

# History

<https://vimeo.com/206195536>



# EPIC Eldercare Partnership in Cowichan

Collective Impact- Yesterday, Today and Tomorrow

April 16, 2024 Oceanfront Suites- Cowichan Bay



'Uy' skweyul 'Uy kwun-us 'l' lumnamu



# Introductions -Who is Who in the Zoo





**MISSION Our Cowichan Communities Health Network**

We facilitate discussion, act as a conduit for information and are a catalyst for action on **12 Key Determinants of Health.**

# Walking Through Our Day

- Why is EPIC important?
- Why is Collective Impact Important?
- Where were we?
- How far have we come?
- What have we accomplished?
- Where do we want to go?
  - Falls Prevention
  - Others?



Today is Advanced  
Care Planning Day

# If not you, who?

Advance Care Planning Day is April 16

Don't leave your healthcare  
decisions to chance.

**If not you, who will make sure  
your wishes are respected?**

Learn more at [bc-cpc.ca/acpday2023](https://bc-cpc.ca/acpday2023)



# Cowichan Demographics

Why is EPIC Important?





# High rates of chronic disease

- **Cowichan valley has high rates of chronic disease – much higher than provincial and Island averages respectively for the following:**
  - Alzheimer's/dementia
  - COPD
  - MI
  - Hospitalized stroke
  - Neurological disease (Parkinson's, multiple sclerosis)
  - Gout
  - Mental health conditions.



- Highest rate of COPD on the Island – 80% **AND** 110% higher incidence of COPD in central and west Cowichan compared to Island and Provincial rates



# Attachment to physician or primary care provider:

- Chemainus
  - 84%
- Ladysmith
  - 79%
- Central Cowichan
  - 79%
- South Cowichan
  - 79%
- West Cowichan
  - 76%



# Housing

- Chemainus and Ladysmith
  - 19% rent their home
  - 20% spend more than 30% of income on housing
- Central Cowichan
  - 27% rent
  - 25% spend more than 30% of income on housing
- South Cowichan
  - 14% rent
  - 20% spend more than 30% of their income on housing
- West Cowichan
  - 26% renters
  - 29% spend >30% of income on housing



# Income – gross median household income

(based on 2006 census)

- Chemainus and Ladysmith
  - \$62,995 and \$67,155
- Central Cowichan
  - \$60,784
- South Cowichan
  - \$80,233
- West Cowichan
  - \$53,443



# Large population growth

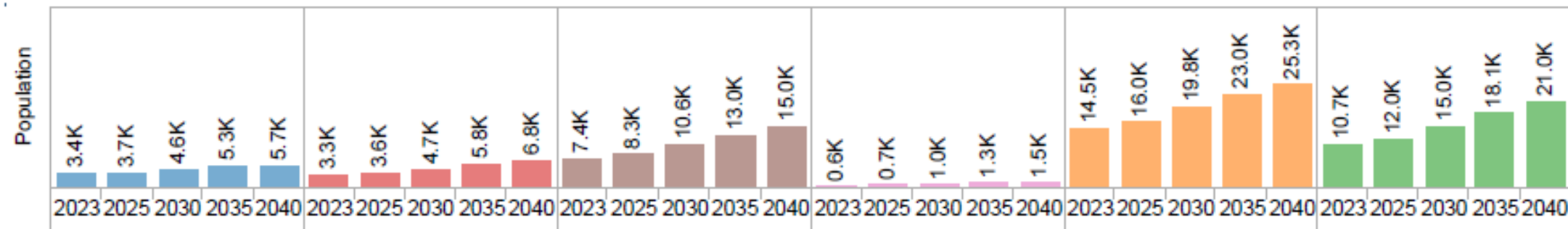
- **Predicted to have 2<sup>nd</sup> largest growth in +75 age group on Vancouver Island** (following Western communities)

Population projections are predicting that in the Cowichan Valley, the age group 75+ will grow substantially by 2040 (compared to 2020) – highest growth in this age group:

