



Care Planning Education Resource Awareness Presentation Practice Wise

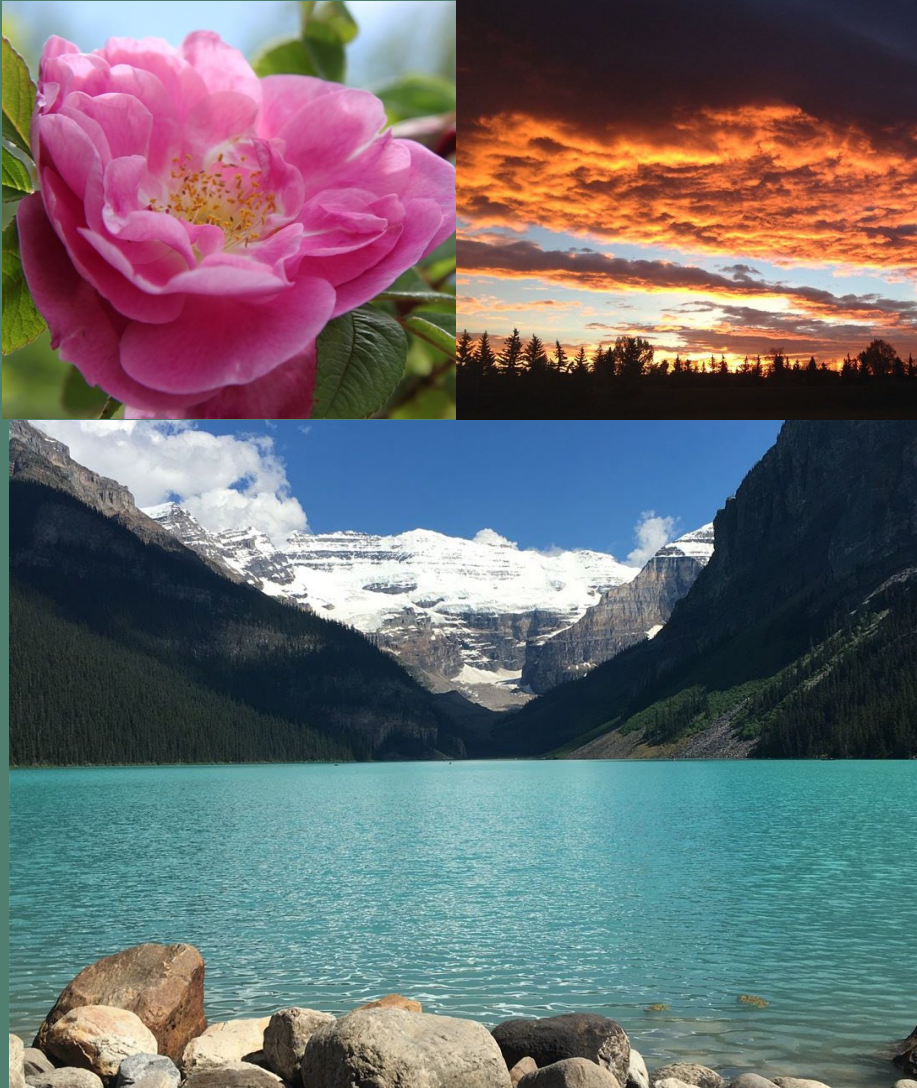


© 2023, Alberta Health Services, Policy, Practice, Access & Case Management, Provincial Seniors Health and Continuing Care



This work is licensed under a [Creative Commons Attribution-Non-commercial-Share Alike 4.0 International license](https://creativecommons.org/licenses/by-nc-sa/4.0/). To view a copy of this licence, see <https://creativecommons.org/licenses/by-nc-sa/4.0/>. You are free to copy, distribute and adapt the work for non-commercial purposes, as long as you attribute the work to Alberta Health Services and abide by the other licence terms. If you alter, transform, or build upon this work, you may distribute the resulting work only under the same, similar, or compatible licence. The licence does not apply to AHS trademarks, logos or content for which Alberta Health Services is not the copyright owner.

