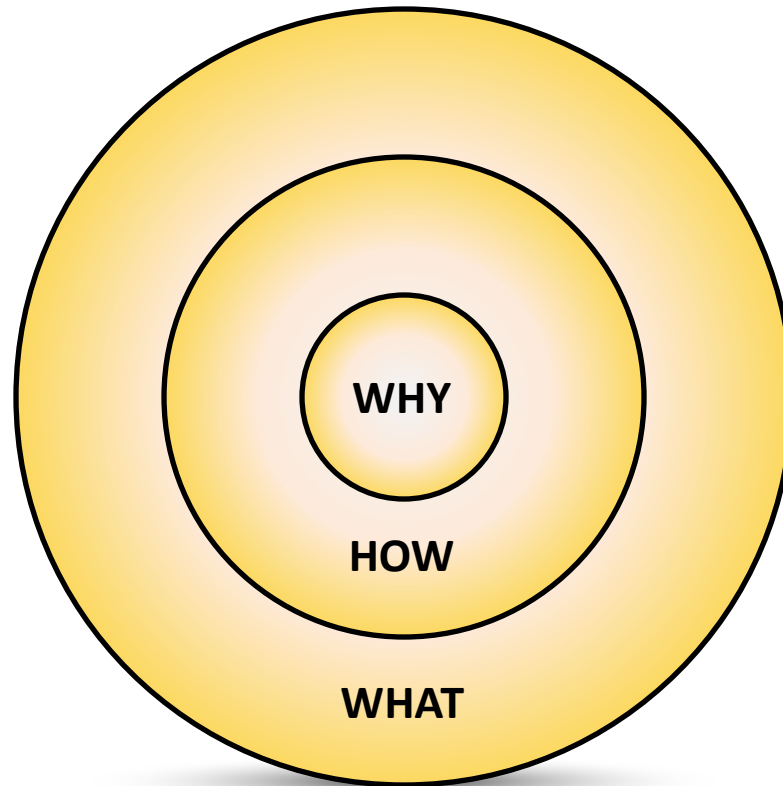


The Restructuring of Alberta Health Services and the Future of Health Care

What does the future hold?

Dr. Richard Lewanczuk
Strategic Advisor
Primary Care Alberta / Assisted Living Alberta

The Golden Circle







Why ?

Global Transformation in Health Systems



- Health systems worldwide are experiencing profound, simultaneous changes.
- Common challenges include aging populations and rising chronic diseases.
- Technological advancements are reshaping care delivery models.
- It is recognized that healthcare must replace illness care.
- There is a growing focus on integrated and person-centered care.
- Financial sustainability drives reforms across diverse healthcare systems.

What is the purpose of our health care system?



- If we become sick, to relieve pain and suffering, and to return us to health

What is the purpose of our health care system?



If we become sick, to relieve pain and suffering, and to return us to health



To prevent sickness and keep us healthy

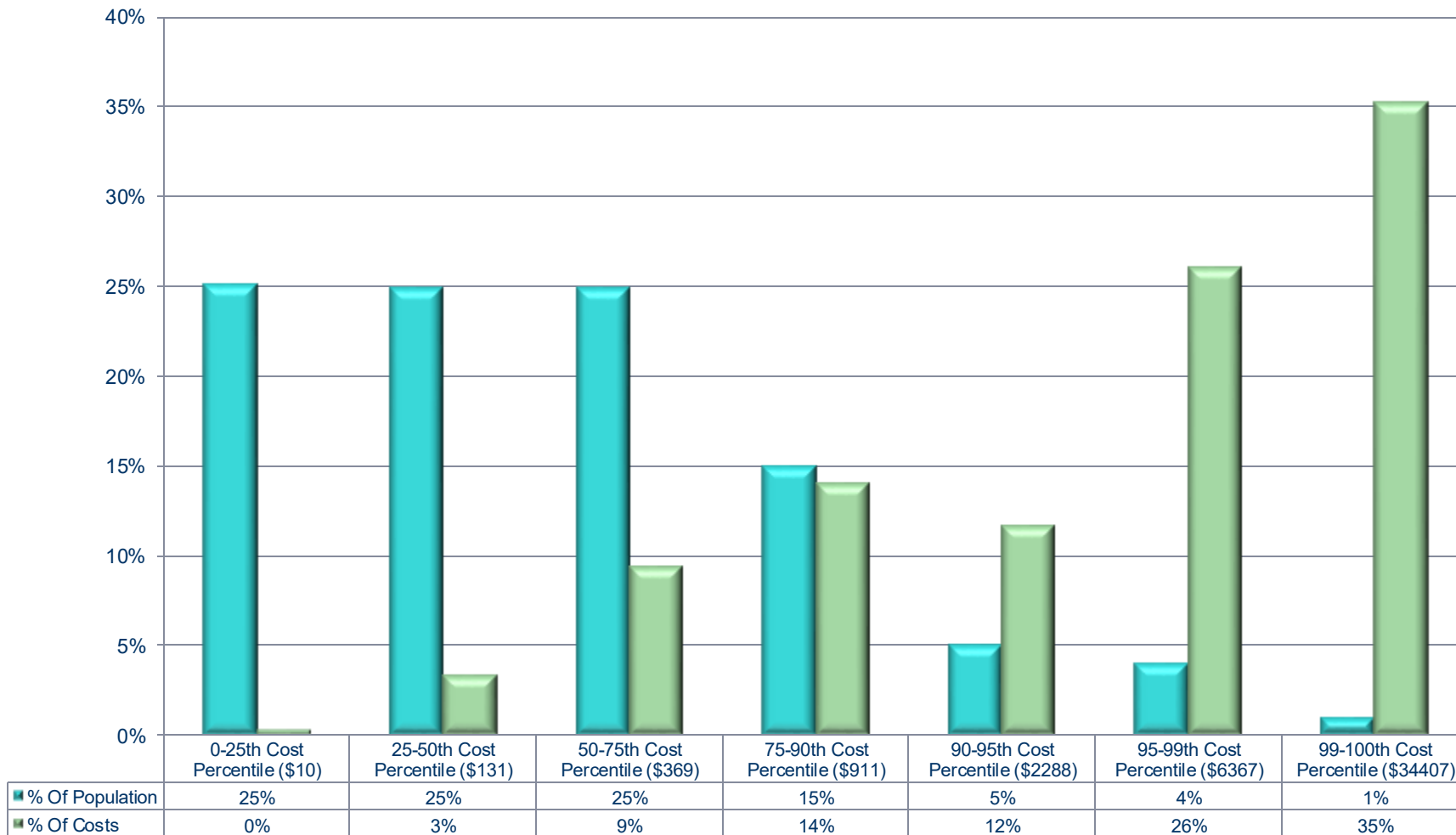
Do we keep our cars or ourselves in better shape?



What is the most expensive intervention in health care ?



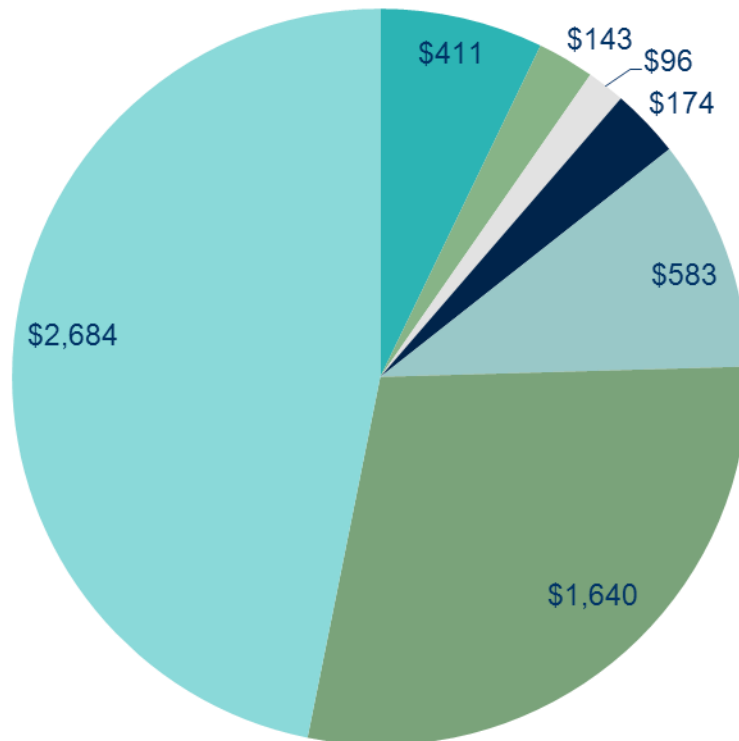
Alberta Population Proportions Versus Health Care Cost Proportions



Who are these people?

