



Looking forward to **THE FUTURE**

Health & Wellbeing in Children, Youth &
Adults with Developmental Disabilities
September 26th 2018



Learning Objectives

- Provide information on key learnings from community conversations held throughout BC on aging and quality of life
- Introduce new resources that support planning and aging well
- Discuss safeguards that protect participation and community presence
- Feature stories from families, people with developmental disabilities, and community allies about successful ways they are supporting aging.

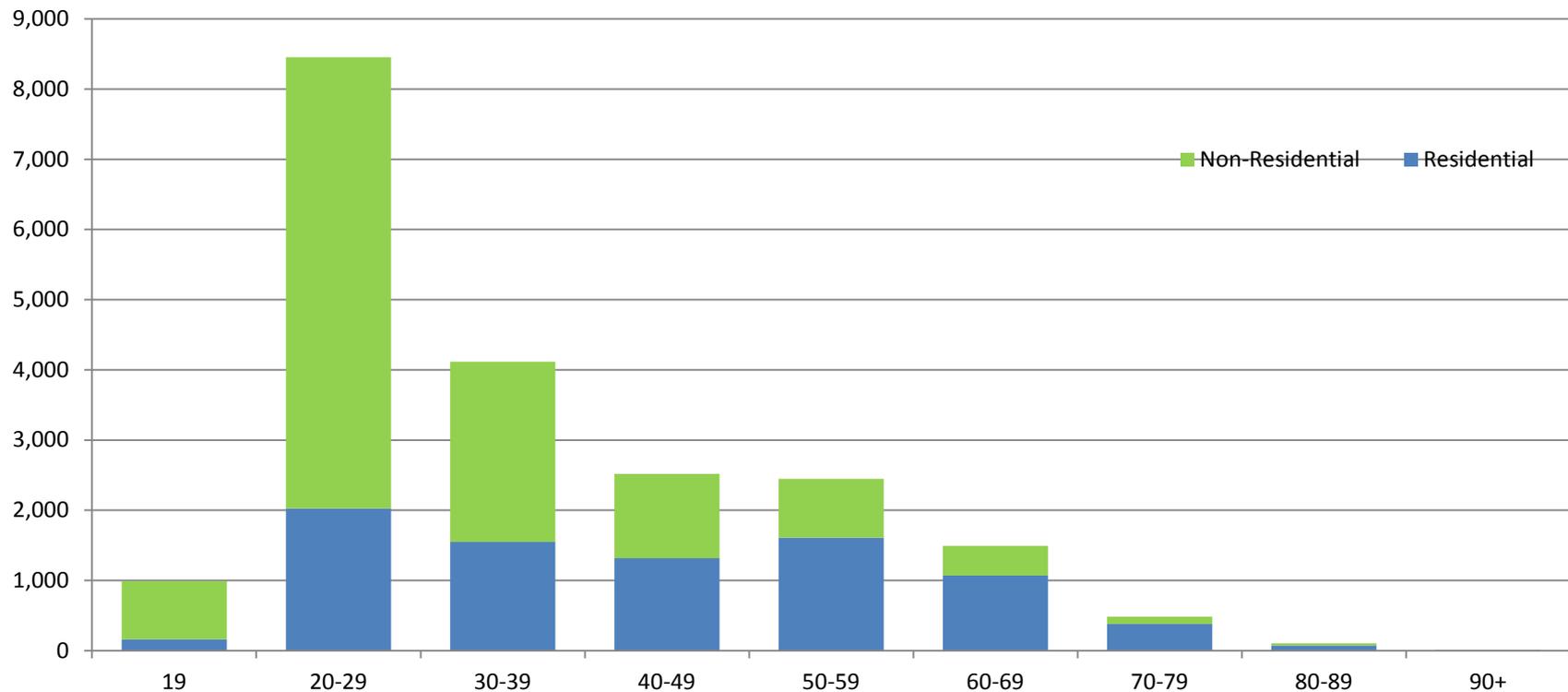


Information we are tracking (March 31, 2018)

- 21,128 adults from 19 to over 90 years of age are eligible for CLBC services
- 21.4% are aged 50 or over (4,529 individuals)
- 9.9% are aged 60 or over (2,082 individuals)
- 69% of the individuals aged 50 or over receive CLBC residential services (3,133 individuals).
- 31% of those 50 & over receive only non-residential services (1,396 individuals)
- 66 individuals over the age of 45, who have never received CLBC services, registered with CLBC for the first time in 2017-2018



Individuals by Age and Service





Background

- Surrey Community Council: parent advice
- Provincial forums - 2010 to June 2011
- Aging Strategy 2013
- Follow up forums - 2015
- Roll out of resources



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CLBC Commitments

As you age, do you worry
about a family member with
a developmental disability?

You need a plan.



EARLY PLANNING for AGING



CLBC Strategy on Aging

- Focus on Access to Information and Early Planning
 - Planning processes that proactively anticipate future needs through an aging transition plan
 - Tools and resources to support the appropriate continued participation of individuals who are aging in community life
- Planning for Health Services And Supports
 - Raise community and professional awareness of tools available to individuals, caregivers, and health care providers
- Planning for Future Demand For Services And Supports
 - Forecasting the future service needs of older adults



The Planning Guide

Aging with a Developmental Disability



A planning guide for families, caregivers, personal support networks and other supporters of adults with developmental disabilities who are getting older

A joint project of:

Community Living British Columbia (CLBC)
British Columbia Ministry of Health
British Columbia Ministry of Social Development and Social Innovation
Services to Adults with Developmental Disabilities (STADD)



Healthy Aging

with developmental
disabilities

 Watch Video

 Individuals, Families + Caregivers

 Family Physicians

About

Community Living BC and the BC Ministry of Health are committed to supporting individuals with developmental disabilities as they age. We are working to make sure that individuals with developmental disabilities can access high-quality primary care family physicians in their communities, and receive the same attention and care to support healthy aging as other people.





Healthy Aging

When you feel healthy, you feel great no matter what age you are. As you get older, you may notice changes in your body and in how you feel. Being aware of these changes may be the first step in taking care of yourself, and staying healthy.

As you get older you may develop new health needs. It is normal to experience changes in your health, and it is important to share any changes and feelings with your family and caregivers.

- Healthy Aging
- Changes in Health
- Health Awareness
- Quality of Life Framework

“Adults with Down Syndrome, developmental disabilities, along with their families and caregivers, need accurate information and education about what to anticipate as a part of growing





Social Determinants of Health Care

Ouellette-Kuntz et al have identified a number of social issues and barriers that contribute to poor health for individuals with developmental disabilities. It is important for family physicians to understand the implications of these barriers for aging adults with developmental disabilities.

- Mobility due to Health Related Need
- Poverty
- Education
- Preventative Health
- Health Care Access
- Community and Mobility
- Health Screening
- Common Co-Morbidities
- Motor Impairments and Poor Accessibility
- Service Delivery Restriction

- Definition
- Greater Awareness
- Human Rights
- Roles
- Health Needs



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Post Cards





Looking Forward to the Future



LOOKING FORWARD TO
THE FUTURE:

*Supporting Individuals with
Intellectual Disabilities as they Age*





Why this conversation matters...

- Deinstitutionalization commitments in the 80's and 90's supported an enhanced quality of life for people and extended life spans. Our challenge is a success story!
- We have a responsibility to support this growing population of aging individuals with developmental disabilities who are living in community.
- Like the general population individuals will experience aging related changes which require proactive planning.



Why this conversation matters...

- Aging is our common experience – this topic is, and should be, personal! This topic is relevant and can invite community into partnerships.
- For some individuals with developmental disabilities, the aging process may be accelerated and more complicated.
- We have a great deal to learn in order to make sure services are responsive, honouring, and provide appropriate safeguards.





CLBC Strategy on Aging

The Aging Strategy is based on the following foundational **Values** and **Beliefs**:

- Rights and values matter
- This is a shared responsibility
- It's about families as well as individuals
- Relationships are key
- Responsive and proactive planning is essential





Forum Themes

Key Themes from the community conversations:

1. Protecting personhood

- Reframe the conversation about aging
- Holistic approaches
- Hold people's stories
- Remember the person is the priority
- Relationships, relationships, relationships
- Acknowledge grief and loss





Forum Themes

Key Themes from the community conversations:

2. Focusing on Safeguards

- Aging in the right place
- Personal support networks are vital – loneliness can be prevented
- Whole life planning – person centred, individualized
- Collaborative partnerships with supportive resources and people in community e.g. doctors, dentists, health supports, palliative care





Forum Themes

Key Themes from the community conversations:

3. Working and Planning Together

- Build broad networks of partnerships with other service providers, funders, generic community resources
- Promote age friendly communities – engage with local governments and community organizations to raise awareness about the needs and potential contributions of people with developmental disabilities
- Incorporate aging into strategic planning and thinking
- Think into the future: legal and financial planning, end of life care, wills and estates
- Collaboration and advocacy – sustain community living





Resources Featured

Aware Share Care website: www.awaresharecare.ca

Looking Forward to the Future

Aging with A Developmental Disability – Guide

Aging Parents/Caregivers Pamphlet

www.communitylivingbc.ca/resources/aging-resources/

CLBC Strategy on Aging: www.communitylivingbc.ca/provincial-projects/strategy-on-aging/