This material is intended for general information only and is provided on an "as is", "where is" basis. Although reasonable efforts were made to confirm the accuracy of the information, Alberta Health Services does not make any representation or warranty, express, implied or statutory, as to the accuracy, reliability, completeness, applicability or fitness for a particular purpose of such information. This material is not a substitute for the advice of a qualified health professional. Alberta Health Services expressly disclaims all liability for the use of these materials, and for any claims, actions, demands or suits arising from such use.



Land Acknowledgment

Provincial Seniors Health and Continuing Care would like to recognize that our work takes place on historical and contemporary Indigenous lands, including the territories of **Treaties 6, 7 & 8** and the homeland of the Métis.



Objectives

1. Identify who can utilize the Care Planning Education Resource
2. Describe the components of the Care Planning Education Resource
3. Demonstrate how to use the Care Planning Education Resource
4. Define the elements of AHS continuing care philosophy for care planning



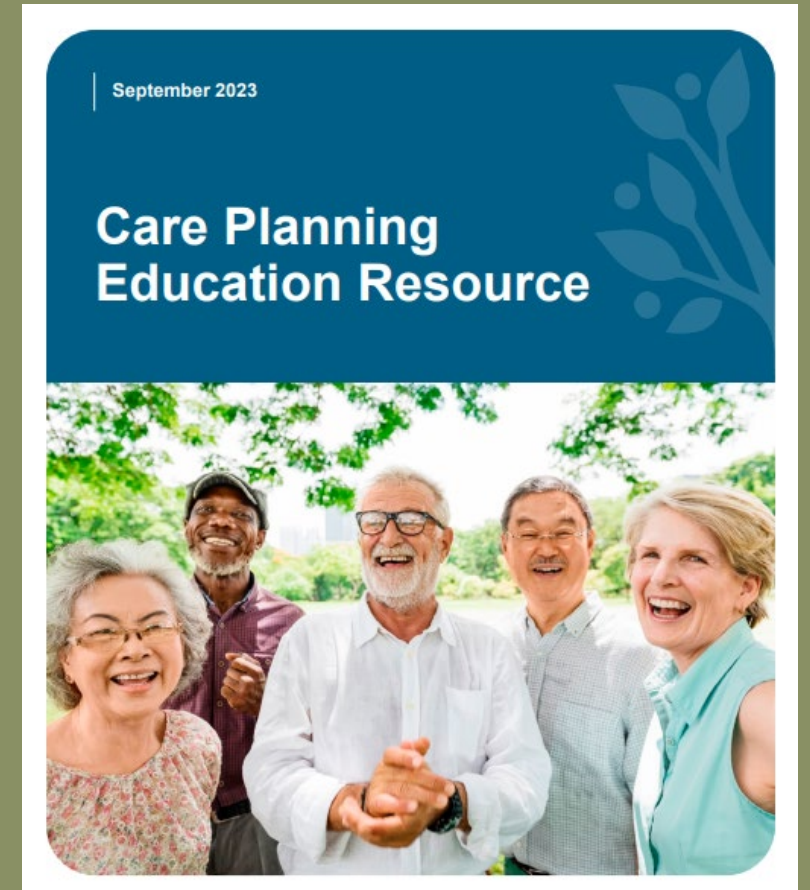
Who can use the Care Planning Education Resource?



