

Rehabilitative Care for Older Adults Living with/at Risk of Frailty: From Frailty to Resilience

What to do next...

Core Elements of Care

Processes of Care

Identify Rehabilitative Care Needs

- Identify Risk for Functional Decline
- Determine Restorative Potential
- Co-Develop Rehabilitative Care Goals

Deliver Evidence-Based Rehabilitative Care

- Co-Design a Person-Centred Rehabilitative Care Plan
- Deliver Rehabilitative Care Interventions
- Plan for Care Transitions

Best Practice Implementation by Domains of Care

- Cognition
- Delirium
- Mood & Mental Health
- Social Engagement
- Mobility & Falls
- Function
- Continence
- Skin Integrity
- Nutrition & Hydration
- Pain
- Polypharmacy

Older Adult & Care Partner Engagement

Equitable & Culturally Appropriate Care

Interprofessional Team Approach

Specialized Geriatric Expertise

Performance Evaluation

Comprehensive Geriatric Assessment

For older adults & care partners:

Explain: Your/loved one's baseline function

Ask: How will I / my loved one be included in goal setting and design of the rehabilitative care plan?

Ask: What will I / my loved one need to maintain function once discharged from rehabilitative care?

For frontline healthcare clinicians:

Familiarize yourself with the best practice recommendations

Screen all older adults for baseline functional status and functional decline

Acknowledge the important roles of care partners and team members as contributors to care planning

For operational/clinical leaders

Consider how your programs can align with the best practice recommendations

Communicate the importance to staff of screening all older adults for baseline functional status and functional decline

Acknowledge the important roles of care partners and team members in providing integrated care.

 Self-assessment and implementation tools coming in Spring 2022!

Rehabilitative Care for Older Adults Living With/At Risk of Frailty: From Frailty to Resilience

What to do in the next two months

For Frontline Healthcare Clinicians

Familiarize Yourself

...with the best practice recommendations outlined in the framework and take stock of where your practice aligns with these recommendations.

Start with the Core Elements (pages 8-12)



Screen all older adults

...for functional decline, including the determination of their baseline functional status, recognizing that older adults may be deconditioned due to current pandemic restrictions.

See Processes of Care: Identify Risk for Functional Decline and Determine Restorative Potential (pages 13-14)



Acknowledge

...the important roles of care partners and team members. Small acts of recognition can be effective in combatting burn out and establishing a more cohesive health care team.

An interprofessional team approach is one of the core elements (page 10).



Self-assessment and implementation tools coming in Spring 2022!



Rehabilitative
Care Alliance



Provincial
Geriatrics
Leadership
Ontario