



THE OPADD LETTER

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REGIONAL GROUPS TO PLAN WORKSHOPS ACROSS ONTARIO FOR 2005 AND 2006

Regional groups from across Ontario have been selected to organize cross sector workshops on aging and developmental disabilities. Planning groups that submitted letters of interest to OPADD have been advised and those selected have been asked to move forward on developing plans for workshop implementation.

A series of 12 workshops are to be hosted during 2005 and 2006. Follow-up workshops will be delivered in each of the four regions that hosted events in 2001.

These four regions include the Northwest, Southwest, Central East and Kingston/Southeast.

First-time and follow-up workshops will be organized for the remaining four Regions: Northeast, Hamilton/Niagara/Halton/Peel, Toronto and Ottawa/Champlain.

The workshops provide a vital step in developing cross sector planning capacity at the regional and local level across Ontario. Each workshop will act as a catalyst to bring the two sectors

together to dialogue, identify regional priorities and stimulate local cross sector pilot projects. Local projects are the key to testing new ideas that help the sectors think and act outside their respective silos. The long range goal is to ensure that people with developmental disabilities enjoy access to services and programs available to all older adults in Ontario.

More information will be posted on the OPADD website as it becomes available.

www.opadd.on.ca

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INNOVATION: PEEL LONG TERM CARE RESIDENTIAL SERVICES PARTNERSHIP

From the Peel Long Term Care Residential Services Project

Advancing technology and concern for quality of care, health, well being, and social needs has made an impact on the life expectancy of aging individuals with a developmental disability. Support services to

maintain individuals in the community and the system's capacity to uphold quality of life are being tested. For example, dementias such as Alzheimer Disease and other physical and mental

health issues are posing challenges to families and agencies serving individuals with a developmental disability. The Peel Project was established to address the emerging challenges.

Continued page 2—see Innovation: Peel Long Term Care Residential

Welcome to the Second issue of the OPADD Letter

The Newsletter of the Ontario Partnership on Aging and Developmental Disabilities

Submissions to the newsletter are invited from regions, local projects and partnering organizations.

INNOVATION: PEEL LONG TERM CARE RESIDENTIAL SERVICES PARTNERSHIP

Continued from page 1

The Peel Project is based on a developing cross sector partnership that promotes affirmative planning, advocacy and best practices for older adults with developmental disabilities. The project aims to provide continuity and security in the quality of life for aging individuals where these cannot be maintained in their current living situation.

The idea for the project followed from the 1998 funding of additional long term care beds in Peel. This situation presented a unique opportunity for the long term care and developmental services sectors to develop a mutually beneficial partnership. Some older adults with a developmental disability needed new forms of support that went beyond the capacity of developmental service providers and care-giving families. However, the project's beginnings were founded on the principle that alternative forms of support must

result in improvements to quality of life.

Representatives of the two sectors met to explore the feasibility of cross sector collaboration in responding to these emerging needs. As a result of discussion between the parties, an innovative cross-sector task force was struck with representation from both the Long Term Care and Developmental Services sectors. The group's mandate was to explore how they could support and maintain a continued quality of life for those with a developmental disability who might require long term care residential support.

This unique partnership resulted in the Peel Long Term Care Residential Services Pilot at Malton Village. The pilot was designed to facilitate the move of appropriate individuals with a developmental disability to a long term care residence. The project used an assessment process including personal outcomes

measures to identify the needs of several aging individuals. Where it could be determined that quality of life would be enhanced, plans were developed for the move of each person within a customized set of supports designed to his/her needs. Supports included co-ordination of a mix of services responsive to the requirements and plans of each person.

Individualized planning is carried out to ensure that the familiar routines and relationships remain part of each person's life. Additional and specialized services are incorporated into each plan as required. Moreover, staff familiar to each individual remain in his/her life before during and after the move. Staff in the long term care setting receive training and mentoring from developmental services personnel to ensure each individual is known, respected and understood. Ultimately, the project supports consistency of care and an improved quality of life.

BEST PRACTICES IN TRANSITION PLANNING

TRANSITION TASK GROUP TO TABLE REPORT MAY 2005

"The report will not only provide us with a view of where we are today but will also make recommendations for where we should be heading."

The OPADD Transition Task Group recently completed a study of transition planning practices. The work included a survey of long term care, developmental service providers and family caregivers. Almost 200 respondents replied to the survey that was distributed to more than 1200 organizations and individuals.

Analysis of the survey data, a search of current literature, interviews with practitioners and input from

members of the task group will provide a good picture of the current state of knowledge and practice around transition planning.

Cindy Stephens, Task Group Co-Chair, notes that, "the report will not only provide us with a view of where we are today but will also make recommendations for where we should be heading."

Some of the preliminary findings from the survey indicate that the aging boom is already here. Responding developmental service agencies report that 24% of the adults they support are over 50 years of age. Forty nine percent are over 40 years of age. The implications are that as of today, developmental

service providers must allocate half of their attention and resources into supporting people as they age. James Sejjengo, Task Group Co-Chair points out, "The resources within the sector do not provide for additional aging-related support." Neither do paid caregivers in the sector have training and education in gerontology.