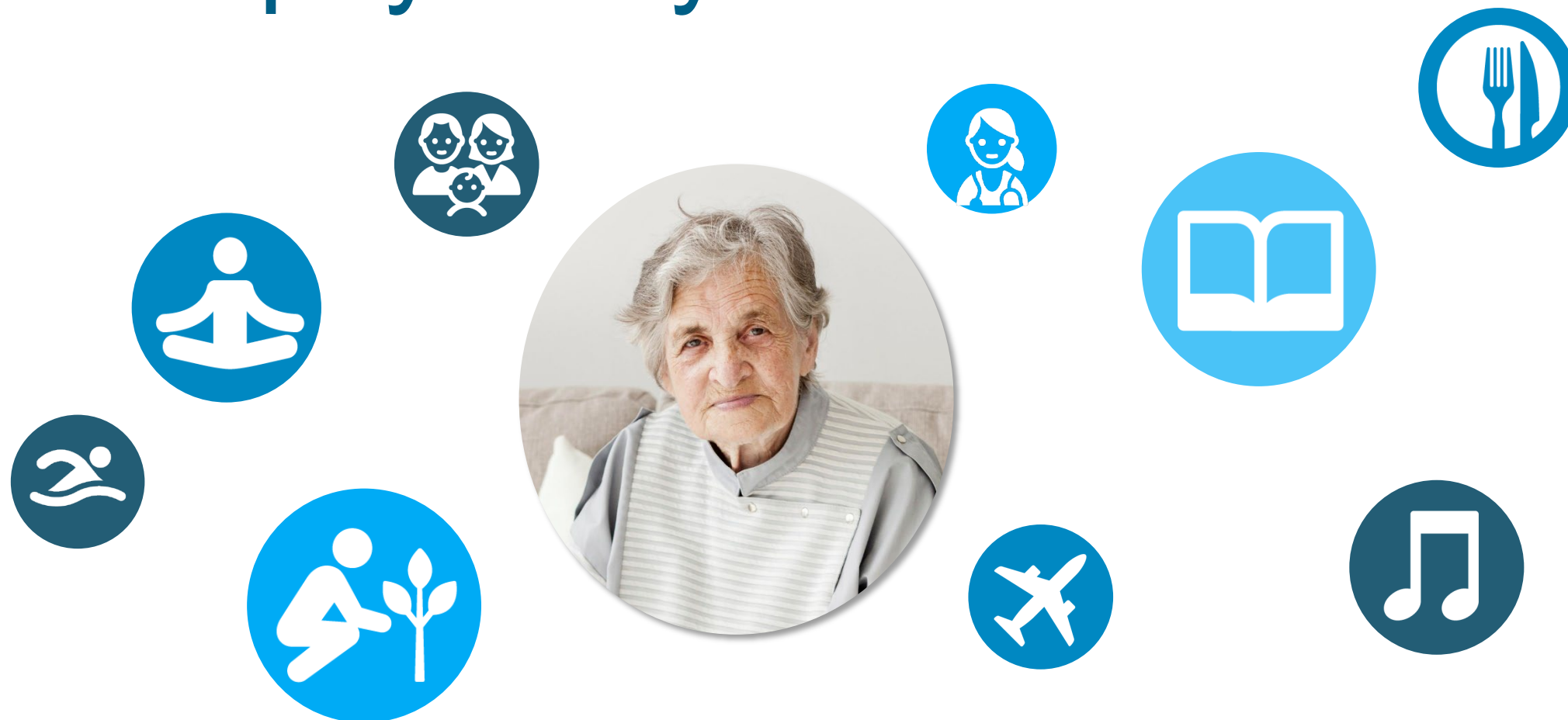
- Case Managers
- Clients
- Informal supports
- Health care aides
- Allied Health
- Program Leaders, Managers, interRAI Leads
- Contract Service Providers

What is the Care Planning Education Resource ?

- Care planning philosophy & process
- Identifies 22 care planning topics
- Provides information about strength-based care planning
- Guides development of goals and interventions
- Incorporates CCHSS requirements and other care planning resources