Complex High Needs Patients - Financial Impact

Total Costs (in Millions\$)

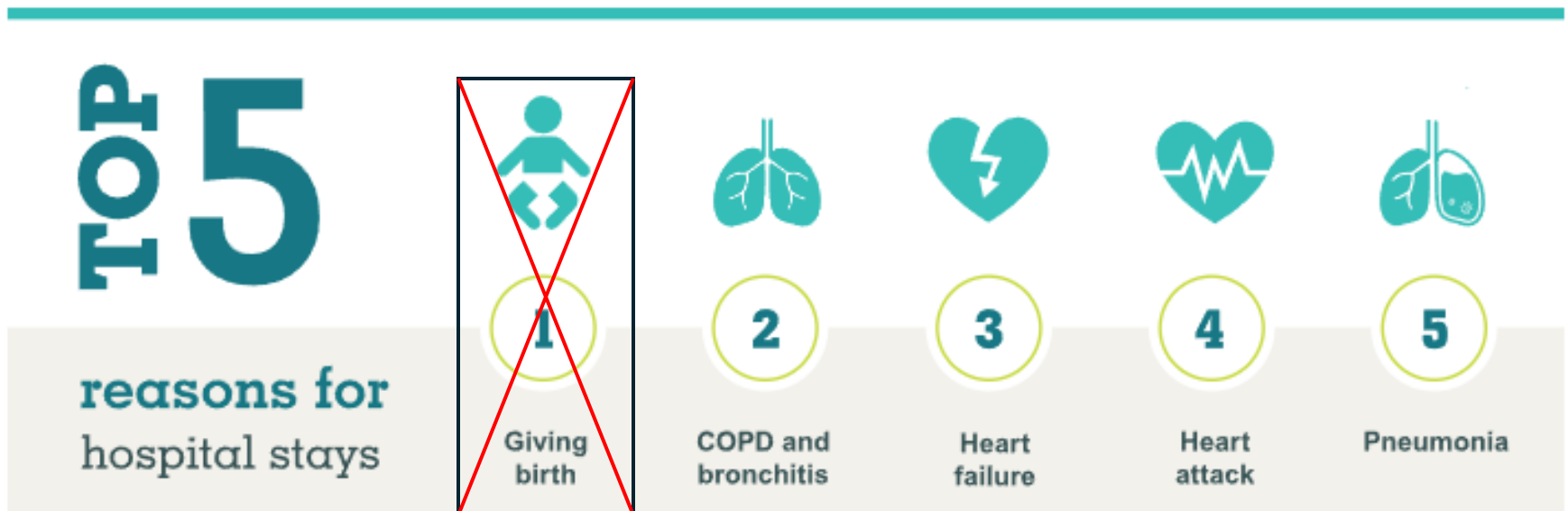


- Complex Infants/Toddlers
- High Needs Children
- High Needs Youth
- High Needs Young Adults
- Reproductive Health
- Complex Older Adults
- Frail Elderly

Why do people end up in hospital?



Hospital stays in Canada 2022-2023



“Medically, this person didn’t need to be in hospital but...

- I couldn’t send them home...
- I knew they couldn’t manage at home...
- I knew that if I sent them home they would be right back...”

Heard time and time again in physician interviews regarding hospitalization in Alberta

