



OHT Webinar: October 18, 2022

The Essential Role of Caregivers in Improving Transitions and Addressing Alternate Level of Care

View the webinar recording [here](#)

Key Messages:

1) Caregivers are an essential part of the patient care team:

Ontario's four million caregivers are critical to our healthcare system. They provide an estimated 75% of the care in the system, caring for family, friends and neighbours. When caregivers are well-supported and are included as partners in care, it can improve patient health outcomes and system performance.

Caregivers provide a critical role that supports the patients and provide essential information that can impact care.

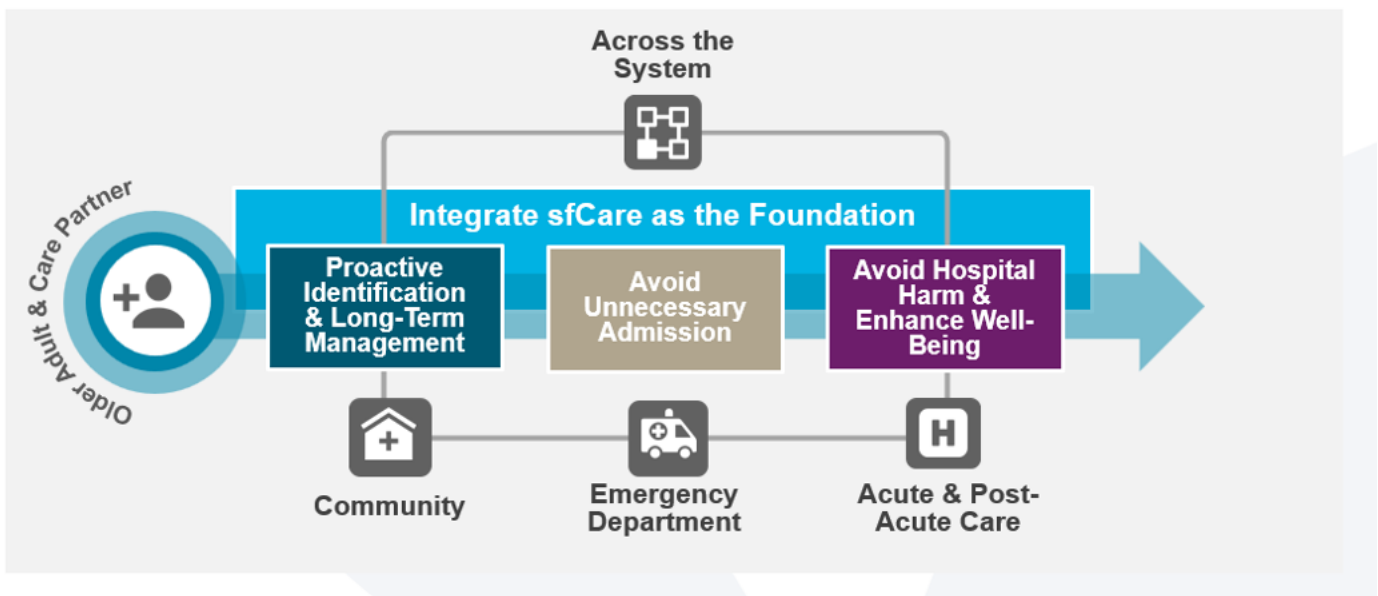


See Appendix A for Sources

2) **Pro-active inclusion and support of caregivers across care settings can help reduce ALC stays:**

- ✓ Caregivers know the patient
- ✓ Caregivers are key to successful transitions and increased patient safety
- ✓ Caregiver burnout is a risk factor for ALC

| Care Trajectory



3) **ALC Leading Practices highlight the importance of:**

- ✓ Pro-active/early assessment, care planning and transitions
- ✓ Including caregivers in assessment, care planning and transitions
- ✓ Integrated approach across the system

Key Takeaways for OHTs:

Action Steps for OHTs	Resources, Links and Tips
<ul style="list-style-type: none"> ✓ Use the ALC Leading Practices to inform OHT planning for ALC solutions 	<p>ALC Leading Practices Guide</p> <p>ALC Leading Practices: Supporting OHTs to Influence ALC Leading Practices in Community-based Early Identification, Assessment and Transition</p> <p>The ALC Patient and Caregiver Council has created a website with resources. Patient and Family Centred Care Council Better Care Journey</p> <p>Consider roles across all care settings: hospital, primary care, home and community care, community support services, paramedicine</p>
<ul style="list-style-type: none"> ✓ Have your OHT complete the self-assessment to identify strengths and areas for improvement 	<p>Self-Assessment Tool: Alternate Level of Care (ALC) Leading Practices to Prevent Hospitalization and Extended Stays for Older Adults</p>
<ul style="list-style-type: none"> ✓ Build processes to formally identify caregivers to facilitate their inclusion as partners in care 	<p>ALC Leading Practice: Document caregivers/SDM within 48 hours of admission</p> <p>Caregiver ID</p>
<ul style="list-style-type: none"> ✓ Build processes and training to ensure caregivers are included in: <ul style="list-style-type: none"> ○ Early, pro-active assessment ○ Early, pro-active care planning ○ Early, pro-active transition planning 	<p>ALC Leading Practices:</p> <ul style="list-style-type: none"> ✓ Assessment includes collateral history from caregiver/SDM ✓ Care plan, goals of care and expected results developed in collaboration with all members of the care team and the older adult and their designated caregiver/SDM ✓ Transition protocols are in place that facilitate the timely communication of clinically relevant information to the older adult and their designated caregiver / SDM
<ul style="list-style-type: none"> ✓ Pro-active, transparent communication with caregivers about ALC designation 	<p>Communication Tool for Providers Caring for ALC Patients and Caregivers Resources Better Care Journey</p>
<ul style="list-style-type: none"> ✓ Provide caregivers with the supports, tools and resources they need to be a caregiver and avoid caregiver burnout – one of the risk factors for ALC 	<p>Connect caregivers to the Ontario Caregiver Helpline</p> <p>Caregiver Strategies education for caregivers of older adults experiencing frailty</p> <p>OHT Webinar recording: Supporting Caregiver Well-Being in OHTs</p>
<ul style="list-style-type: none"> ✓ Engage caregivers in co-design at your planning tables to improve transitions and address ALC challenges 	<p>RISE web page: Resources to Support Patient, Family, Caregiver Engagement and Partnership</p>

Contact us at partners@ontariocaregiver.ca for more information or to meet with the OCO team about the resources and support we can offer for your OHT.

Appendix A: Sources

1. Lisa M. Palubiski, MD, Kurt L. Tulsieram, MSc, Douglas Archibald, PhD, James Conklin, PhD, Jacobi Elliott, PhD, Amy Hsu, PhD, Paul Stolee, PhD, Heidi Sveistrup, PhD, Anita Kothari, PhD. Guidance to (Re)integrate Caregivers as Essential Care Partners Into the LTC Setting: A Rapid Review. Published: February 17, 2022 DOI: <https://doi.org/10.1016/j.jamda.2022.01.054>
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8. Munshi L, Odutayo A, Evans GA, et al. Impact of Hospital Visitor Restrictions during the COVID-19 Pandemic. *Science Briefs of the Ontario COVID-19 Science Advisory Table*. 2021;2(31). <https://doi.org/10.47326/ocsat.2021.02.31.1.0> <https://covid19-sciencetable.ca/sciencebrief/impact-of-hospital-visitor-restrictions-during-the-covid-19-pandemic/>
9. Kerry Kuluski, Lauren Cadel, Michelle Marcinow, Jane Sandercock, Sara JT Guilcher, Expanding our understanding of factors impacting delayed hospital discharge: Insights from patients, caregivers, providers and organizational leaders in Ontario, Canada, *Health Policy*, Volume 126, Issue 4, 2022, Pages 310-317, ISSN 0168-8510, <https://doi.org/10.1016/j.healthpol.2022.02.001>.
10. The Alternate Level of Care (ALC) Leading Practices Guide: Preventing Hospitalization and Extended Stays for Older Adults V1 2021. Ontario Health. [https://quorum.hqontario.ca/Portals/0/Indicators-and-change-ideas/ALC%20Leading%20Practices%20Guide%20v1%202021%20\(2\).pdf?ver=2022-03-30-133617-273](https://quorum.hqontario.ca/Portals/0/Indicators-and-change-ideas/ALC%20Leading%20Practices%20Guide%20v1%202021%20(2).pdf?ver=2022-03-30-133617-273)