



## Health Matters Newsletter October 25, 2019

### Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data and Research
- Meals on Wheels is seeking temporary Volunteer Coordinator
- Chronic Pain Self Management Program (Attached)
- Fiesta World Craft Bazaar
- Cultural Connections Workshops

*Why not go to the Kinsol Trestle on a fall day with scenery like this? Fall is a perfect time for biking the Trans Canada Trail. Start at the Glenora Staging Area... Or Go the other direction to Skutz falls!*



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- ✓ **Next Admin Committee Meeting- December 5, 4:30-6:30** CVRD Committee Room 2
  - ✓ **Next Our Cowichan Network Meeting at November 14, 2019, Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm.

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### Community Events- Meetings

- **Cowichan Housing and Homelessness Coalition Meeting (All Welcome)**-November 26, 11:00 am to 1:00 pm Location to be determined
- **Community Action Team (CAT) Meeting** October 24, 9 am-11am **Cowichan Community Centre Board Room**
- **EPIC-Community Steering Committee** October 24 (Note date change), 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum

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**The Meals on Wheels- Duncan Chapter is seeking a Volunteer Coordinator** for the period of November 2019 to April 2020.

Duties for the position are as follows:

Daily

1. Send email list of clients receiving meals to drivers of the day each morning Monday to Saturday with addresses and phone numbers.
2. Send email list of client meals to Cowichan Green Community (CGC) kitchen coordinators every morning, without client addresses.
3. Cover any needed shifts if a driver cancels and another driver cannot be found to fill that shift.
4. Monitor the Meals on Wheels phone Monday through Saturday, especially in the late afternoon while meals are being delivered between 4 and 5 pm. Meals are picked up in the kitchen at 3:45 pm.
5. Keep in communication with Cowichan Seniors Community Foundation (CSCF) Executive Director with any issues that arise in the program; example issues with the kitchen, client complaints or driver needs.
6. Forward any new client applications to the CSCF office. The office will also forward new applications received by them to coordinator.
7. Ensure any changes to the daily meal roster are forwarded to the CGC kitchen and the CSCF office by 3pm the day prior, if able, or as soon as possible. The office will do the same if such a message comes in through there.

#### Monthly

1. Email drivers near to end of each month to confirm drivers for upcoming month (many drivers do the same shifts weekly). Put out request to drivers to fill any gaps in the schedule.
2. Prepare new master list for new month and forward to CSCF office and CGC kitchen. Ensure CGC kitchen is aware of any special client's needs; diabetic, pureed, allergies, etc.
3. Maintain Meals on Wheels information binder of clients. There is also one in the CSCF office.
4. Maintain volunteer contact list.
5. Assist in training of new volunteer drivers by setting up 'buddy runs' with current drivers to familiarize new people with how the system works.

#### ***Other pertinent Information -***

\*Honorarium - \$225.00 per month

Please contact the Cowichan Seniors Community Foundation at 250-715-6481 or email [cscfoundation@shaw.ca](mailto:cscfoundation@shaw.ca) for more information.

#### **Cowichan Seniors Community Foundation**

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## **Media Release from Seniors Advocate Office**

For Immediate Release

October 10, 2019

### **Significant Increases in Funded Care Hours in 2018/2019**

The Office of the Seniors Advocate today released the 2019 update of the Quick Facts Directory (QFD).

The QFD provides information on all publicly funded long-term care homes in British Columbia.

“The latest data demonstrate a significant increase in care hours over the past year, and we are clearly making considerable advancement on the goal of 3.36 hours of care per bed per day. This past year 216 facilities received an increase in their funded care hours and the percentage of care homes that are funded to the 3.36 recommended standard has doubled in the last year. The focus for the increase over the past year has been with contracted providers as they had lower funded direct care hours overall,” stated Seniors Advocate Isobel Mackenzie.

In addition to funded hours of care the QFD reports on a series of quality indicators and other information of importance for care homes. New this year to the QFD are inspection reports and it showed a total of 765 inspections which found 1,103 infractions. Of the infractions found, 21% related to care and supervision, 19% to record keeping, and 13% to staffing.

One new facility, Cariboo Place was added to the QFD, however it opened in April 2019 and will not be reporting any operational data until next year.

The age demographic did not change with an average age of 85 and 5% of residents under the age of 65. “Overall, we found the population did not change in the last year. The Case Mix Index (CMI) which is a proxy to measure complexity remained at 0.58 and the residents with moderate to severe dementia remained at 29% with the overall rate of dementia at 64%. We did see a small increase (from 30% to 31%) of residents with total dependency in activities of daily living” stated Mackenzie.

Highlights of the 2018/19 QFD include:

- An overall increase of 3.8% in funded direct care hours, with 73% of facilities receiving more funding and double the number meeting the 3.36 guideline.
- The average amount spent on food increased by 3.2% and ranged from \$5.21 per bed to \$19.88 per resident per day.
- The average length of stay has remained relatively stable, however, there is great variation between health authorities with a low of 707 days in the Interior and a high of 1,084 days in Northern Health.
- Overall care home per diems increased by 4.6% and range from \$182.23 to \$272.35 per bed per day.
- There was almost no change overall in the percentage of residents receiving physical/occupational/recreational therapy.
- Use of daily restraints, remained the same at 7%, although it has dropped over the last five years from a high of 11%.
- There was almost no drop in the inappropriate use of antipsychotic drugs, a trend that has continued for the past three years.
- The rate of reportable incidents remained relatively unchanged in the past year and has dropped from 17.5 to 15.8 over the past five years.
- Substantiated complaints dropped over the past year from 7.4 per 1000 beds to 5.9.
- The percentage of residents with low social engagement remains unchanged from last year (48%).

“Overall, we have seen very positive progress in relation to care hours and a positive shift in substantiated complaints. Progress on the appropriate use of antipsychotics has stalled in the past three years and BC remains above the national average.

‘With the 2019 update we now have five years of data which can allow us to look at developing trends and areas where we still need to make improvement such as the use of therapies,” concluded Mackenzie.

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**UPCOMING CULTURAL CONNECTIONS WORKSHOPS**

**JOURNEY OF OUR GENERATION WORKSHOPS**

*"This was one of the most powerful and impactful workshops I have ever attended. I was humbled by the courage and honesty of the Elders to share and educate. The information is offered in a way that does not blame but asks 'How can we heal this?'"*



**Everyone is welcome at our upcoming workshops:**

[November 7th - Duncan](#)

[January 31st - Duncan](#)

Dates and Locations:

- **November 7th in Duncan:** St. John's Anglican Hall - 486 Jubilee St.
- **January 31st in Duncan:** St. John's Anglican Hall - 486 Jubilee St.

Time: 9:00 am to 4:00 pm, Doors open at 8:30 am

Cultural Connections has a story to share about reconciliation; its highs and lows, the emotions it stirs up and unimaginable gifts. In this workshop, our team will take you through the story of the first 145 years of Canada's history and into the era of reconciliation. Participants will laugh, reconsider, reflect, deepen their understanding, maybe shed a tear, answer some tough questions and perhaps inspire a few new ones.

Registration: Click on the date above to register through EventBrite or email: [sandraspcowichan@gmail.com](mailto:sandraspcowichan@gmail.com).

Cost: \$50 (includes lunch). No one will be turned away due to lack of funds.

**Please share widely and encourage friends and colleagues to attend.**

[Find Out More About Our Work](#)

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### Health Matters Newsletter

**Do you have a resource, event or information you would like to share?**

Send it to [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) and it will be included in the weekly newsletter