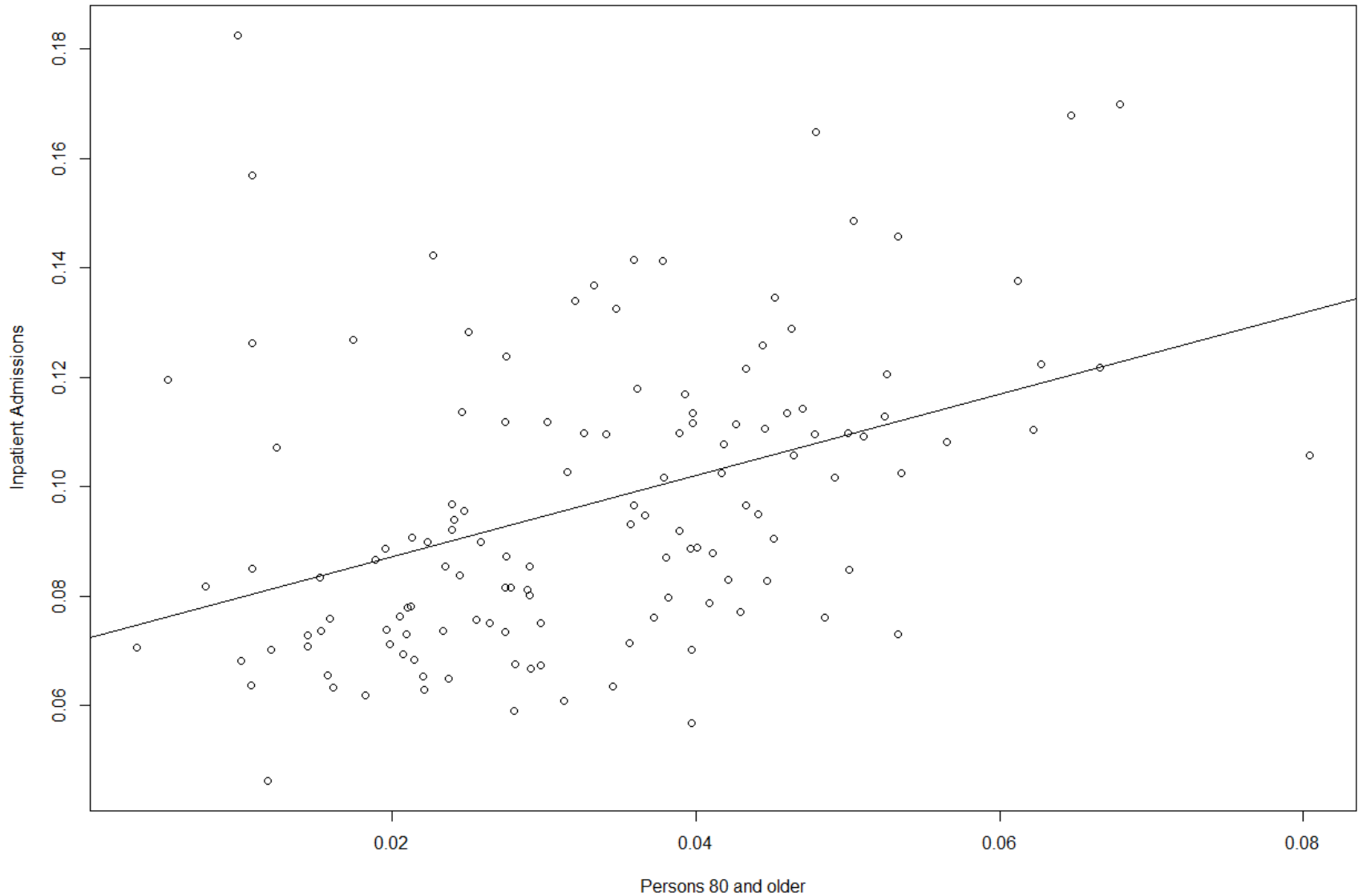
Community Resources

- They don't exist
- We don't know about them
- They aren't coordinated

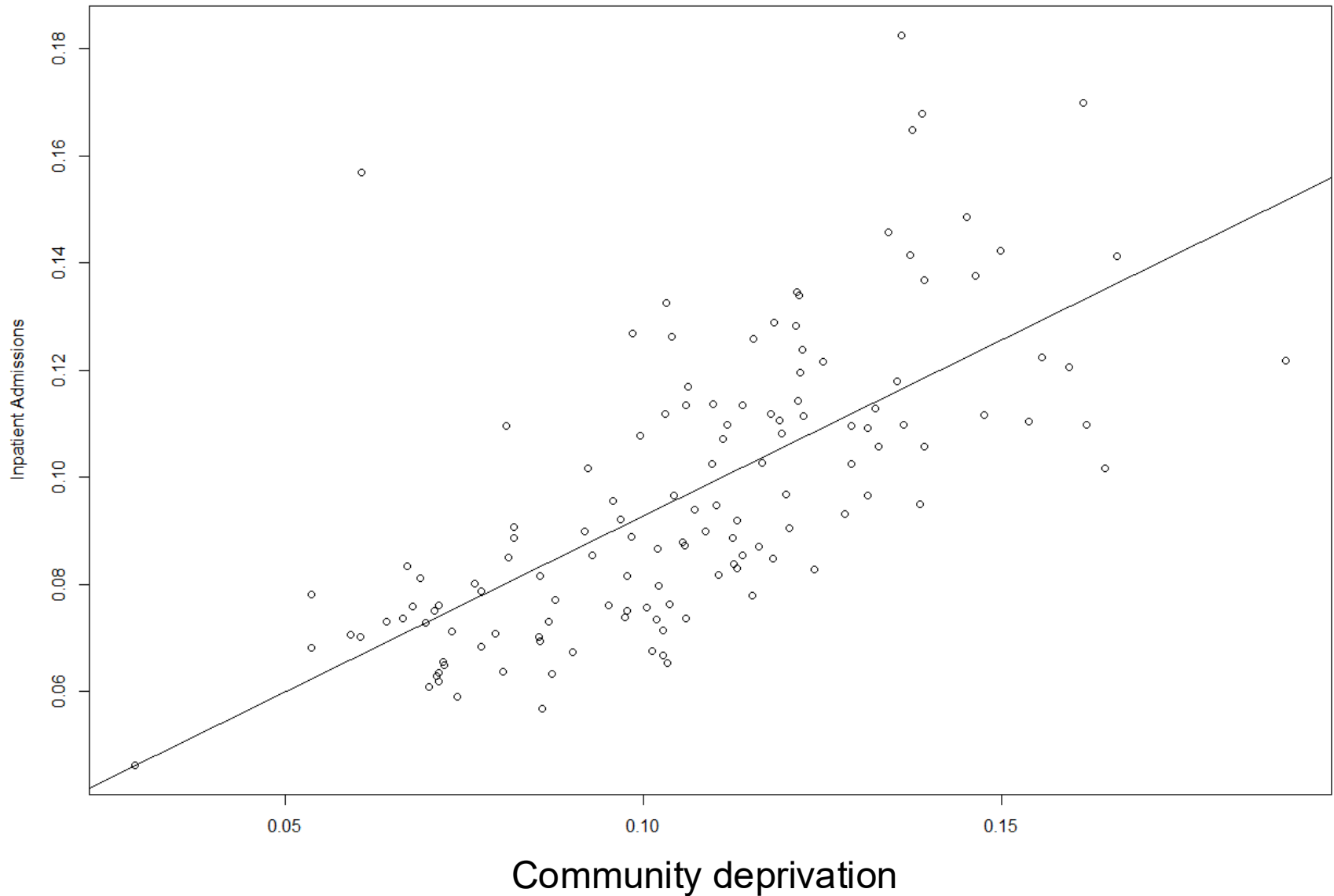
Community Resources

- They don't exist
- **We don't know about them**
- **They aren't coordinated**

Variation in Inpatient Admissions by Community



Variation in Inpatient Admissions by (lack of) Community Resources

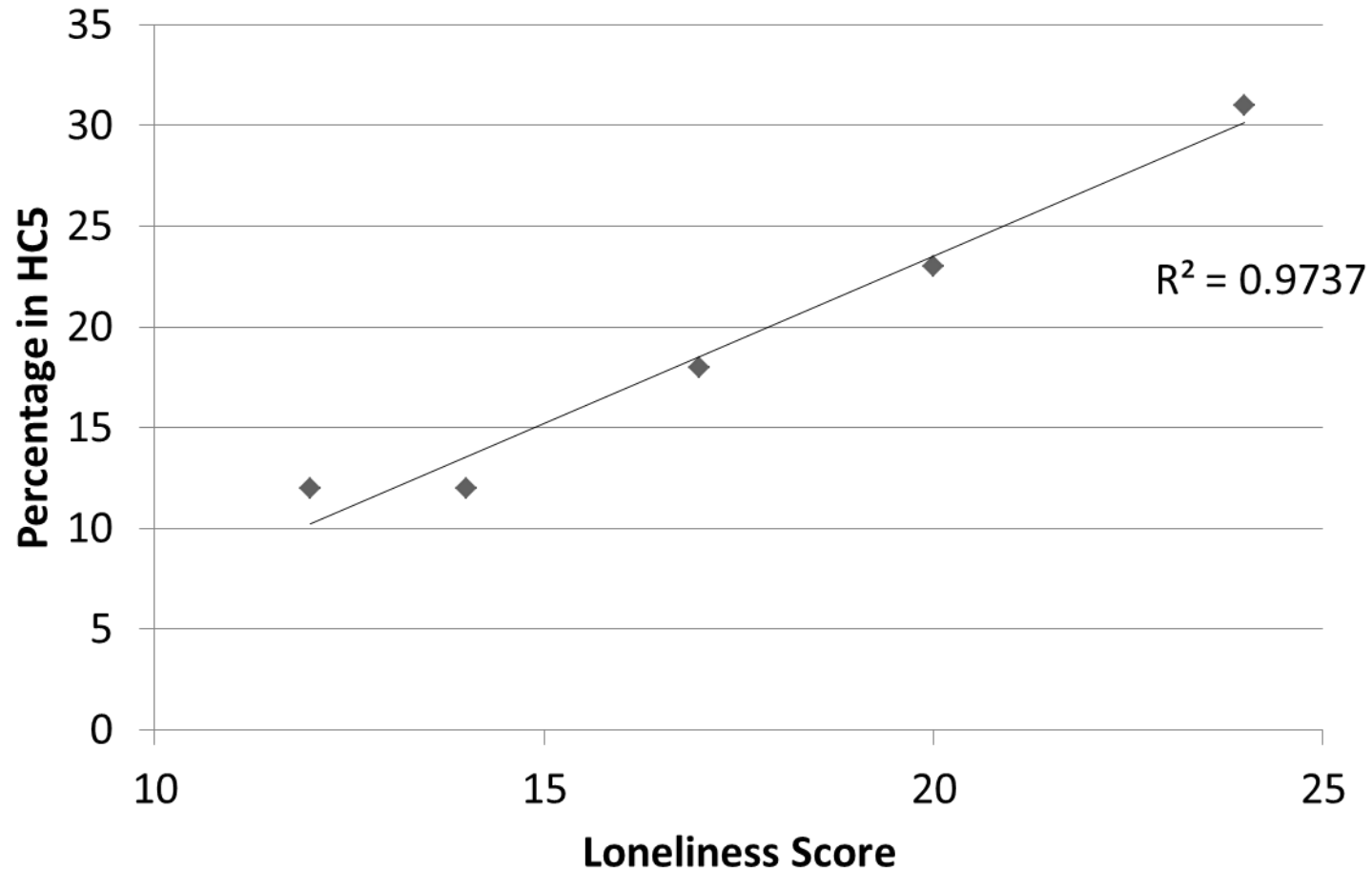


Can we predict hospitalization ?





Loneliness and Health Care Costs in Seniors



Cost data AHS; health status courtesy of City of Edmonton, thanks to Sharon Anderson

What do older, lonely people miss?

- Simply sitting with someone – 52%
- Laughing with someone – 51%
- Getting a hug – 46%
- Having a holiday – 44%
- Sharing a meal – 35%
- Going for a walk with someone – 32%
- Holding hands – 30%



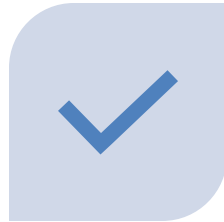
LA FUNDACION



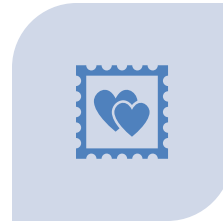
Maslow's hierarchy of needs



Happiness requires three things:



SOMETHING TO
DO



SOMEONE TO
LOVE



SOMETHING TO
LOOK
FORWARD TO

Finding life's meaning can keep us healthy as we age

A new study finds a correlation between a sense of meaning and physical and mental well-being as we grow older.



Finding meaning in one's life can help people stay healthy in later years.





Health Benefits of VOLUNTEERING



Volunteering reduces the body's stress and also releases endorphins (the brain's natural painkillers)*