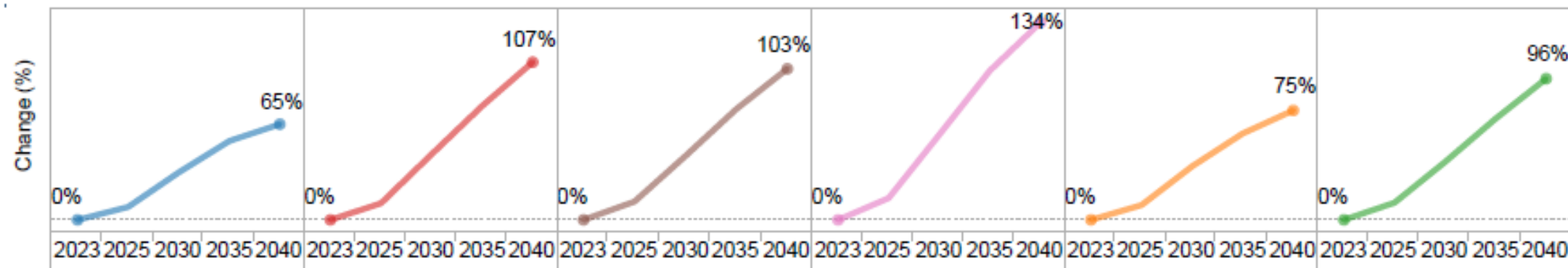
- Cowichan Valley North (73%)
- Cowichan Valley South (87%)
- Cowichan Valley West (160%)



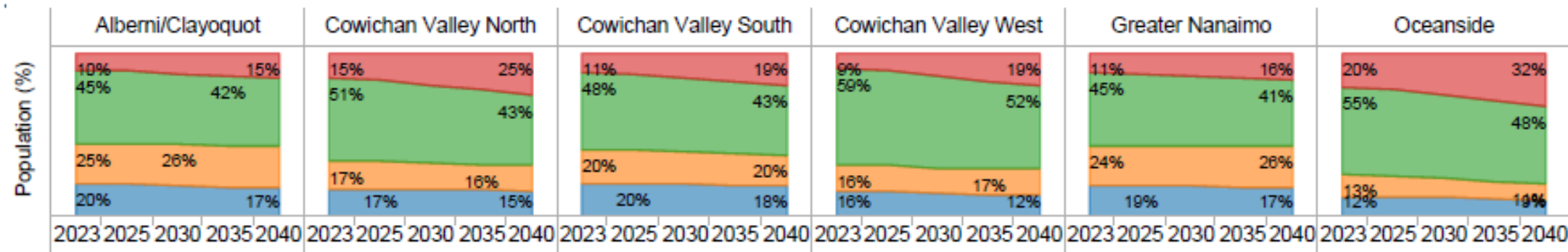
### Central Vancouver Island - 75+ Population Projection by LHA



### Central Vancouver Island - 75+ Population Change



### Central Vancouver Island - Population Proportion by Age group



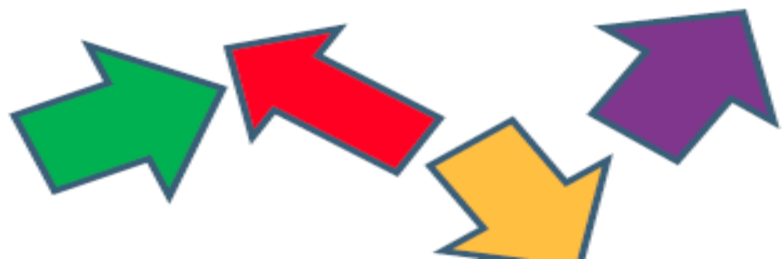
Age Group    75+    40-74    20-39    0-19

Based on PEOPLE v.2021 projections by BC Statistics Agency

# From Isolated Impact to Collective Impact

## Isolated Impact

- Organizations **work separately, each with their own goals and metrics**
- Evaluation attempts to **isolate** a particular organization's impact
- Large scale change is assumed to depend on **scaling organizations**
- Corporate and government sectors are often **disconnected** from foundations and non-profits.
- Funders select **individual grantees**



## Collective Impact

- All working toward the **same goal** and measuring the same things
- Organizations **actively coordinating their actions** and sharing lessons learned
- **Cross-sector alignment** with government, nonprofit, philanthropic and corporate sectors as partners
- Funders see their investments as part of a bigger puzzle with **multiple interacting factors**





- Common agenda
- Shared measurement systems
- Mutually reinforcing activities
- Continuous communication
- Backbone support organization

