

## Elder Friendly Care

### Why Elder Friendly Care (EFC)?

As our population ages, demand for health services will continue to increase. Older adults who are cognitively and physically frail often decline in health, mobility and independence in hospital. Too often, they fall, develop delirium, and receive antipsychotics inappropriately. Length of stay may extend to months or years, and many are readmitted after discharge.

The Elder Friendly Care project is in response to growing concern over these outcomes, and the impact on patients and their families, staff and the health system. This project brings care teams together to explore and address issues such as restraint use (pharmacologic, physical, mechanical & environmental), responsive behaviours, noise and other sleep interruptions, polypharmacy (more than 3-5 medications) and navigating decision-making capacity in cognitive impairment.



The EFC Project is based on the successes of the Appropriate Use of Antipsychotics (AUA) Project in Continuing Care, and Elder Friendly Care initiatives in Calgary, Edmonton and other zones.

### What's Happening Now?

**Elder Friendly Care Pilot Site Innovation Collaboratives: Feb to Nov 2017.** Eight acute care sites are engaged in Learning Workshops and quality improvement activities. Workshop topics include: restraints as a last resort, delirium prevention, support of sleep, care of medically complex patients and effective transitions.

### What will Happen Next?

- ◆ Strategies and resources are being identified and developed for practice areas such as the emergency department, medical and surgical inpatient units, and critical care.
- ◆ An online EFC Toolkit of resources will share ideas, strategies and tools with acute care teams across the province.
- ◆ Plans are being developed for provincial implementation.
- ◆ Plans are being developed for unit and system-level outcome measurement.

***EFC is part of the overall Seniors Health Strategic Clinical Network Dementia Strategy, which includes the AUA project in Supportive Living and Long Term Care, Alberta Dementia Strategic Action Plan in Primary Care, Dementia Advice Line, Research Activities and Clinical Knowledge Development. For more information, go to <http://www.albertahealthservices.ca/scns/Page7702.aspx> or contact [efc@ahs.ca](mailto:efc@ahs.ca).***