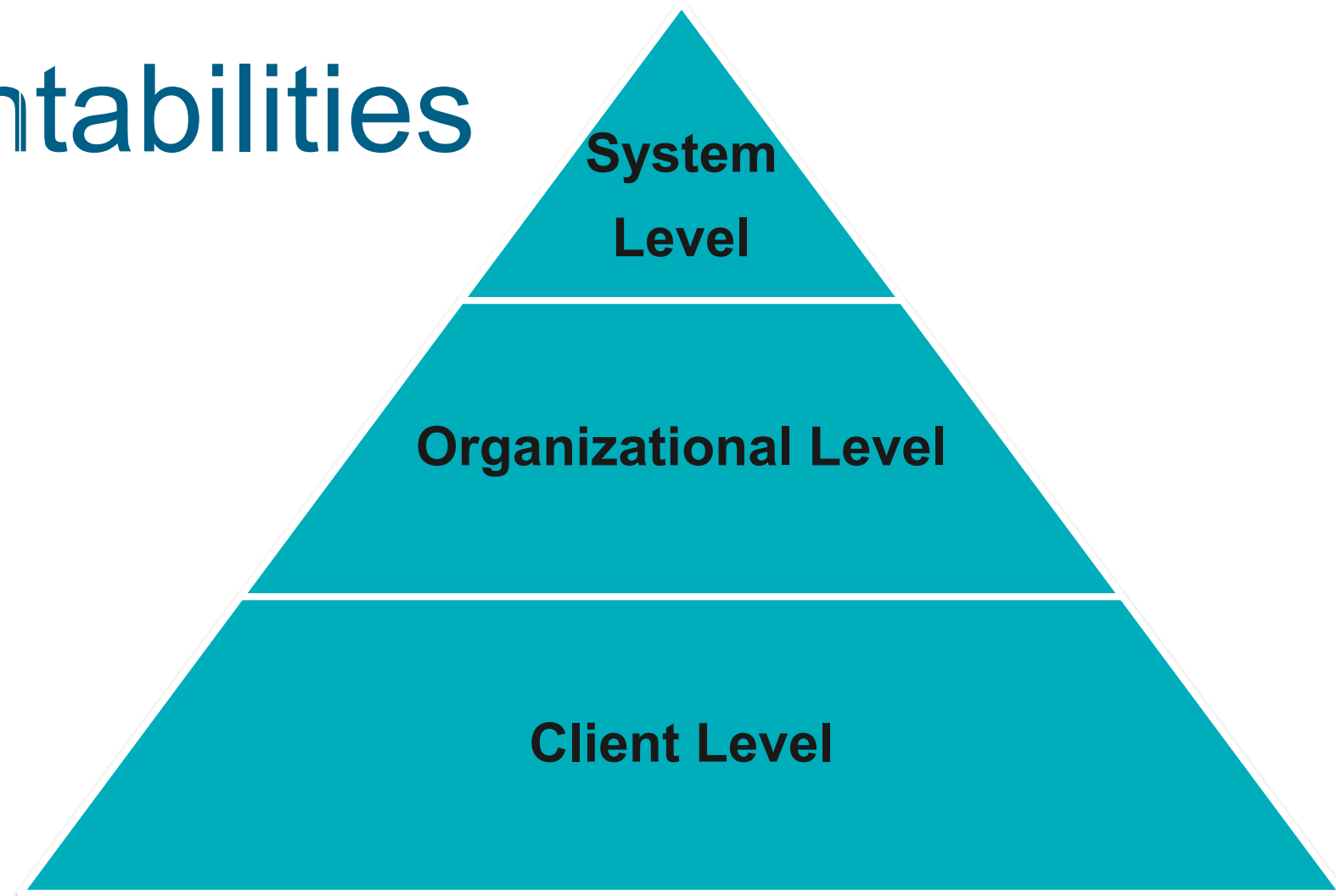


Philosophy: Why We Care Plan





Accountabilities



Strength-Based Care



- Existing competencies
- Resources
- Capacity to learn
- Involvement

Who am I?

