Welcome - Agenda

9:30 – 10:00  Supporting People who are Aging with Developmental Disabilities.
Presented by Angel Cardinal-Milton

10:00 - 10:30  SHRTN Resource.
Presented by Lindsay Ogilvie

10:30 – 11:30  Keynote Speaker – Breaking Down the Barriers.
Presented by Lorraine Jelly

11:30 – 12:00  Lunch Break

12:00 – 1:00  Self Determination.
Presented by Deborah Lawrence

1:00 – 1:30  Q & A

Vision of OPADD

Every aging person with a developmental disability has the same rights to support and services as all older Ontarians. (OPADD)

Christian Horizons Plan for Supporting People as they Age

Provincial Committee:
• To take an active leadership role in promoting and supporting the health and well-being of aging adults
• Explore optimal living accommodations and services, especially for those who are facing challenges in their lives that require additional supports or solutions

What are we doing across the province?

• Toronto Retirement Residence
• Wellington Story
• Working with LTC/Retirement Homes for individuals supported (examples)
• Working with CCAC on placement issues

Anticipated Future Trends and Facts

• Canadians aged 80 and over will double in the next 20 years and triple in the next 40 years
• Ontario had 1.5 million seniors in 2008
• By 2020, there will be as many seniors as children
• People with DD experience accelerated aging and at age 45-50 years they may have personal care requirements similar to a person aged 70-80 years
AGE RANGE of ALL PERSONS SERVED – 2009

<table>
<thead>
<tr>
<th>Age Range</th>
<th>&lt;45</th>
<th>45 - 54</th>
<th>55 - 64</th>
<th>65 - 74</th>
<th>75 &amp; older</th>
<th>Unsure of age</th>
</tr>
</thead>
<tbody>
<tr>
<td>People</td>
<td>201</td>
<td>60</td>
<td>62</td>
<td>60</td>
<td>15</td>
<td>2</td>
</tr>
</tbody>
</table>

Total People Supported in WD 2009

- Under 20: 10
- 20-29: 22
- 30-39: 27
- 40-49: 7
- 50-59: 10
- 60-69: 20
- 70+: 3

Total # Supported = 1289

Challenges

- Need for increased staffing to provide adequate support
- Increased health challenges
- Fear of LTC not meeting the needs
- Fear loss of quality of life
- Inadequate resources in community to meet needs in community living

Changes to ODSP Eligibility

- At age 60, Guaranteed Income Supplement (GIS) ($652.51 per month)
- When a person turns 65, they are eligible to receive Old Age Security (OAS) pension ($516.96 per month)
- Both must be renewed each year by completing an income tax return.
- Best to wait until the person turns 65 to apply for both OAS and GIS to meet level of income from ODSP.

What Can We Do?

- Consider what is best for each person
- Start to prepare them and ourselves
- Historically we have planned to support people from cradle to grave
- May not be possible for some people
- For many others, this can still happen
- Important to keep in contact and build relationships with CCAC and LTC

What Can We Do?

- Consider what needs have changed
- Explore what is actually due to aging
- Examine if staff can do anything differently within the home to meet the persons needs
- Be prepared to make modifications
- Seek out and assess exactly what supports the person requires
What Can We Do?

- Explore if there are any community supports that can be accessed, such as CCAC
- Examine if LTC is appropriate for this person at their present age and stage
- Explore seminars or workshops in the community to help understand the aging process and LTC

What Can We Do?

- Check the CH website as we add links and resources for supporting people as they age
- Check out community links and internet resources such as OPADD and SHRTN
- Do advance planning
- Contact CCAC to get direction

Resources Available Across the Province

- LHINS - Integrated Health Services Plan
  - Proposals and Initiatives - Aging in Place
  - http://www.lhins.on.ca/FindYourLHIN.aspx
- OPADD
  - Community of Excellence within SHRTN
  - OPADD Website Resources
  - http://www.opadd.on.ca
- SHRTN Library Services
  - http://www.SHRTN.on.ca

Resources Offered by OPADD

- Transition Guide for Caregivers. Offers information on aging process for adults with a DD; checklist of issues and questions to help with planning and provision of appropriate supports
- Guide on Accessing Seniors Community Programs
- Guide to Property and Personal Care
- Best Practices in Transition Planning. This a power point presentation with essential elements for successful transition planning.

Aging Sites

- Journal on Developmental Disabilities – Living and Aging with a Developmental Disability: Perspectives of Individuals, Family Members and Service Providers. Go to http://www.oadd.ca Check out Vol 10, #1 under publications.
- The Roeher Institute. A policy research institute with many publications available via their web site at reasonable costs. Go to http://www.roeher.ca

Aging Sites

- Rehabilitation Research and Training Centre on Aging with Developmental Disabilities. Provides research, education and many free publications at http://www.ulc.edu/ors/rtcamr/
- Resource Centre on Aging and Developmental Disabilities at http://www.dhl.stat.la.us/offices/?ID=43