Survey data suggests that people with developmental disabilities are somewhat under-represented as a proportion of the population in both non-residential and residential services available to all older Ontarians. The report is currently scheduled to be tabled at the meeting of the Ontario Partnership this May.

QUALITY OF LIFE: THE STORY OF ONE OLDER ADULT WITH DEVELOPMENTAL DISABILITIES

BY TINA SACCO

Viena Morin an 82 year old former client of Ongwanda is a sociable, charismatic individual with a terrific sense of humour. Viena lived at Penrose for many years and in 1994, she moved in with a Home Share family where she formed a very positive relationship with the Home Share providers. After seven years with them, Viena's deteriorating health and other physical problems made it necessary for her to move into a LTC home and in April 2001, Viena moved to Lenadco Nursing Home in Napanee.

As an Ongwanada Social Worker who monitors referrals made for nursing home placements, I was

interested in finding out Viena's view on her present living situation. When I visited her in March 2004, she was working on a craft and appeared to be quite content. Viena pointed to her new television with pride and said how much she enjoyed watching her favourite programs. She reported that in the three years she had been living in Lenadco, "They look after me very well."

According to Viena, when she first saw her present room, she said "I like it here, this is a nice place." When asked about the food, she expressed satisfaction with most of the meals—especially the stew, chicken and soups.

During our visit, Viena talked about the friends she has made and the activities that she enjoys. With a great sense of anticipation, she described a forthcoming shopping trip with her volunteer. She also likes the bingo games, playing ball and celebrating birthdays with ice cream.

During a short tour of the nursing home, Viena pointed to a miniature model of the new addition to Lenadco Nursing Home that is scheduled to open in 2005. She told me she is looking forward to moving to her new home next year. As I left, she gave me a big smile and invited me to return.

U-FIRST! TASK GROUP COMPLETES REVIEW OF TRAINING CURRICULUM TRAINING TO BE AVAILABLE TO DEVELOPMENTAL SERVICES

The U-First! Task Group has been studying the U-First! training curriculum to determine how it may be adapted for use in the developmental services Sector. On February 22 2005, a group of people working in the two sectors shared a one day training session in U-First! to better understand what it offers and how it can be used as a cross sector training tool. The curriculum is aimed at people with supervisory responsibility who can provide leadership in adopting U-First principles



U-First! Training offers another bridge of understanding between long term care and developmental ser-

into the support process. Participants found that the philosophy of U-First! reflects the ideas of person-centered planning, individualized support and continual striving to understand and respond to the needs of each client. More information on how to access training will be available in the coming weeks. For information on U-First! log on to- [www.http://www.pieces.cabhru.com/UFirst/](http://www.pieces.cabhru.com/UFirst/)

OPADD WEBSITE GOES TO PHASE 2

The OPADD website has undergone its first transformation. On February 20 2005, OPADD announced that Phase 2 was live online.

Phase 2 adds new content on caregiver support, information from partners across the province and a section on news and resources. The changes include revisions and updates to the original content, 36

new information pages and additional links to websites of interest. All of the partners with web sites have been linked into the expanded OPADD site.

Additions and improvements are now an ongoing part of managing the site. Submit your suggestions, ideas and proposed content to aamore@reena.org

NEWS ON PROJECTS ACROSS ONTARIO

PUBLICATIONS ON AGING AND DEVELOPMENTAL DISABILITIES

LATEST NEWS

CAREGIVER SUPPORT

LINKS TO OTHER SITES

THE OPADD NEWSLETTER

LOG ON TO WWW.OPADD.ON.CA

Ontario Partnership on Aging & Developmental Disabilities

Building Bridges Between the Long Term Care and Developmental Services Sectors

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OPADD's Aging and Developmental Disabilities
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**Phase 2 of the OPADD Website
is online now
Check us out at
www.opadd.on.ca**

THE OPADD LETTER—MAKE IT YOURS

The OPADD Letter is published to provide a forum where members can keep up to date on the partnership's activities and share knowledge about local projects and issues.

Thank-you to the Peel Residential Services Advisory Committee Project and to Ongawanada for submissions to this issue.

Let us know what is going on in your region or local community.

We invite you to consider submitting an article to the OPADD Letter to tell your story, let others know about your aging and developmental

disabilities project or share what you have learned.

Submissions may be made by E-mail to aamore@reena.org



Our Vision

That older adults with a developmental disability have the same rights to support and services as all older adults.

Our Principles

**CHOICE
ACCESS
CREATIVE OPTIONS
INDIVIDUALIZED PLANNING**

Local Solutions

OPADD believes that local community groups are key to producing tangible results by linking both sectors at the level of the local agency with participation from local planning bodies.

Each organization retains its autonomy and enriches its capacity to support people with a developmental disability as they age.

OPADD PRESENTS AT PROVINCIAL CONFERENCES

OPADD is making presentations at a number of conferences this spring:

Ontario Association of Non Profit Homes and Services for Seniors - March 9.

Ontario Association on Developmental Disabilities - April 8

Ontario Gerontology Association - April 9.

Ontario Agencies Supporting Individuals with Special Needs - May 5.