95% of individuals feel good after volunteering*

Regular volunteers were 10 times more likely to be in good health than people who didn't volunteer*



said volunteering makes them feel happier**



said volunteering makes them feel healthier**



said volunteering makes them feel less stress**



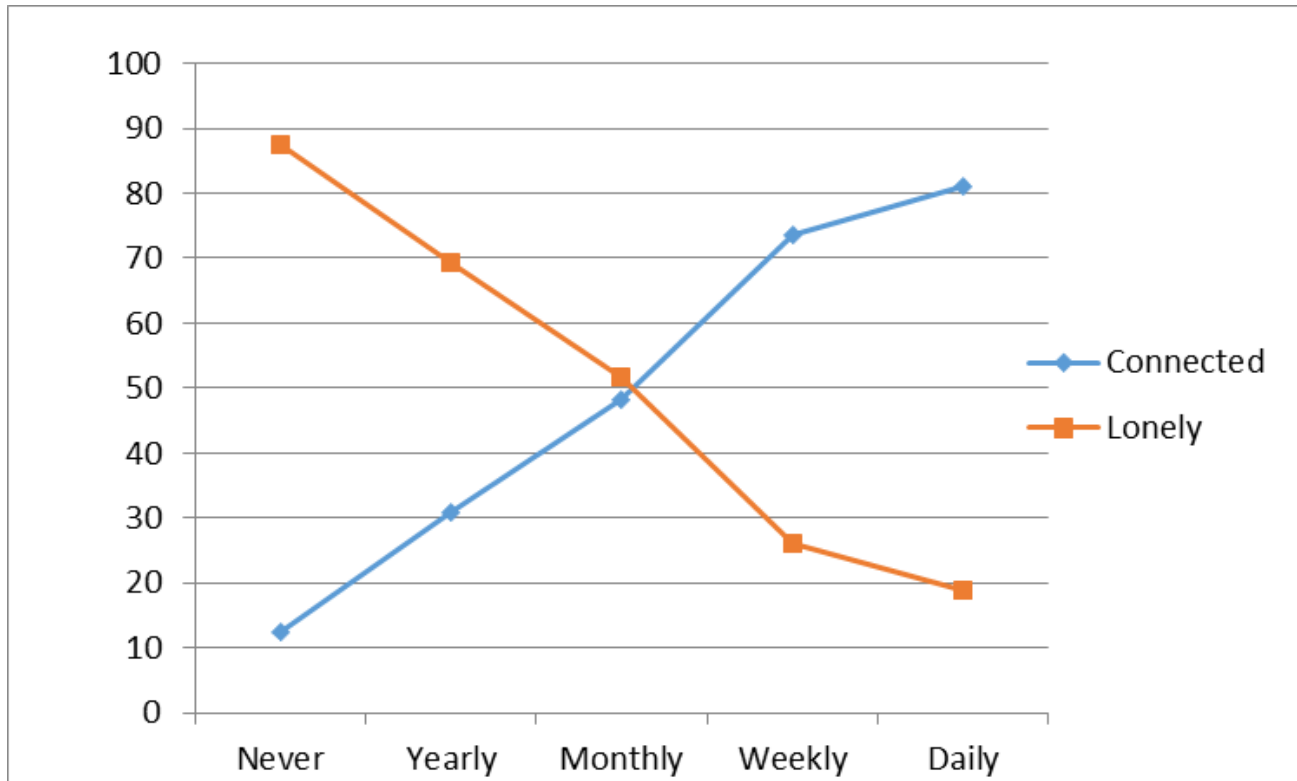
said volunteering helps them sleep better**

*Based on Dr. Allan Luks' research

**Based on Dr. Stephen Post's research in a survey about helping (an average of 100 hours/year)



How often do you participate in meaningful activities?