- Values
- Spirituality
- Habits
- Abilities
- Hopes
- Fears



Person-Centred Care



“ Case Management is a collaborative, person-centred strategy for the provision of quality health and supportive services through the effective and efficient use of available resources to support the patient’s achievement of goals. ”

Continuing Care Case Management Framework & Guidelines, 2011

Collaborative Practice

Clear, effective communication
& decision-making

Establishes clear priorities, roles
& responsibilities for all involved

Partnership between client and
clinicians of different disciplines

Enables delivery of high-quality,
person-centred services

Towards achieving the best
possible individual health outcomes



Care Planning Process



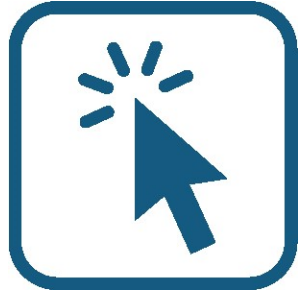
Why use the Care Planning Education Resource ?



WIIFM?

Where is the Care Planning Education Resource located?





Where is the Care Planning Education Resource located?

AHS.ca

Home >

Information For >

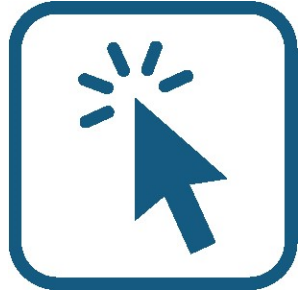
Health Professionals >

Continuing Care >

Care Planning Education Resource

The screenshot shows a web browser window with the URL <https://www.albertahealthservices.ca/info/Page10914.aspx>. The page header includes the Alberta Health Services logo, the slogan "Healthy Albertans. Healthy Communities. Together.", and the 811 Health Link logo. A navigation menu at the top contains links for "ABOUT AHS", "FIND HEALTHCARE", "INFORMATION FOR", "CAREERS", "NEWS", and "AHS IN MY ZONE". The breadcrumb trail reads "Home > Information For > Health Professionals > Continuing Care". The main heading is "Continuing Care" with the sub-heading "Information for Health Professionals". A list of resources is displayed, with the first item, "Care Planning Education Resource", highlighted by a red box.

- [Care Planning Education Resource](#)
- [Medication Assistance Program \(MAP\)](#)
- [Meeting the Needs of People living with dementia in Alberta's Residential Living Options: A guide to understanding dementia in facility.](#)
- [Minimum Comparable Pharmacy Service Requirements in Designated Supportive Living \(DSL\)](#)
- [Pain & Mood Toolkit](#)



