

Focus on Wellbeing

Why Wellbeing?

- Focusing on what builds and supports wellbeing shifts thinking from a medical model and ‘illness’, to one that builds on strengths and honors the multiple factors that contribute to one’s ability to ‘live well.’
- Fundamental to this work is that wellbeing is *built and supported within communities*. Most people wish to remain in their own homes and communities as they age, so it’s important to ensure communities are *supported and equipped with the knowledge, skills, and resources to respond to the evolving needs of their local aging population*.

Did You Know?

- The World Health Organization (WHO) defines ‘wellbeing’ as **the ability to be and do as you value**. It encompasses physical, mental, and social aspects that make up what can be called a “good life.” *WHO World Report on Ageing and Health, 2015.*
- ‘Healthy ageing’ is a process of developing and maintaining the functional ability that enables wellbeing in older age. *Decade of Healthy Ageing: Baseline Report, WHO 2020.*

- Close to 100% of Canadians 65+ want to live in their own home as long as possible. *National Institute on Ageing (NIA) TELUS Health Survey 2022*
- **97%** of Albertans 65+ **live in the community**. 90% in their own homes, 7% in lodges. *AHS Tableau 2022*
- 11% to 30% of Canadians admitted to long-term care could have potentially **remained at home** with appropriate community supports.

Ageing in the Right Place: Supporting Older Canadians to Live Where They Want 2022, National Institute on Ageing (NIA)



- Most admissions to long-term care facilities are due to:
 - Declining health
 - Decline in well-being
 - Loss of physical or cognitive functioning
- Having strong social support, more connections, and less loneliness has been associated with improved well-being, fewer health problems, and a lower level of care utilization.

Ageing in the Right Place: Supporting Older Canadians to Live Where They Want 2022, NIA

Sustainable Care Model of Wellbeing

The Connecting People and Community for Living Well work aims to transform how people are supported in their community by incorporating wellbeing at its' foundation. Wellbeing is maintained or improved when there is a good 'fit' between the changing needs of individuals across their life course and available resources and supports to meet those needs.

Key to success in addressing local needs is **cross-sector collaboration** of community partners. Collaboration fosters the opportunity for flexible and adaptive approaches to address ongoing changes. This results in people, communities and systems benefiting in both human and financial terms as the shifts that happen reflect the current need.

In the Connecting People and Community for Living Well work, **multi-sector community teams** are seen as a critical piece of how the local environment shifts to build and sustain wellbeing. As such, supporting the community team's collective wellbeing is also critical to ensure sustainable support.

[Allister MacGregor's Wellbeing Framework \(2007\)](#) offers a structure that acknowledges the interdependent nature of different areas which impact wellbeing. Using this framework as a guide, the Connecting People and Community for Living Well team sought to understand what contributed to:

- *individual wellbeing* of those living in the community with a diagnosis of dementia,
- *individual wellbeing* of carers of those with a diagnosis of dementia,
- *collective wellbeing* of those in the multi-sector community teams.

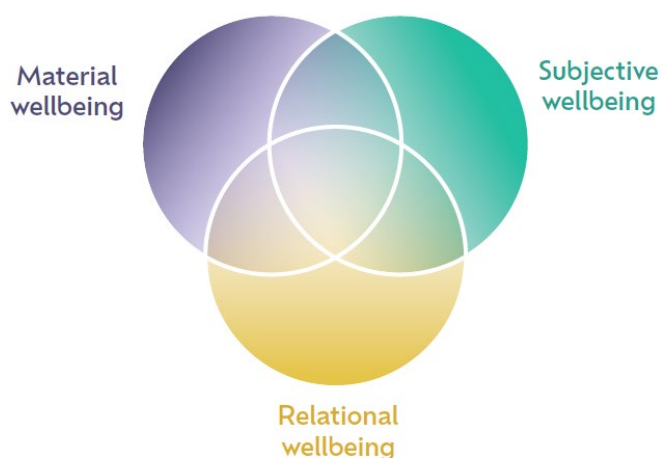
Community teams' increased understanding of what contributes to wellbeing supports their ability to identify what local resources are available, where there are gaps and tailor new or existing programs to ensure wellbeing is improved and sustained.

Allister McGregor's Framework of Wellbeing (2007)

There are three domains of wellbeing:

1. **Material wellbeing:** What one has (i.e., income, housing)
2. **Relational wellbeing:** What one can do through their relationships with others (i.e., family, friends)
3. **Subjective wellbeing:** How one feels about what they have, and what they can do with it (i.e., Do they feel they have what they need to live the life they would like to? Or to live in the place they want to?)

Wellbeing Domains



For individuals, when wellbeing is looked after – people have, and can do, the things they need to help them live the life they want to.

For groups, when their wellbeing is looked after – they are able to work together and support the people living in their community.

Adapted from McGregor & Pouw (2017), <https://academic.oup.com/cje/article/41/4/1123/2327835>