

# 10 Recommendations

The [sfCare Getting Started Toolkit](#) is based on 10 recommendations which were developed from the [sfCare Framework](#)'s 31 statements. These recommendations are comprehensive, action-based statements, which create the foundation for the [sfCare Self-Assessment Tool](#) and the Implementation Resources (pages 17-29 of the Getting Started Toolkit).

## The 10 Recommendations

- 1** Commitments to the sfCare framework are included in the organization's strategic plan, operating plan, and/or corporate goals and objectives.
- 2** Guiding documents (such as policies, standards, procedures, guidelines, care pathways etc.) reflect senior friendly values and principles; promote older adult's health, autonomy, dignity and participation in care; and ensure that an older adult will not be denied access to care or the opportunity to participate in research based solely on their age.
- 3** Education and/or training is provided to all staff on senior friendly topics.
- 4** Care delivery partners from all sectors have been identified, and collaborative processes exist to ensure information sharing and seamless transitions for older adults across the healthcare continuum.
- 5** Interprofessional assessment and care is guided by evidence-informed practice to optimize the physical, psychological, functional, and social abilities of older adults.
- 6** The older adult/caregivers are provided with information to let them know what to expect in their care, help them make decisions, and better self-manage their conditions.
- 7** The care plan, goals, and expected results of care are developed in collaboration with all members of the care team and the older adult/caregivers and aligned with the older adult's preferences.
- 8** A system is in place to measure the experience and outcomes of older adults and make improvements based on the results.
- 9** An approach is in place to support care providers and the older adult/caregivers in challenging ethical situations.
- 10** Structures, spaces, equipment, and furnishings provide an environment that minimizes the vulnerabilities of older adults and promotes safety, comfort, functional independence and well-being.

**Legend:** Coloured numbers correspond with the sfCare Framework domains:

