

MEDIA RELEASE

North East LHIN Invests in ICAN *Helping High Risk Seniors in the Sudbury Area*

Friday, February 10, 2012, Sudbury – Gisele Mainville knows what it's like to be an alternate level of care patient at the former Memorial site of Health Sciences North. Anxious to leave and uncertain about her future, she put her name on the wait list for long-term care. But then she heard about a new model of care, that ICAN was offering – a four bedroom **enhanced congregate care apartment for seniors**. Hesitant she sent her daughter and son-in-law to check it out. "He said if you don't move in there I will," she laughed.

Mrs. Mainville, takes a sip of her tea, sitting at her kitchen table with one of her roommates Jill Elliott, and acting CEO of ICAN Marie Leon. "We all get along," she said. "It's nice. I love it. Everyone is so friendly here. I don't want to move."

Happy about her "huge apartment" and bedroom, as well as the extra rehab she can access through ICAN's therapists and gym, Mrs. Mainville has taken her name off the wait list for long-term care.

The North East LHIN has invested additional funding in ICAN so it can help high-risk seniors -- a new focus for the Sudbury non-profit, community-based organization. ICAN Independence Centre and Network provides services and resources to people with physical disabilities from assessments and independence training, to supportive housing and outreach.

"Investing in new programs offered through ICAN is about shifting care into the community where our high-risk seniors need it most," said North East LHIN CEO Louise Paquette.

Just before Christmas, the four seniors moved into their new enhanced congregate apartment. Staff is on hand around the clock to help with personal care needs and meal preparation in the apartment's kitchen. It's not as "regimented" as a long term care facility, explained Leon. "It's cheaper and nicer," she said. "They can choose what they want to eat or if they want to have a bath that day." One of the gentlemen, now in his 90s, used to be a chef. Often he pitches in cooking, said Leon.

Three weeks ago, ICAN also began delivering **assisted living to 10 high risk seniors** in their own homes. The seniors were referred to the ICAN through the NE CCAC. Assisted living means the seniors can receive both scheduled visits and staff is available around the clock for emergencies.

It also recently opened a **Post Stroke Transitional Care Unit**, a four bedroom apartment, to help older adults who may require more therapy and support recovering from their strokes. This program, which began last fall, is also available to provide caregiver respite. Jacqueline Lepine, 72, who moved in before Christmas has made progress in her rehabilitation and will be transferred soon into one of ICAN's 32 supportive housing units. Two other seniors will be arriving shortly.

"I love it here," said Mrs. Lepine, from her wheelchair. "I will walk again."

ICAN's new programs geared for the frail elderly include:

- **Assisted living** delivered to the homes of **10 high risk seniors**. Assisted living includes both scheduled visits to help seniors with personal support, as well as, access to staff 24-hours a day for emergencies. This new program started three weeks ago.
- A **4 bedroom** apartment offering **Enhanced Congregate Care for seniors**. This new model of care started in Dec. 2011.
- A **4 bedroom apartment** "Post Stroke Transitional Care Unit" to help older adults who may require more therapy and support recovering from their strokes. This program, which began last fall, is also available to provide caregiver respite.

In the NE LHIN, 17% of the population is aged 65-plus, which is higher than the 13% for Ontario. This is projected to grow to 30% of the NE LHIN in 2030, compared to 22% for Ontario.



Jacqueline Lepine (right) talks to acting CEO Marie Leon about leaving ICAN's stroke recovery apartment for her new supportive housing unit.

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