

Fast Facts on Home & Community Support

As the population ages and the prevalence of chronic conditions and disabilities rises, the need for home and community support increases.

- The aging of Ontario's population is well-documented, and has had a significant impact on the health care system.
- The number of seniors aged 65 and over is projected to more than double from 2.2 million in 2015 to over 4.5 million (25.3 percent of the population) by 2041.¹ Though they make up only 14.6 percent of our current population, nearly half of health care spending goes to seniors.²
- Almost 80% of those over the age of 45 live with a chronic condition, and 70% of chronically ill Ontarians over the age of 45 have multiple conditions.³
- One in seven people in Ontario have a disability. Over the next 20 years, that number will rise.⁴

Ontarians prefer to remain in their own homes and communities for as long as possible, not in hospitals or long-term care.

- A 2011 Angus Reid Strategies poll for OCSA found:
 - Ontarians want funding for home and community support programs to be given the same priority as funding for hospitals and long-term care facilities (62%), and 21% want home and community support services to be given a higher priority.
 - Ontarians prefer new funding designated for long-term-care go to preventative home and community care services rather than bricks and mortar institutions (59% agree).

Quality of life for clients and their caregivers is improved when they receive home and community support.

- The benefits of home and community support include: Fewer ER visits; reduction in 911 calls; reduction in caregiver burden and burnout; improved mental well-being; increase in personal perception of health and social connectedness.

¹ Ontario Ministry of Finance. 2016. *Ontario Population Projections Update, 2015–2041*.

² Canadian Institute for Health Information. 2011. *National Health Expenditure Trends, 1975 to 2011*.

³ Ontario Ministry of Health and Long-Term Care. 2007. *Preventing and Managing Chronic Disease: Ontario's Framework*.

⁴ Ontario.ca. Retrieved 2016. *People with disabilities*.

- Home and community support services include health promotion, preventative services, and re-enablement services. They go beyond meeting a person's current needs, and actually defend against more serious needs in the future.
- Home and community support services consider the wellbeing of the whole person, and address the social determinants of health.
- In Ontario, there are 3.3 million family caregivers, and 48% are caring for a parent or in-law. Almost 850,000 provide more than 10 hours of care per week.⁵

Home and community support offers tremendous value to the health care system.

- These cost-effective services address many of the challenges facing our health system:
 - Alternate Level of Care (ALC) beds in hospitals
 - Emergency department overcrowding
 - Challenges associated with Ontario's aging population
 - The need to better manage chronic diseases
- Improved home and community support contributes towards a trend of improved performance by institutional care:
 - From 2008/09 to 2012/13, the number of patients discharged to home care services after a hospital stay increased by 42%.
 - From 2009/10 to 2011/12, the number of patients waiting for long-term care in Ontario hospitals decreased 32%.
 - From 2009/10 to 2011/12, the placement rate of Ontarians 75 and older into long-term care homes declined 26%.⁶
- A day spent in the hospital costs on average \$450; a day in long-term care costs approximately \$150; and, on average, a day in home or community care costs only \$45.⁷
- Total 2013/14 funding in Ontario for home and community care was \$3.2 billion, which was approximately 6% of the health budget.⁸
 - Most not-for-profit home and community support agencies are charities, only partially funded by government. They do additional fundraising or charge low client fees to make up the difference.
- Dedicated volunteers donate over 3 million hours of services per year⁹; if replaced with paid work, this could cost the health system \$80 million annually.

To learn more, please reach out via www.ocsa.on.ca.

⁵ The Change Foundation. 2014. *General Social Survey*.

⁶ Expert Group on Home and Community Care. 2015. *Bringing Care Home*.

⁷ Central East CCAC. Retrieved November 2016. *Provincial Fast Facts*.

⁸ Expert Group on Home and Community Care. 2015. *Bringing Care Home*.

⁹ CSS OHRS Comparative Report 2014-2015.