

Home Care 2020

A Vision of Health, Independence & Dignity

Canadians approach to health and wellness will change dramatically over the next decade. The health policies we develop, the people we recruit and train and the support systems we build now will shape the future landscape. The decisions we take now will affect health and care in 2020. We must embrace the future and plan policy directions accordingly.

The CHCA 's vision of health care is an integrated system that provides accessible, responsive services which enable people to safely stay in their homes with dignity and independence and quality of life. Within this integrated system, the home care sector will provide services that encompass health promotion and teaching, curative intervention, end-of-life care, rehabilitation, support and maintenance, social adaptation and integration and support for the family caregiver.

The CHCA envisions that in 2020 home care services will:

- Be accessible to all Canadians so that they can choose their setting of care that promotes independence and quality of life.
- Play a key role in chronic disease management strategies that support individuals' choice and autonomy.

Canadians will choose to stay in their homes with dignity, independence and quality of live.

Several factors are impacting the need for a new approach to the provision of care:

Canadians will receive home care services that include health promotion and teaching, curative intervention, end-of-life care, rehabilitation, support and maintenance, social adaptation and integration and support for the family caregiver.

- An aging population
- Increasing chronic disease
- Greater expectations for health and wellbeing and increasing demand to age at home
- Rising costs and greater strains on public health expenditures
- A reduction in family caregivers and support networks
- A decline in community support and 'volunteerism'
- Increasing use of technology for clients / providers and the system
- Challenges of recruitment and retention of health care workers

In order to realize our vision, we call upon all governments and health care leaders to embrace a community based approach to health care planning and service delivery.

Access to a Broad Range of Services: Federal, Provincial and Territorial governments must continue to develop and invest in their home care programs to ensure equitable access to community based services that include health promotion and teaching, curative intervention, end-of-life care, rehabilitation, support and maintenance, social adaptation and integration and support for the family caregiver.

An Integrated Approach to Chronic Disease Management: Stakeholders must embrace the integration of home care and primary health care as the foundation to providing effective, proactive interventions for chronic disease management and long term care.

A Paradigm Shift in Technology Planning: Governments and health care leaders must support strategic planning and investment in home care technology as a key priority.

Recognition and Support for the Family Caregiver: Governments and providers must work together to support the vital role of the family caregiver.

We must consider the following actions and approaches as we continue our journey:

- Individuals with chronic conditions will be supported to live independently in their communities.
- Health care planning must shift from episodic acute care focus to long-term community based care.
- Individuals, families and communities need to be empowered and supported to take control of their health and wellbeing.
- Policy must be refocused on the improvement of health and wellbeing.
- Special measures will be needed to address individuals who are disadvantaged and/or socially isolated.
- Leadership will be required at every level in the system and in the community.
- To be effective, change in the health and care system must recognize the impact on health human resources.

System change must be accompanied by cultural change, which recognizes and values seniors and respects their rights and autonomy.

About the Canadian Home Care Association

The Canadian Home Care Association (CHCA) is a not-for-profit membership association dedicated to ensuring the availability of accessible, responsive home care and community supports to enable people to stay in their homes with safety, dignity and quality of life. Members of the Association include organizations and individuals from publicly funded home care programs, not-for-profit and proprietary service agencies, consumers, researchers, educators and others with an interest in home care. Through the support of the Association members who share a commitment to excellence, knowledge transfer and continuous improvement, CHCA serves as the national voice of home care and the access point for information and knowledge for home care across Canada.

For more information contact the CHCA national office at: 613-569-1585 / www.cdnhomecare.ca.