Insite

Home >

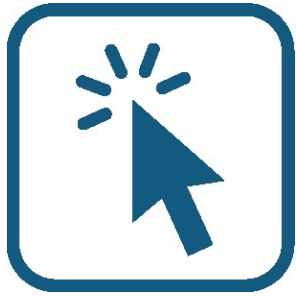
Teams >

Seniors Health Provincial >

Care Planning Education
Resource

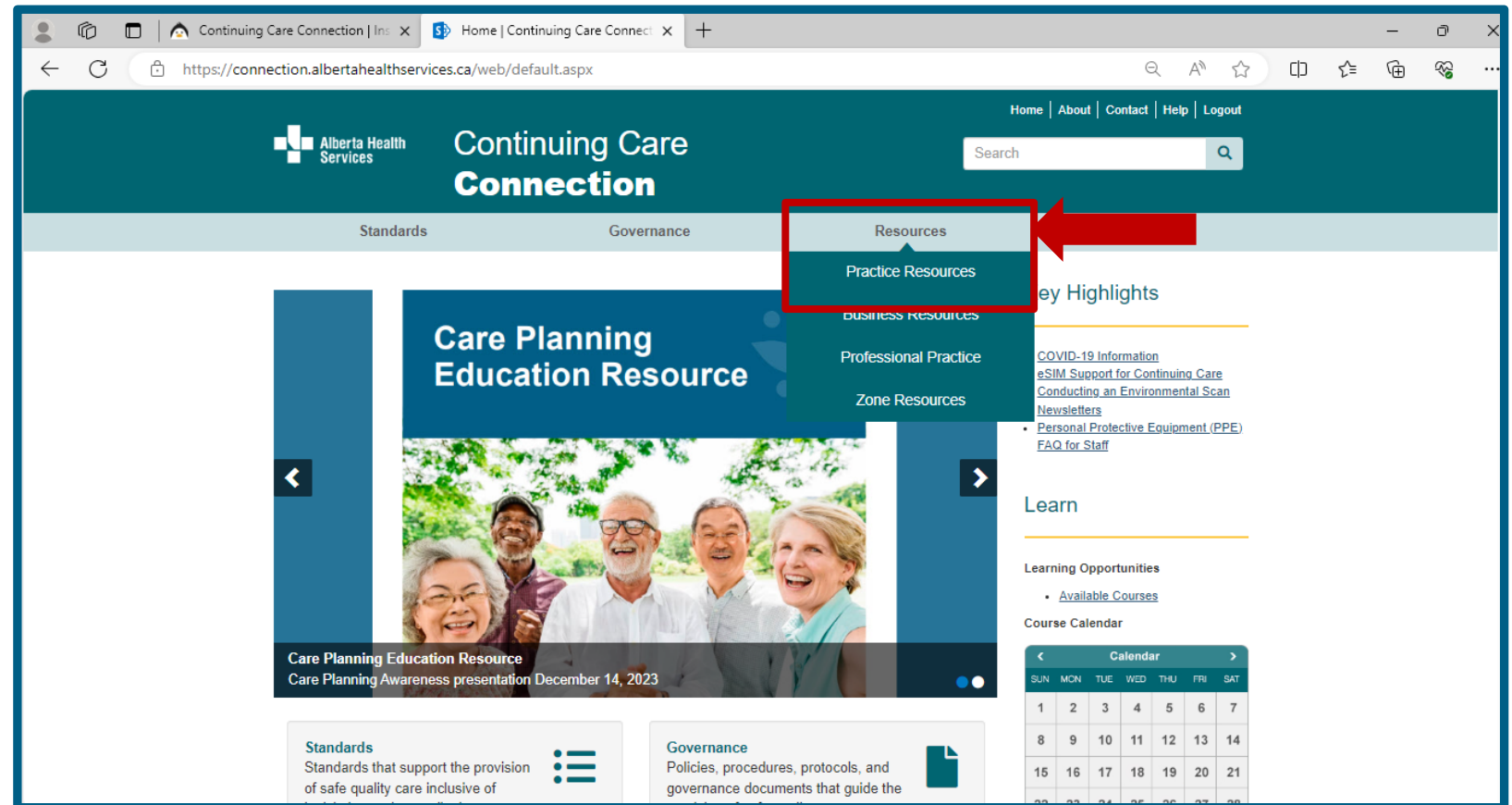
The screenshot shows the Insite web application interface. The breadcrumb trail is: Home > Teams > Seniors Health > Seniors Health Provincial. The main heading is "Seniors Health". Below this, there is a section for "Seniors Health Provincial" with a table of resources. The table has columns for "Category" and "Document". The "Care Planning Education Resource" is highlighted with a red box. The "Document" column lists several links, including "Alberta Netcare AHS Seniors Health Staff Update", "Care Plan Summary Continuing Care Sample", "Continuing Care Summaries and RAI HC Profiles", "Continuing Care Summary Sample Meditech", "Continuing Care Summary Sample PARIS", "RAI HC Community Provider Summary Sample", "RAI HC Facility Based Care Summary Sample", and "RAI HC Primary Care Summary Sample".

Category	Document
Alberta Netcare	<ul style="list-style-type: none">Alberta Netcare AHS Seniors Health Staff UpdateCare Plan Summary Continuing Care SampleContinuing Care Summaries and RAI HC ProfilesContinuing Care Summary Sample MeditechContinuing Care Summary Sample PARISRAI HC Community Provider Summary SampleRAI HC Facility Based Care Summary SampleRAI HC Primary Care Summary Sample

