centre of Excellence in Frailty-Informed Care™ and the Bruyère Research Institute. It examines the SeeMe™ comprehensive approach to care that integrates the assessment and management of frailty, with an emphasis on early and transparent communications when collaborating to establish a resident's goals of care.

"There is joy in living every day for each of us, and our goal is to lead innovation in frailty-informed care to transform care for Seniors and Veterans," says Akos Hoffer, CEO, Perley Health. "That's why we're proud to have our original research shared with health care professionals across Canada."

SeeMe™ enables residents to customize their care plans based on their values, preferences and desired lifestyle. The collaboration inherent in SeeMe™ ensures that residents, their loved ones and care team develop a shared understanding of a resident's personal goals and desired outcomes.

The published study demonstrated that the SeeMe™ approach resulted in high satisfaction levels among nurses, physicians and the families of residents in long-term care. Nurses reported an increase in knowledge and confidence with the program embedded into their workflow.

Importantly, the study indicated that the education from SeeMe™ influenced long-term care residents and their families to choose less invasive interventions to preserve both their health and quality of life. This included decisions not to receive CPR or to decline transfer to hospital. One family member reported feeling happy that he had the chance to discuss his parent's end-of-life wishes prior to the progression of dementia. Another caregiver appreciated receiving information on benefits and risks of different care decisions, in advance of a resident's acute health event.

A person who is frail is less able to cope with minor stresses and is more likely to suffer rapid and dramatic changes in health. The risk of frailty increases with age, although not all older people are frail.

The research used a mixed-methods approach involving quantitative data from surveys, goals of care preferences, and qualitative data from interviews. The study was conducted in 2020 during the first year the SeeMe™ approach had been implemented.

Dr. Benoît Robert, MD, Perley Health's Chief Medical Director and co-author of the study explains, "At the Centre of Excellence for Frailty-Informed Care™, our mission is to conduct innovative, evidence-based research and this study is an excellent example of a direct, positive impact with many potential benefits for the long-term care sector."

The Centre of Excellence was formed in 2019 to conduct clinical research and develop evidence-based best practices in care. It currently has over a dozen research projects underway. It's work is funded by donations through the [Perley Health Foundation](#).

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Notes to Editors: [Perley Health](#) is a unique and innovative community that empowers Seniors and Veterans to live life to the fullest. Home to more than 600 Seniors and Veterans in long-term care and in independent living apartments, Perley Health provides a growing number of clinical, therapeutic and recreational services to residents, tenants and people from across the region.

One of the largest and most progressive long-term care homes in Ontario, Perley Health is also a centre for research, education, and clinical innovation. The Perley Health Centre of Excellence in Frailty-Informed Care™ conducts and shares the practical research needed to improve care. Future caregivers come here to study and to acquire hands-on skills and experience.

The Perley Health Foundation is the engine powering our mission to achieve excellence in the health, safety, and well-being of Seniors and Veterans. Every donation empowers us to provide exceptional care while pursuing the research needed to deliver transformative advances.

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