



Care Watch

AGEISM EXISTS: NAME IT! RESIST IT!

SUPPORTIVE HOMECARE

WHAT IS SUPPORTIVE HOME CARE?

It includes a range of preventative and maintenance services often provided in Ontario by personal support workers (PSWs) and volunteers—volunteers who, as essential members of home care teams, collaborate with other health care professionals whose role is to improve quality of life and support seniors in their homes and communities.

EXAMPLES OF SUCH SERVICES ARE:¹

- Home Management (shopping, housekeeping, meal preparation);
- Transportation;
- Medication Management;
- Social & Recreational Activities;
- Personal Care (including help with bathing, toileting, dressing, personal hygiene, eating).

WHO SHOULD RECEIVE IT?

Persons living at home who need various amounts of help, from a little bit to a lot, so that they can maintain a good quality of life, nurture their family relationships, and stay socially engaged.

HOW SHOULD IT BE DELIVERED?

Through community based organizations which reflect the diversity found amongst older persons; organizations which are committed to providing services that focus on the social as well as the health needs of older persons; delivery models that involve older persons in deciding what services do and do not meet their needs.

WHY DO WE INSIST ON SUPPORTIVE HOME CARE?

Because needing some help is not a disease. Physical limitations are associated with aging, they do not define the aging person. Thus the goal is to maintain quality of life, not cure an ailment. Thus home care services must focus on prevention as well as being restorative. Finally, we need to focus on supporting the person, not only guarding against a hospital emergency.



Image source: © artist Noreen Stevens.

¹ Canadian Research Network for Care in the Community/Personal Support Network of Ontario Survey results, p. 201.

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