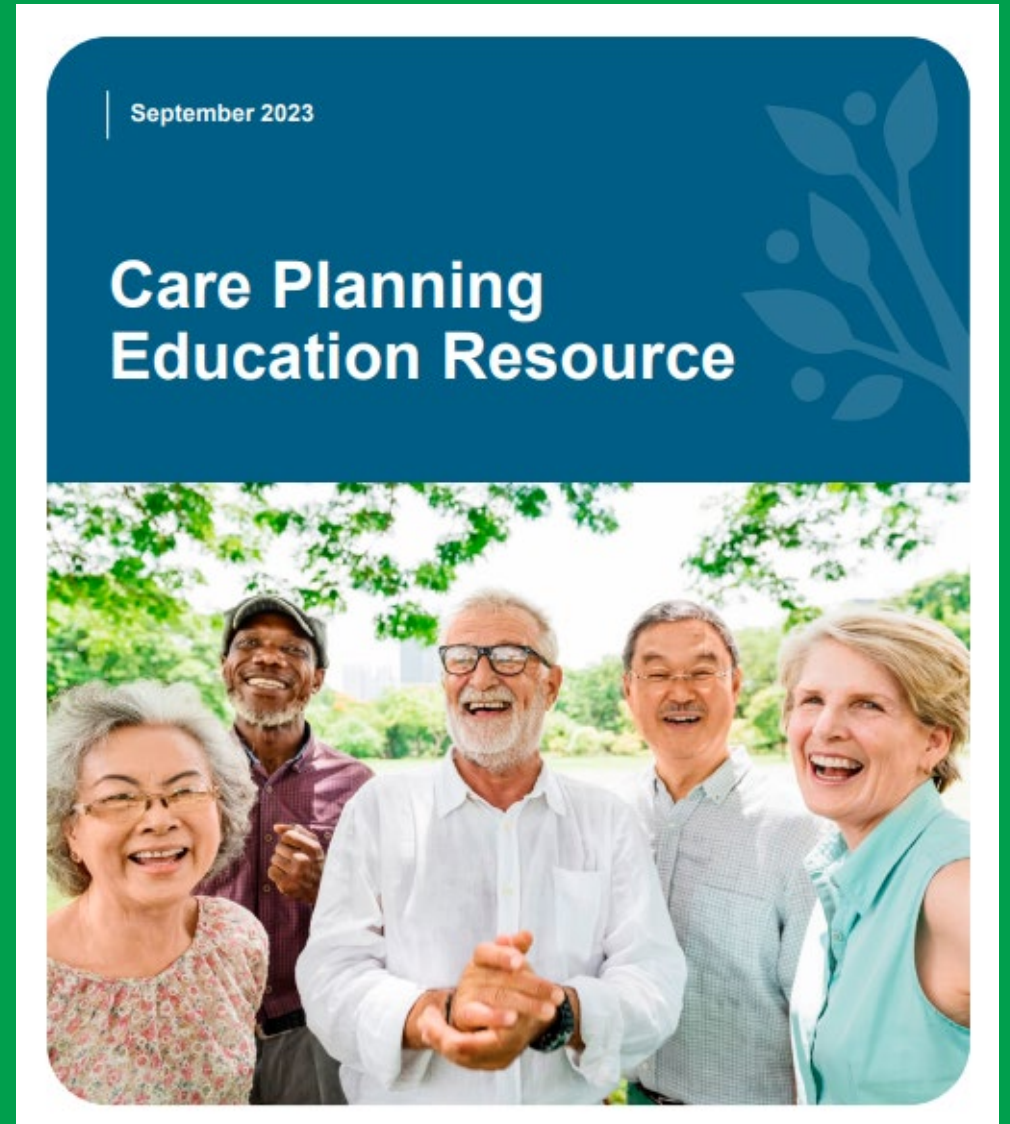


Continuing Care Connection

CCC >
Resources >
Practice
Resources >
Care Planning >
Care Planning
Education
Resource



When & How to use the Care Planning Education Resource



Sally's Assessed Needs



Sally is an 86-year-old widow, born and raised on a rural Alberta farm.

