Conclusion

In conclusion, the changing of Ontario's LTC from Institutions to Homes through an emotion-based approach is not only essential but also aligns with the evolving needs and expectations of an aging population. As the demand for long-term care services for women continues to rise, it is imperative that we adopt innovative models of care that prioritize relationships, person-centredness, and de-institutionalization. These measures will result in positive outcomes such as decreased use of medications, less aggressive incidents, fewer hospital visits, reduced food waste, and increased close relationships with staff, families, and residents. By doing so, we can create a future where Long-Term Care truly feels like a home for our senior residents, fostering an environment that promotes dignity, well-being, and a high quality of life.



Enduring Questions to Encourage Action from Decision-Makers

Would your government implement the New National Long-Term Care Health Standards to deliver safe, reliable & high quality LTC services & design, operation & infection prevention & control practices?

Would your government commit to funding the construction of Long-Term Care homes where resident and staff live and work in small home-like environments that increase the quality of life for everyone?

As Ontario looks to renovate LTC facilities from institutions to homes, would your government commit to guarantee For-Profit facilities constructing small home-like environments rather than selling of the land and facilities to relocate residents during this process?

How can the education and hiring of Administration and Personal Care Workers be improved to focus on Emotion-based care?

Would your government commit to legislation that every hospital and LTC in a municipality of a population of 8,000 or more commit to developing a plan to limit its spending on health care staffing agencies?

2024 Position Paper

Transformation of the "Women's World" in Long-Term Care Facilities to Home-Like Settings

Prepared by
Retired Women Teachers of Ontario/
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Canadian Statistics on Women in LTC

Long-term care is a world disportionately composed of Canadian women as consumers and as providers.

- **75% in senior residents and LTC**
- **97% of professional caregivers**
- **97% of family caregivers**

Over the next three decades, costs in public and private LTC homes will result in:

- **growth from $22 billion to $71 billion each year (triple)**
- **30% fewer close family members to give unpaid care**

More older women than men, will rely on institutional Long Term Care.

In response to the evolving needs of Ontario's aging female population, the urgent and immediate transformation of Long-Term Care (LTC) is imperative. By embracing a transformative culture, specifically through an emotion-based approach, we can revolutionize the current care paradigm and foster a warm, caring environment that truly feels like home for *women* residents and their *female* caretakers.



This position paper advocates for the implementation of an emotion-based model of care, emphasizing women, their family, and staff relationship centredness to address the complex needs of LTC female residents, particularly



The Transformative Emotion-Based Model of Care

Our research into *access* to emotion-based care found these two models of care exceptional: Butterfly Project and the Eden Alternative that recognize the significance of close relationships among staff and residents, and their families. These approaches enable *equity* for female residents in these warm and caring *humanized* environments to age in a manner that aligns with their individual life experiences, emphasizing the importance of understanding, protecting their individual, social and cultural rights to achieve emotional well-being. By fostering a *participation* culture through scheduling and individualized routines that values person-centredness meaningful activities, residents become active participants in their own care, leading to improved outcomes and a de-institutionalization of the care environment.

The Growing Need to Change Long-term Care from 'Institutions to Homes'

As Canadian women look towards the future, demographic trends indicate a substantial increase in the senior population.

- **2035 Canada will require an additional 199,000 long-term care beds**
- **2037 population to grow by 68% reaching 10.4 million doubling 75+ group**
- **92% in a CARP survey seniors ranked long-term care as "very important" in Ontario**



These statistics emphasize the immediate need for home-like environments of **twelve to sixteen** units with kitchen, living room, shower, and bedroom to be built using the Greenhouse and Hogeway Village designs already successfully developed.



Addressing Critical Concerns in LTC facilities

The survey revealed several critical issues that must be addressed to facilitate the change of LTC facilities successfully. These issues include inadequate staffing practices (Ontario Legislation, Bill 144), insufficient hours of direct care, staff working in multiple LTC facilities, resident safety, personal protective equipment, and the testing of both staff and residents. By addressing these concerns, we can create an environment that not only meets the basic needs of senior residents but also ensures their emotional and psychological well-being by the staff taking care of them.