Courtesy of Joyce Anderson – PEGASIS project



Health Benefits of Pets

REPORTED BY PET OWNERS AGE 50-80

79%

Reduce
stress

73%

Provide
a sense of
purpose

65%

Connect
with
others

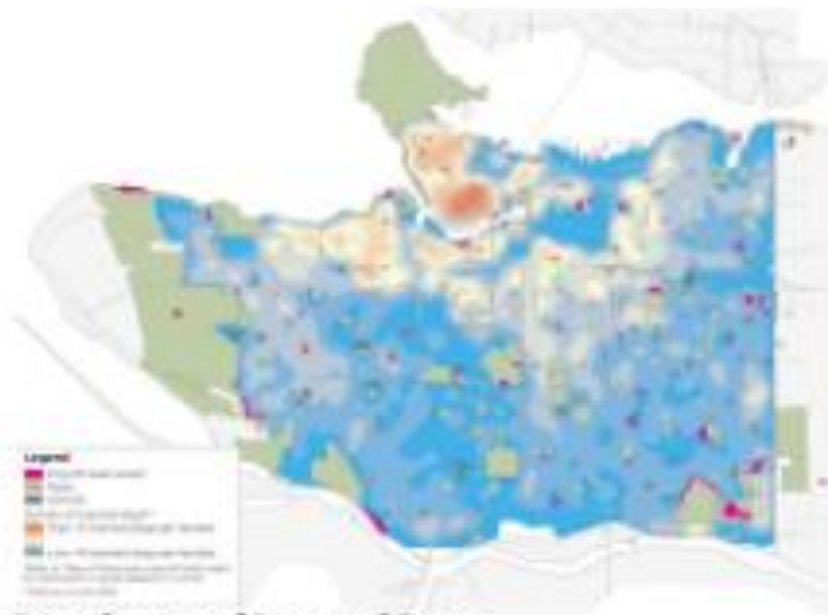
64%

Be
physically
active

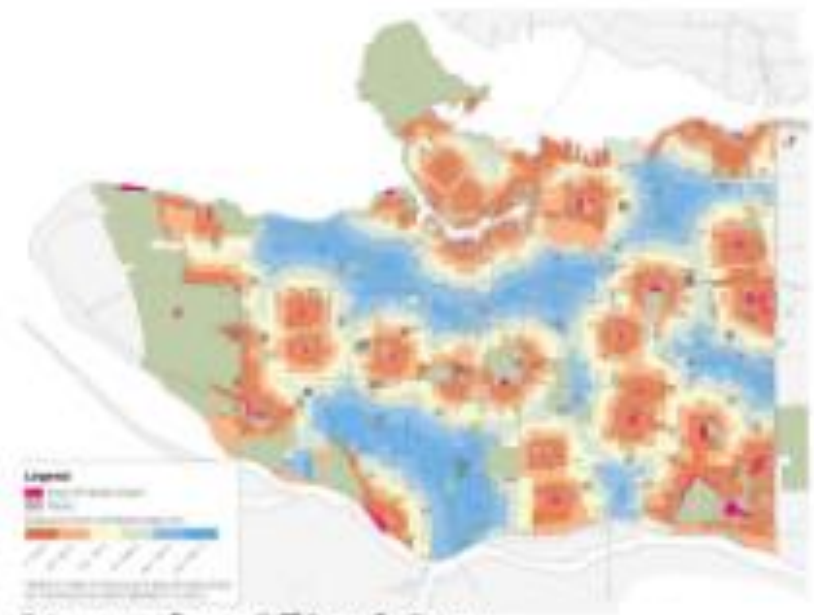


HEALTHYAGINGPOLL.ORG
April 2019

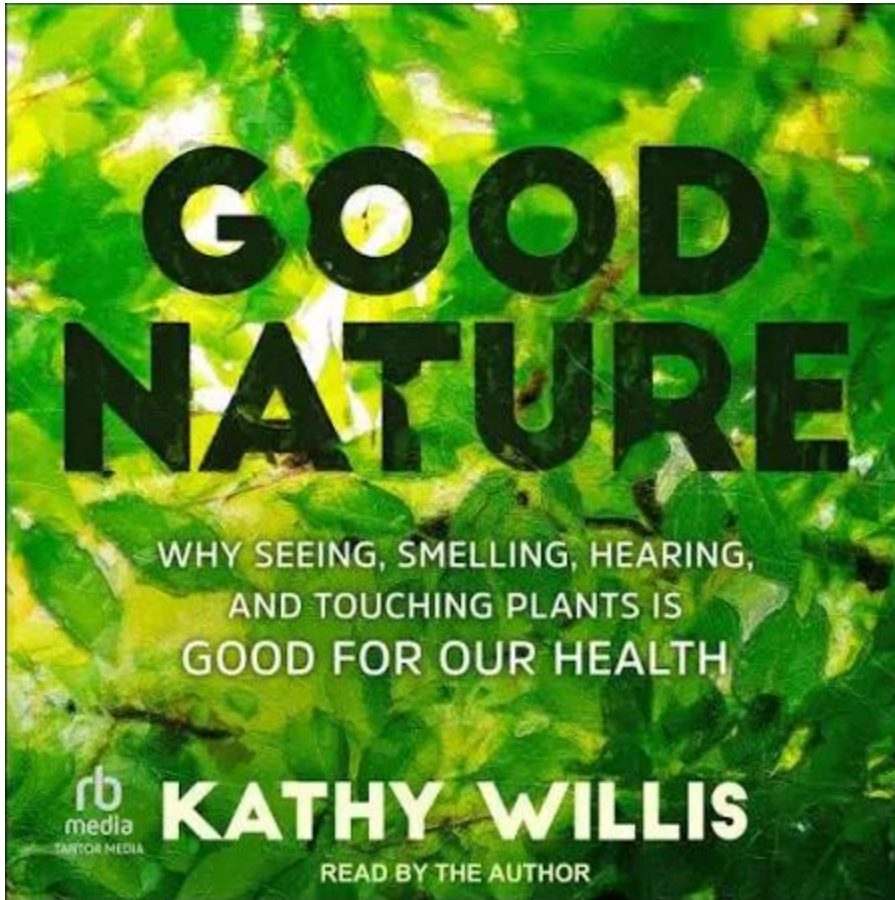
Vancouver



Distribution of Licensed Dogs

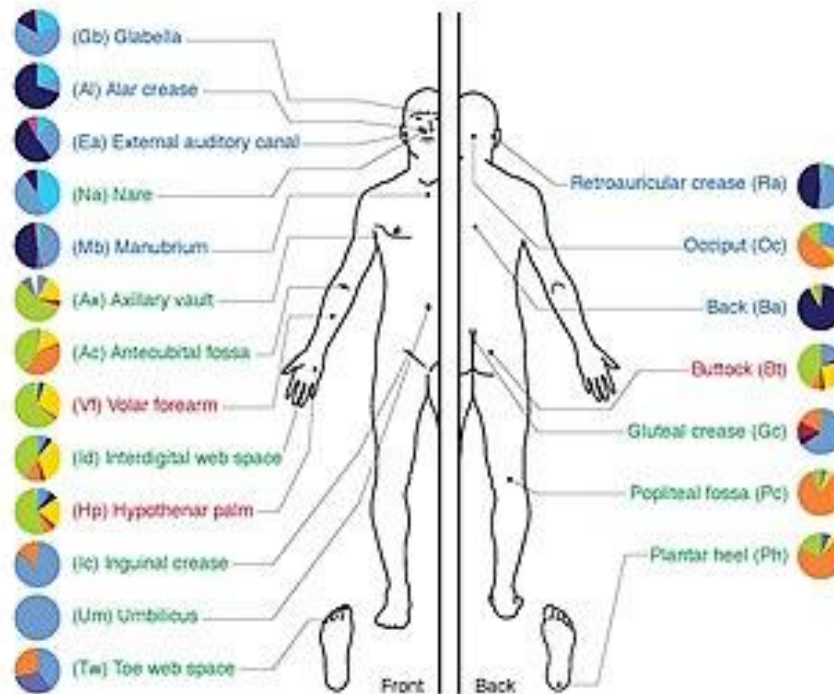


Distance from Off Leash Areas



- See
- Hear
- Smell
- Touch
- Being

Microbiome of the skin





Outdoor Time Is Associated with Physical Activity, Sedentary Time, and Cardiorespiratory Fitness in Youth

Lee Schaefer, PhD¹, Ronald C. Plotnikoff, PhD², Sumit R. Majumdar, MD, MPH^{3,4}, Rebecca Mollard, PhD⁵, Meaghan Woo, BSc⁵, Rashik Sadman⁵, Randi Lynn Rinaldi, MSc⁶, Normand Boulé, PhD⁶, Brian Torrance, MSc⁷, Geoff D. C. Ball, PhD, RD⁸, Paul Veugelers, PhD³, Paul Wozny, EdD⁹, Linda McCargar, PhD¹⁰, Shauna Downs, MSc¹¹, Richard Lewanczuk, MD, PhD⁵, Douglas Gleddie, PhD¹², and Jonathan McGavock, PhD⁵

Original quantitative research

Outdoor physical activity, mental health, life satisfaction, happiness and life stress among Canadian adolescents

Taylor Bradbury, BHSc (1); Justin J. Lang, PhD (2,3,4,5); Stephanie A. Prince, PhD (2,3); Gary S. Goldfield, PhD (4,6); Louise de Lannoy, PhD (1,7); Mark S. Tremblay, PhD (1,4,6,7); Jean-Philippe Chaput, PhD (3,4,6)

This article has been peer reviewed.

Abstract

Introduction: The objective of this article is to examine the association between outdoor physical activity (OPA) and mental health, life satisfaction, happiness and life

[Research article](#) by Bradbury T et al. in the HPCDP Journal licensed under a [Creative Commons Attribution 4.0 International License](#)





Four healthiest
communities in
Alberta in rank-order
(adjusted for age) :

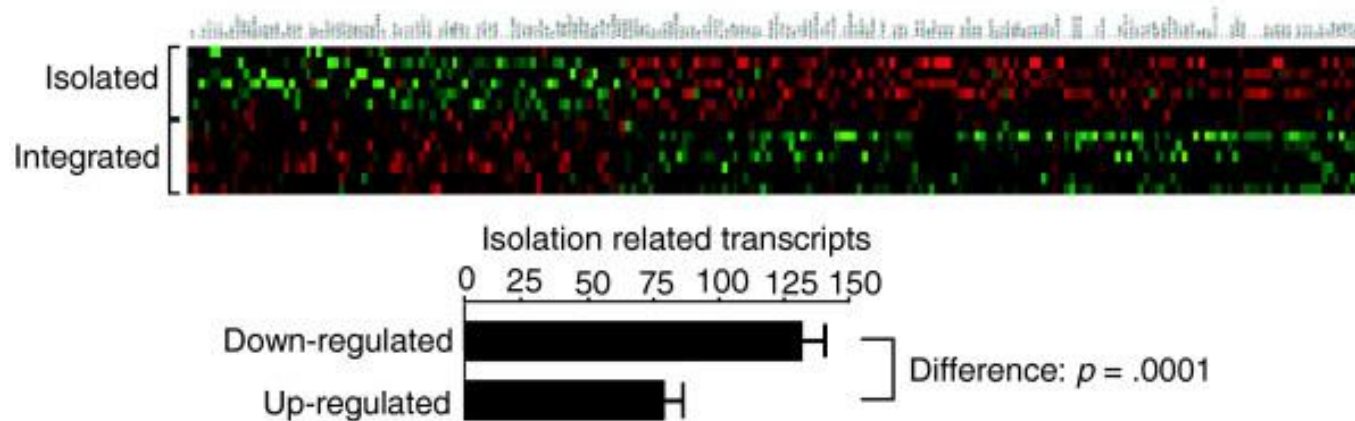
- Jasper
- Banff
- Spirit River
- Canmore

What if you could have
perfect health...?

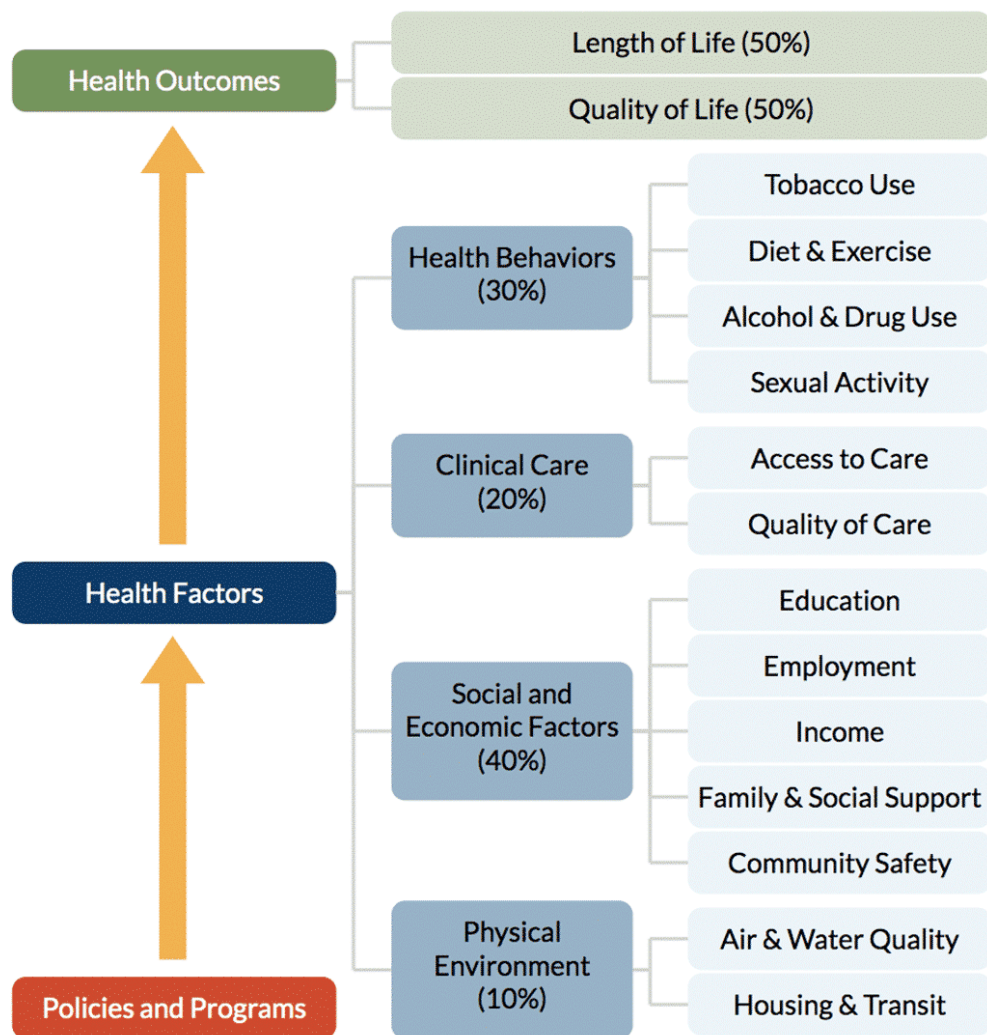




Genetic effects of loneliness



About 80% of health is determined outside the healthcare system





Healthcare



Health care

In the province, what percentage of care is provided by the health care system?