Strengths

- Highly physically active
- Enjoys the garden
- Supportive family

Family Priorities

- Address Fall Risk in care plan

Navigate the Care Planning Education Resource

Fall Risk

- Definition of a fall
- Risk of falls
- Strength-based approach to falls
e.g. fall prevention
- Establishing goal statements



Fall Risk

A fall is defined as unintentionally coming to rest on the ground, floor or other lower level with or without an injury (Canadian Falls Prevention Curriculum Education, 2007). Falls are the **leading** cause of injury among older Canadians, with 20-30% of seniors 65 years and older experiencing one or more falls each year (Government of Canada, 2021). This number increases to 50% for those 80 years of age and older (NICE, 2013). Falls can have various outcomes ranging from no injury or minor injury to serious injury or death.

Falls can significantly impact the individual, their family and friends, and the healthcare system. A comprehensive falls risk management strategy is important across the continuum of care to support client safety and quality improvement.

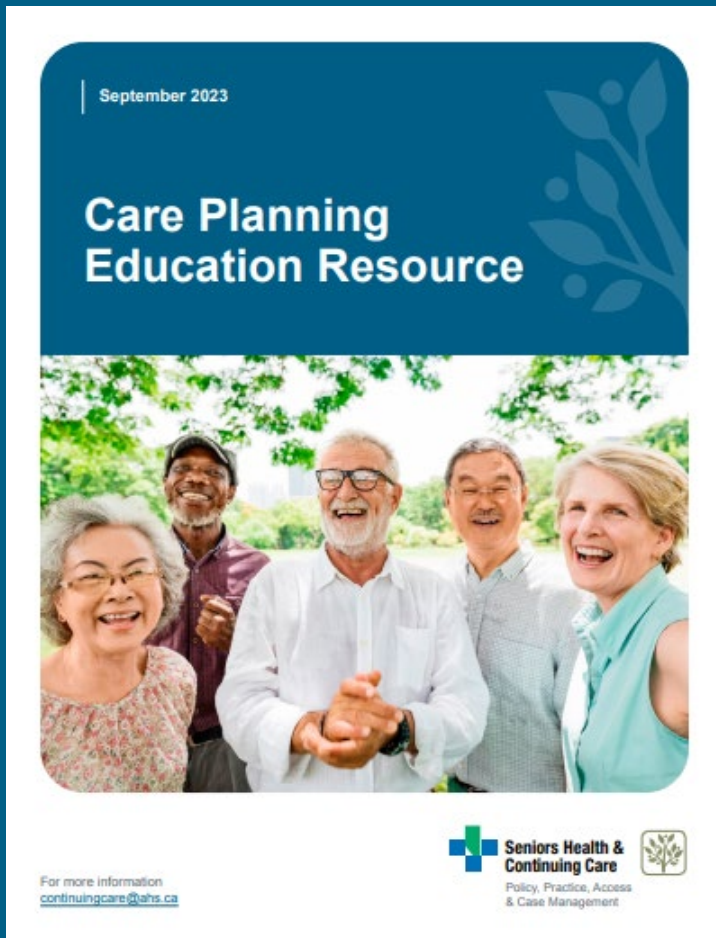


Falls are **NOT** a normal part of healthy aging. There are actions you can take to prevent falls.

Several age-related changes occur, which can increase someone's risk of falling. However, falls are not a normal part of healthy ageing. There are actions you can take to prevent falls. When care planning to reduce falls or reduce the risk of injury from falls, consider the impact of the following:

- mental status (cognition, behaviour, substance abuse)
- impact of medications (polypharmacy, side-effects such as dizziness)
- physical status (diagnosis, gait, frailty, mobility)
- risk factors (previous falls, decline in health, environment)

Next Steps



AHS.ca
[Care Planning Education Resource](#)

Continuing Care Connection
[Care Planning Education Resource](#)

Insite
[Care Planning Education Resource](#)

Questions?

Email

continuingcare@ahs.ca

December 13, 2023



**Seniors Health &
Continuing Care**



Policy, Practice, Access
& Case Management