

Connecting Seniors in the South East LHIN with the Care They Need to Live Independently

Ontario Investing \$40 Million to Help Seniors Live Independently

NEWS

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Ontario is helping more seniors maintain their strength and recover from illness or injury so they can continue to live more independently.

The province is investing more than \$ 1.5 million over the next three years in the South East LHIN to help seniors with complex medical conditions who have experienced a recent loss of strength or mobility. This is part of a \$40 million province-wide investment that will enhance rehabilitative services and programs including:

- Comprehensive risk assessment programs in the community
- Hospital day programs and outpatient and community clinic services
- Access to short-stay hospital rehabilitation programs
- Supports for seniors in their home and community after a stay in hospital

These services will help frail seniors who are at a high risk of losing their ability to live on their own as a result of an injury or prolonged hospital stay. The increased supports will help them regain the physical strength and conditioning necessary to return home and live independently. This investment will also help support families and caregivers, help seniors avoid emergency department visits, and reduce the need for hospital admissions or placement in long-term care homes.

Improving health outcomes for seniors is also part of the government's plan to build a better Ontario through its [Patients First: Action Plan for Health Care](#), which is providing patients with faster access to the right care, better home and community care, the information they need to stay healthy and a health care system that's sustainable for generations to come.

QUOTE

“Providing seniors with more support to recover after an injury or being in hospital will allow them to return home and stay out of the hospital. This investment is another way Ontario is taking action to improve health outcomes for seniors, helping them to lead healthy, independent lives for as long as possible.”

— Dr. Eric Hoskins, Minister of Health and Long-Term Care

“Helping seniors regain their strength and mobility after an illness or an injury means we’re helping them enjoy a higher quality of life. This investment is yet another example of what we set out to achieve through Ontario’s Action Plan for Seniors, it means we are helping more seniors remain independent and active for as long as possible.”

— Mario Sergio, Minister Responsible for Seniors Affairs

“About 150,000 individuals, or eight per cent of all seniors in Ontario, have complex care needs, which can include multiple chronic conditions. For these seniors, the flare-up of a chronic condition, an injury or an illness is more likely to result in hospitalization; and long hospital stays can lead to weakened bones and muscle loss. For too many seniors this scenario results in a premature move into a long-term care facility. This is why the Ontario government’s investment of \$40 million in restorative care is so important. We need to help seniors maximize their independence for as long as possible.”

— Sophie Kiwala, MPP Kingston and the Islands

“These rehabilitative and restorative care services are meant to help seniors and other people who have experienced a reversible loss of their functional ability return home and live independently. This investment will ensure patients have access to the care they need so they can recover faster and go home with their families, where they want to be and where they heal better.”

— Paul Huras, CEO, South East LHIN

QUICK FACTS

- About 150,000 individuals, or about eight per cent of all seniors living in the community, have multiple chronic conditions or complex care needs that may lead to hospital stays.
- For frail seniors, extended bed rest during a hospital stay can cause more rapid loss of muscle strength and flexibility than in younger people.

LEARN MORE

- [Patients First: Action Plan for Health Care](#)
- [Bringing Care Home](#)
- [Find health care services in your community](#)

For public inquiries call ServiceOntario, INFOline at 1-866-532-3161 (Toll-free in Ontario only)

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