

The need for an authentic focus on the goals and aspirations of older people living with frailty (or at risk of frailty) is especially important as health service providers work towards a new model of service delivery as part of an Ontario Health Team (OHT). Older adults living with frailty or at risk of frailty require a specialized, senior-friendly approach to care across the healthcare continuum in order to meet their unique needs. The Regional Geriatric Program of Toronto is pleased to offer its support as a strategic partner in achieving this goal.

**For OHTs planning to optimize the care of older adults living with or at risk of frailty, our evidence-based resources help meet the following requirements in the [OHT Full Application](#).**

## Section 2: About Your Team

OHTs will need to ensure that specialized geriatric services are available and that a core minimum of cross-sectoral services are provided. Specialized geriatric services are delivered across the continuum of care by interprofessional staff who are uniquely knowledgeable about providing care for older adults. The Regional Geriatric Programs of Ontario have developed standards for the delivery of specialized geriatric services, and other resources that can help inform the composition of your OHT team.

### Planning Resources for Service Delivery

- [Guidelines for the required services for frail older adults for all OHTs](#)
- [A Competency Framework for Interprofessional Comprehensive Geriatric Assessment](#)
- [Asset mapping of specialized geriatric services in Ontario](#) which was recently completed by the Regional Geriatric Programs of Ontario on behalf of the Ministry of Health.

## Section 4: How will you transform care?

OHTs will need a senior friendly care blueprint for achieving the best possible outcomes for older adults across organizations, as well as a way to assess their degree of alignment with the blueprint.

### Quality Improvement Resources

- [The Senior Friendly Care \(sfCare\) Framework](#) serves as a helpful blueprint. It describes the unique needs of older adults living with frailty and the best approaches for optimizing their care.
- [The sfCare Self Assessment Tool](#) can assist health service providers to identify strengths and opportunities within each organization as a starting point for planning across their OHT. Using a common assessment tool will assist with reducing variation and implementing evidence-based clinical standards.
- [The sfCare Getting Started Toolkit](#) provides best evidence implementation resources including clinical standards.

OHTs will need access to the latest evidence-based tools for the care of older adults in settings identified as vulnerable for COVID-19.

### Timely evidence-based tools

- [The RGP of Toronto COVID-19 Resource Page](#) is updated on an ongoing basis with new information to support organizations to transform care as the pandemic continues to unfold. Examples include guidelines and tip sheets for care providers on a variety of topics such as assessment and management of COVID-19 in older adults, providing care in long-term care, communication, virtual care, delirium, and mobilization.

## Section 4: How will you transform care?

OHTs will benefit from having an organizational focus on education for staff, older adults, and caregivers, in order to improve patient self management and/or health literacy. Older adults from diverse ethnic and linguistic backgrounds will need educational resources in multiple languages.

### Education and Patient Resources

- [The Senior Friendly 7 Toolkit](#) - includes self-management tools for older adults and their caregivers, and supports clinical best practices for healthcare providers across the sectors of care.
  - Our [Delirium Prevention Poster](#) is included within this toolkit and is also available as a standalone, printable resource. *\*Now available in French, Mohawk, Ojibway, and Oji-Cree\**
- [An Introduction to Senior Friendly Care – Top Tips For all Staff](#) - a five-minute video which highlights what senior friendly care is and why it's important, the needs of older adults, and ten things all staff can do to make a difference.
- [The SfCare Learning Series](#) - free education resources for Clinicians, Caregivers and PSWs
  - [sfCare Learning Series for Clinicians](#) - comprises introductory educational modules for clinicians, with supporting tools such as posters and handouts. *\*Posters and handouts available in French\**
  - [sfCare Learning Series for Caregivers](#) - called "Caregiving Strategies", comprises a website, handbook and online course. *\*Now available in Mandarin\**
  - [sfCare Learning Series for Personal Support Workers](#) (PSWs) – comprises a supervisor's guide and PSW pocket guide
- [The RGP's of Ontario: Three Frequently Asked Questions on CGAs and SGS](#) - provides an overview of the evidence of effectiveness of Specialized Geriatric Services and Comprehensive Geriatric Assessment and their core components which include care coordination and system navigation.



Connect with the  
Regional Geriatric  
Program of Toronto for  
support!

✉ [info@rgptoronto.ca](mailto:info@rgptoronto.ca)

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