90%



70%



50%

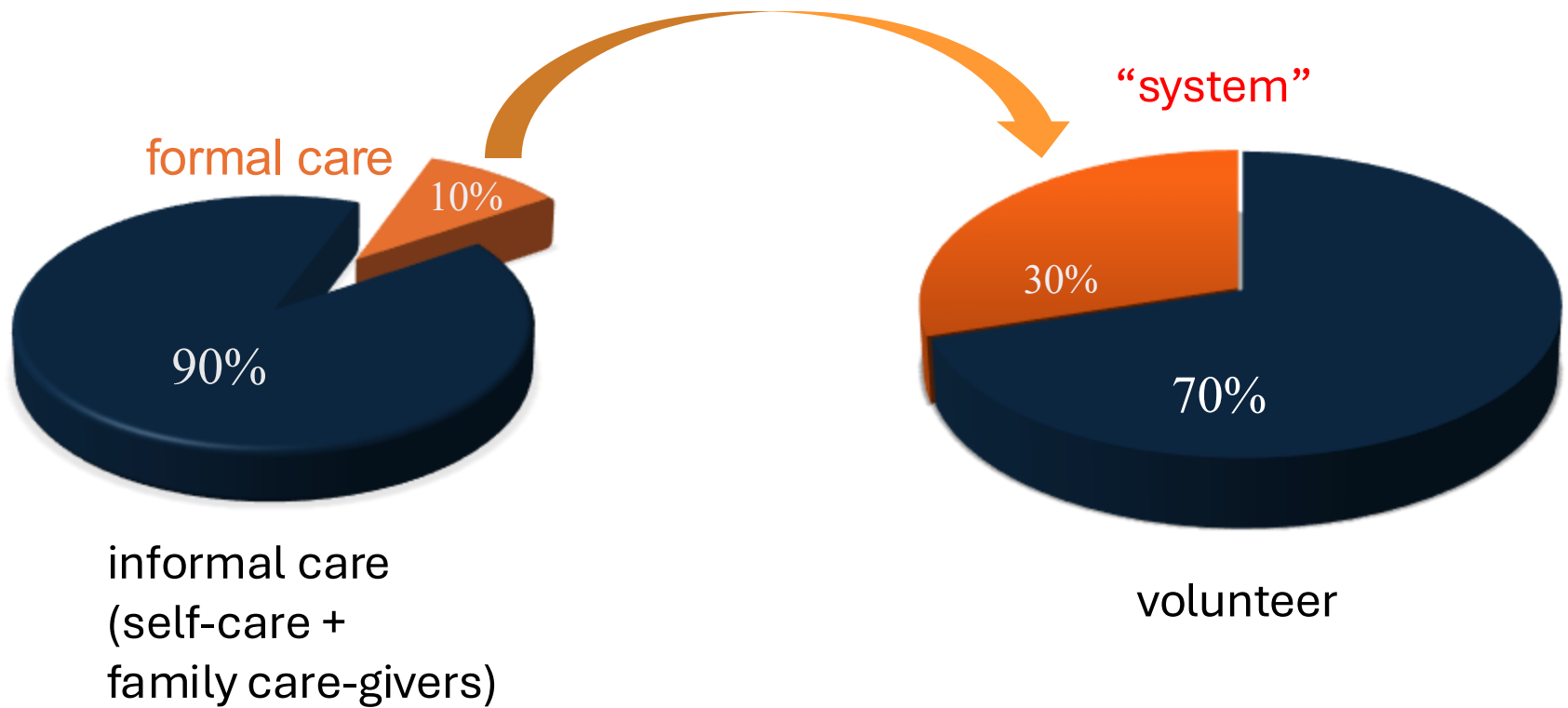


25%



5%

Who provides care?





Who is there to help?

Who is part of the team?

The formal healthcare system (primary care, hospitals, home care, specialty clinics, etc.)

Family caregivers

Self-care

Government ministries (incl. FCSS)

Municipalities

Volunteer, not-for-profit, and charitable sector

Business

Education system

Community

Alberta

Unrecognized resource

- Self care \$1B (extrapolation from HQCA, Gov't of Alberta – could be closer to \$3.2B based on US data)
- Volunteer \$9B (Gov't of Alberta)
- Family care giver \$9B (Caregivers Alberta)
- Business \$1B (estimate via CRA – donations, foundations, in-kind)
- Municipalities \$2B-32B (extrapolation from City of Edmonton direct expenditures on social care; but estimates are that 70% of municipal budgets are spent on social determinants of health. Thus \$46 billion (GoA) $\times 0.7 = \$32$ billion)
- **Total: \$22- 52B**

How do we create an integrated health and wellness care system?

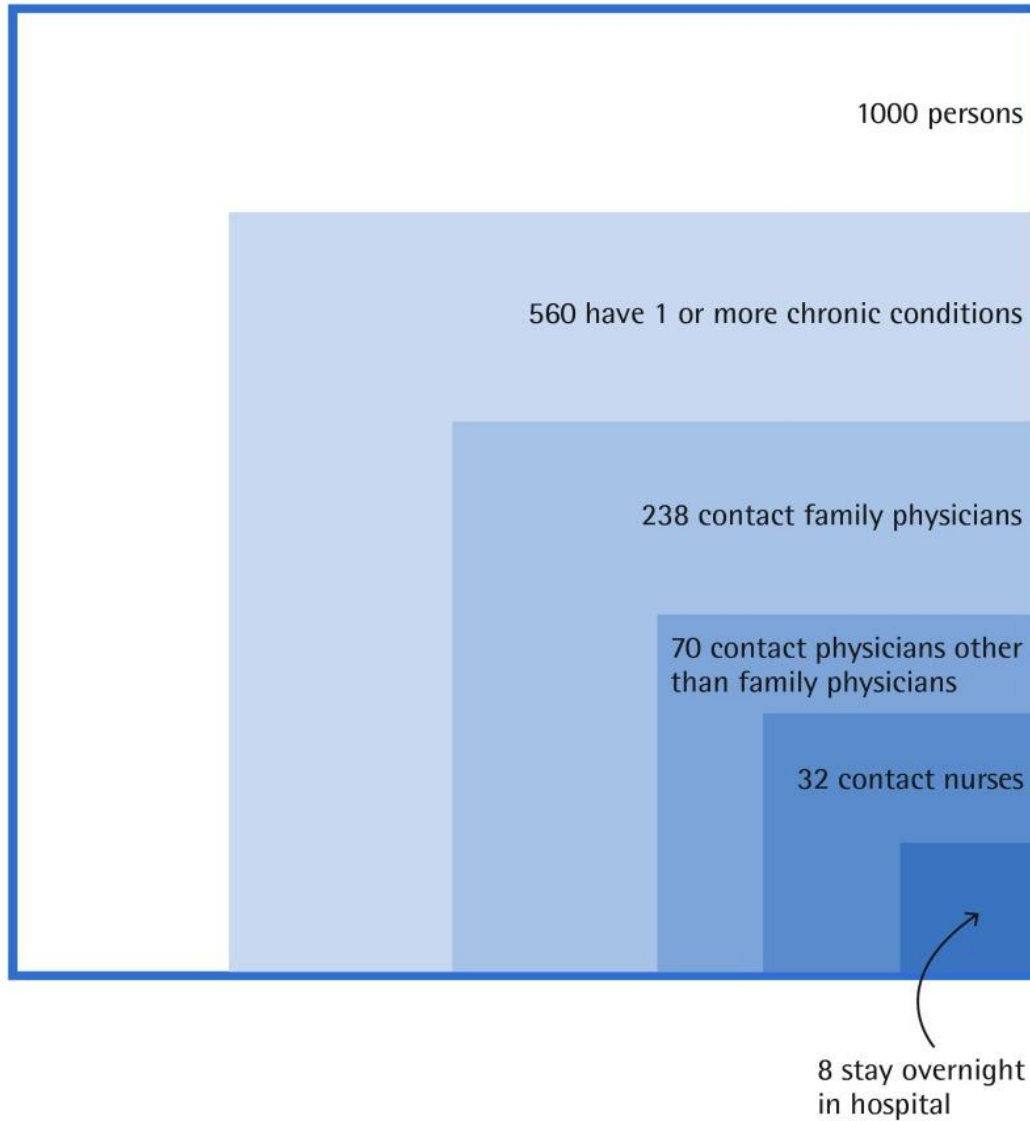


...back to our health system philosophy:





Figure 1. Canadian ecology of health care standardized monthly rates per 1000 population of those aged 15 years and older: *Each box represents a separate subgroup of the total 1000 persons.*