– John Kania and Mark Kramer, Winter 2011



- <https://www.youtube.com/watch?v=HNOrrrlyvdo>



# Where Collective Impact Began Circa 2016



# The Journey into the Perfect Storm

- Ministry of Health Transformation of Seniors Care- Cowichan Prototype Community
- New Horizons for Seniors (Isolated Seniors Collective Impact Project)
- Transformation of Island Health to Geographies
- Focus on improvements of Cowichan District Hospital
- End of Life and Hospice/ Palliative Care Project



# Community context

Strong interest from community partners to provide a Collective Impact for frail seniors and to look at the whole system to make a change

- Partnership with
  - Cowichan Division of Family Practice
  - Our Cowichan
  - Island Health
  - Community Partners
  - First Nations Partners
  - Patients / Families / Care Givers



*The current system does not meet the needs of frail seniors & families*

Gaps identified and addressed in model

Access to services within Island health

Continuity of care from one service to another

Integration of services with the community

- Screening tools
- Transportation between services
- Access to specialty services
- Knowledge of community services access
- Improving adapted housing access
- Support to families & care givers
- Support for seniors in isolation
- Dementia support
- Service between Assisted living & Residential care

## Keep the frail seniors at home with the right support

- ↑ Patient / Provider Experience
- ↓ Emergency Room Visits
- ↓ Occupancy at CDH to 85%
- ↓ Costs related to Unplanned Admissions
- ↓ Unplanned Acute Care readmissions within 30 days



**E.P.I.C COLLECTIVE  
GOVERNANCE ALIGNMENT  
FRAMEWORK**

- Objectives:**
- ↑ Patient / Provider Experience
  - ↓ Emergency Room Visits
  - ↓ Occupancy at CDH to 85%
  - ↓ Costs related to Unplanned Admissions
  - ↓ Unplanned Acute Care readmissions within 30 days

**EPIC  
Steering Group**

**Community Healthy  
Aging and support  
Working Group**

Access to Healthy Living  
and Wellness Resources  
and Support

Community Resources  
and Support for Seniors

Care Givers support

Transportation

Frailty Scale

**Primary Care Home  
Working Group**

Access to Primary  
Care Home

Rapid Support close to  
home in time of crisis

Self-Care Strategy

Community Outreach  
services

**CDH  
Working Group**

Rapid response  
team in the ER

Improve Acute Care  
for seniors

Improve discharge  
planning and  
facilitate post  
discharge support

Familiar Faces in  
Emergency

**Residential Care  
End of Life  
Working Group**

Better choice,  
control and support  
towards end of life

Timely access to  
high quality  
residential care

Timely access to  
Assisted Living



**Keeping Seniors Healthy and Supported  
in the Home of their Choice**

**Our Cowichan- Back Bone –provides oversight and ongoing  
communication, holds historical data and documents**

**Monthly Meetings, Shared Planning, Shared Evaluation, Shared Funding**

**Identifying  
Frailty**

**Cultural  
Safety and  
Humility**

**Accessing  
Supports and  
Information**

**Social  
Connections**

**Prevention**

**Caregivers  
Support**

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# Shared Planning, Development, Actions



# Outcomes

- Leveraged grants, resources, capacity and knowledge

Information Packages in the hands of seniors. 10,000 during pandemic

- How are You Aging? Identifying Frailty
- Where Will I Live?
- Advanced Care Planning
- Transportation Project
- Island Health Wellness Grant for Seniors Supported Transportation
- Pop Up Wellness Events



# Outcomes Continued

- Island Health Wellness Grants
  - Caregivers Support
  - Better at Home
  - Healthy Aging Core Funding
  - Social Prescribing
  - Seniors Expos
  - Supporting the Development of the Primary Care Network
  - OCCHN Small Grants
    - Soups On, Cobble Hill Seniors, Handmade Hugs, Luncheons, Caregivers Library
  - Physical Literacy (to come)
- And so much more



# What Have We Learned?

- Learn all you can about Collective Impact and how you can play a part
- Backbone organization and project leads are critical components
- Creating relationships and learning about each other is key
- Shared vision takes time
- Remember to look back where you came from and what you have accomplished along the way
- There is ALWAYS room for more partners!
- Long term commitment – you are in it for the long haul!



# What is Next?

- The path is ours to build



Break

Group Photo



A close-up photograph of a black bear's legs and paws as it steps through a shallow, rocky stream. The bear's fur is dark and appears wet. The water is clear and splashes around the bear's feet. The background shows a natural, rocky streambed with some green grass and small plants.

The End  
To Be Continued.....  
See You Next Time