From: Stewart M & Ryan B. Can Fam Physician 61:449, 2015



Government and healthcare administrators understand the need for prevention and for care in the community

...but while we are working on wellness, prevention and care in the community there will continue to be acute care needs



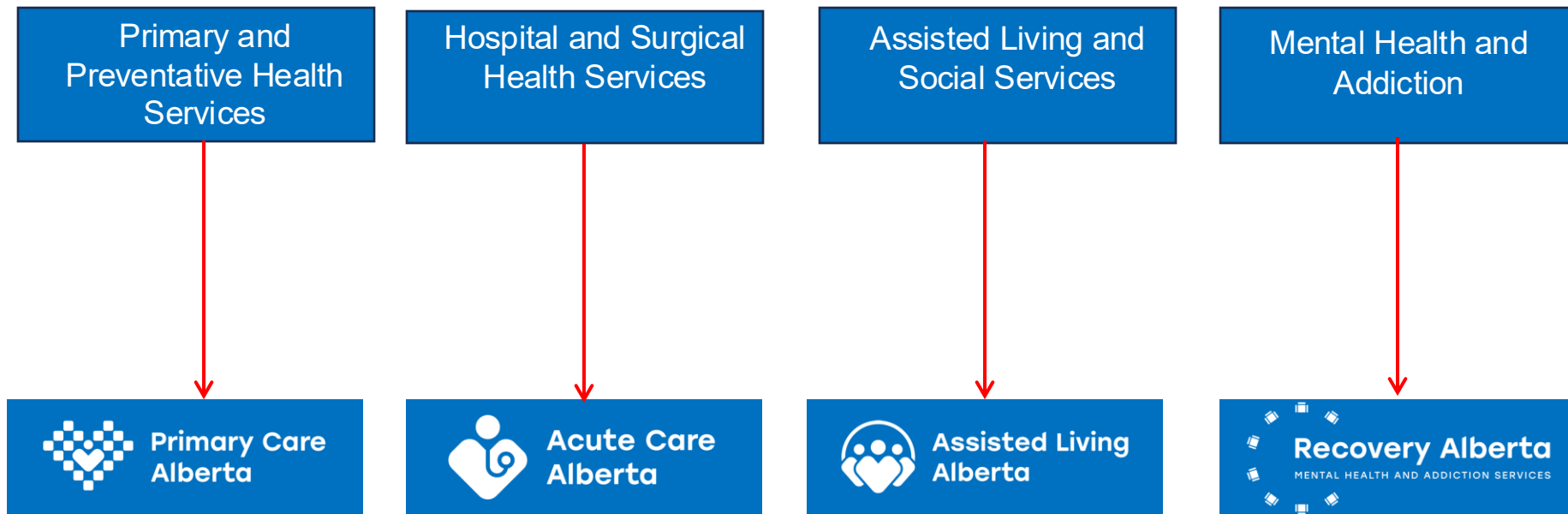
New healthcare structure in Alberta:

Agencies:



New healthcare structure in Alberta:

Ministries:



Agencies:

Definition and Importance of Primary Care



First Point of Contact

Primary care serves as the initial access point for individuals entering the healthcare system.

Continuous and Comprehensive Care

Primary care provides ongoing and holistic healthcare addressing various patient needs over time.

Health Promotion and Illness Prevention

Primary care emphasizes promoting wellness and preventing diseases to improve community health.

Key Goals and Principles of Primary Care in Alberta



Improving Health Outcomes

Primary care in Alberta focuses on improving health outcomes through comprehensive and effective healthcare services.

Accessibility and Continuity

Emphasizes accessible healthcare services with continuity to ensure ongoing patient support and treatment.

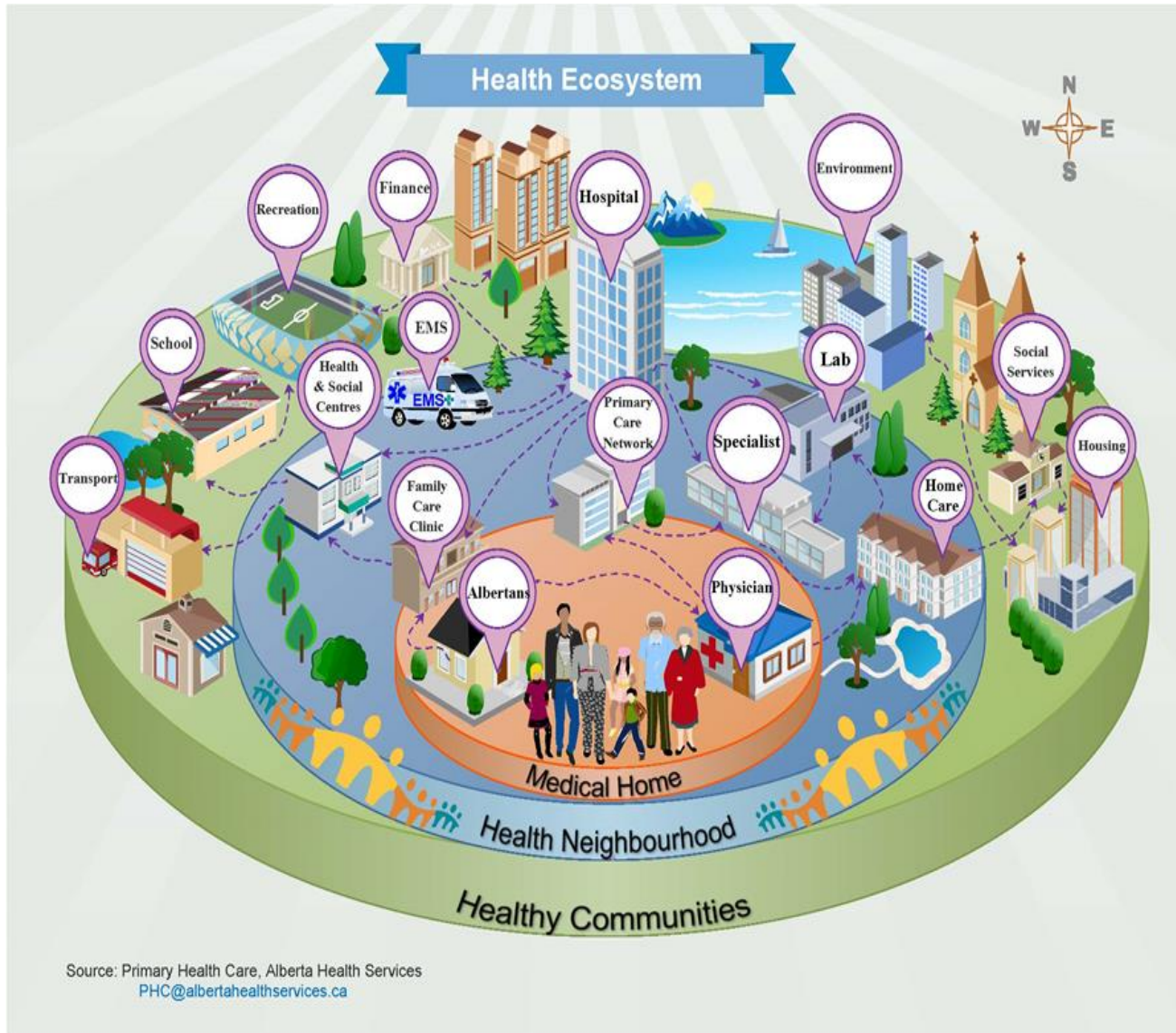
Coordination and Patient-Centeredness

Coordination of care and focusing on patient needs enhances the quality and effectiveness of primary care delivery.

Prevention and Early Intervention

Primary care prioritizes prevention and early intervention to maintain health and reduce complications.

Integrated Health Neighbourhoods



Steps towards implementing self-care:

A focus on Social Prescribing for Commissioners

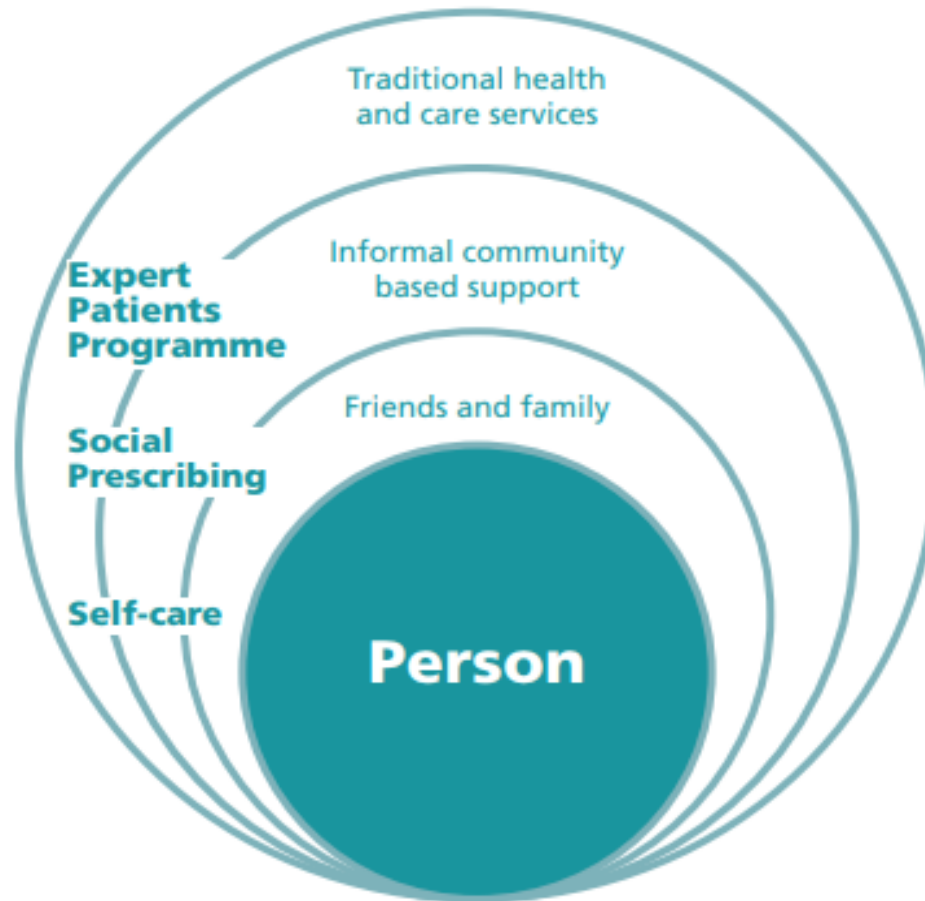


Figure Two: The relationship between people, person-centred approaches and appropriate support



**Assisted Living
Alberta**

Transforming Alberta's continuing care, home care, and community care systems.



Assisted Living Alberta (ALA)

As the new provincial continuing care agency, Assisted Living Alberta will ensure that all Albertans can access the care they need, when and where they need it, regardless of age, diagnosis, or duration of need.

Assisted Living Alberta (ALA) will provide Albertans with a comprehensive, holistic system of care with a full range of wrap-around services, including:

- medical and non-medical supports,
- home care,
- community care,
- social services, and
- continuing care homes.


By taking this new approach, individuals and families will have more options when they need care and as their needs evolve. ALA is focused on delivering care more effectively and consistently across the province by enhancing home and community services, expediting spaces in supportive living environments and continuing care homes, and making sure Albertans and their caregivers are well-informed.



Overview

We are transforming Alberta's health system to the Alberta Recovery Model, which adopts a recovery-oriented approach for addiction and mental health.

A recovery-oriented system of care is a coordinated network of personalized, community-based services for people at risk of or experiencing addiction and mental health challenges. It provides access to a full continuum of services and supports, from prevention and intervention to treatment and recovery.

The Alberta Recovery Model is informed by recommendations from the [Mental Health and Addiction Advisory Council](#). Their final report, [Toward an Alberta model of wellness](#)  provides a framework to help achieve our vision of building a system where every Albertan has the opportunity to pursue recovery and live a healthy and productive life.



When it matters most, we're here.

Acute Care Alberta brings together specialized care providers to deliver fast, efficient, and compassionate health services across Alberta.



Acute Care Alberta

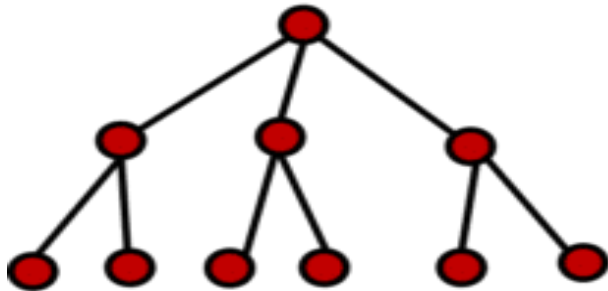
In emergencies, surgeries, or specialized treatments, we provide critical care when you need it most.

Working directly with service providers, the network of hospitals, urgent care centres, and EMS ensures fast access to essential services across Alberta.

Priorities

- Shorter wait-times at emergency departments and for surgeries.
- Faster EMS response time.
- Higher-quality care across the province and enhanced access to care in rural areas.

The way in which we plan and organize healthcare is changing:



Old healthcare system



New healthcare system

Regional Health Corridors



Regional Advisory Councils



- Do locally, that which makes sense to do locally
- Do regionally, that which makes sense to do regionally
- Do provincially, that which makes sense to do provincially



Health is a form of well-being created
by the community

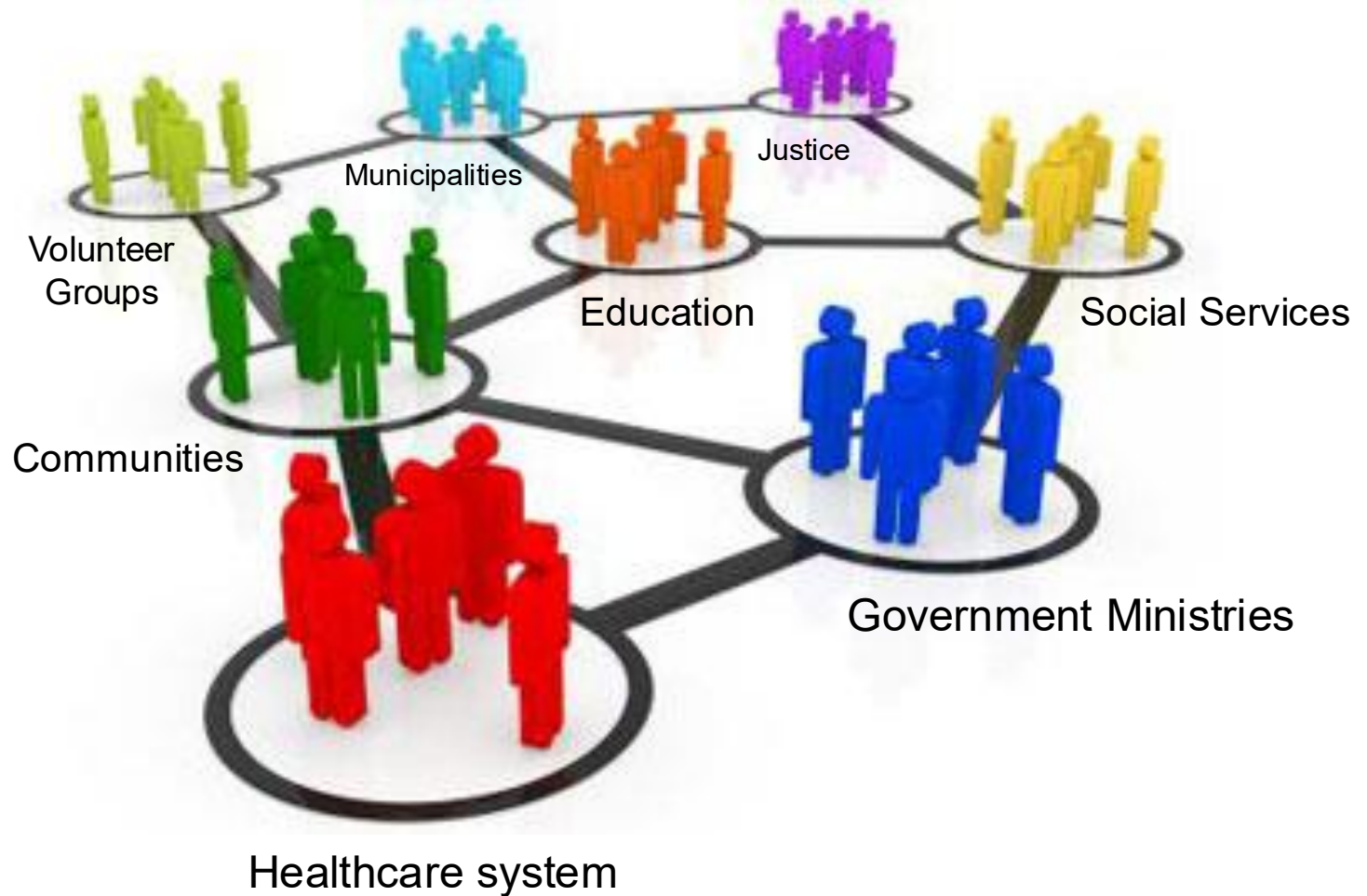
...principle of health care in Costa Rica

+
o •

A healthcare
system is just
people looking
after people

+
• o

What next ?



Thank-you !

