



## Quick Facts about the Mississauga Halton LHIN

- ❖ The MH LHIN is one of 14 Local Health Integration Networks (LHINs) established by the Government of Ontario in order to plan, fund, and monitor health care services at the local level.
- ❖ The MH LHIN has an annual budget of over \$1 billion dollars, to fund 77 health service providers.
- ❖ The LHIN is responsible for planning, funding and monitoring hospitals, long term care homes, mental health and addiction services, community support services, and home care through the Community Care Access Centre.
- ❖ The MH LHIN includes the municipalities of: Halton Hills, Milton, Mississauga, Oakville, and South Etobicoke, and covers about approximately 900 square kilometers.
- ❖ There are over one million people living in the region. In the next ten years, there will a 55% increase in seniors aged 65 – 74, a 31% increase in seniors aged 75-84, and a 86% increase of seniors 85+ years.
- ❖ The MH LHIN has one of the largest immigrant populations in the province, making up almost 40% of our community, compared to about 27% for the rest of Ontario.



## Programs and Services for Seniors

- ❖ Most seniors want to continue living at home, whether it's in a private home, condominium complex, an apartment or other living arrangements.
- ❖ The *Aging at Home Strategy* will increase traditional services that help seniors to stay healthy and live in their homes. These included community support services, home care, assistive devices, assisted living in supportive housing, long-term care beds and end-of-life care.
- ❖ Programs and services offered in a community setting will help seniors with chronic conditions to remain at home, and avoid unnecessary visits to emergency departments, and avoid or delay admission to a Long Term Care home.
- ❖ The *Aging at Home Strategy* will focus on innovation – finding new ways to provide the supports and services seniors require so that they can spend more time living where they want, the way that they want.
- ❖ This will allow:
  - Dignity, independent and satisfaction for seniors
  - The right care at the right time
  - A reduction in unnecessary use of the Emergency Rooms in hospitals
  - Better coordinated services that are easier to use



❖ MH LHIN has invested \$7.7 million dollars in 2008/09 into new programs and services, in order to meet the needs of our diverse population of seniors. These programs build on the community's many existing programs which currently provide high quality care to our seniors.

These include:

- Assisted living services in supportive housing
- Programs to support seniors' mental health
- Assistance of Nurse Practitioners to care for residents in Long Term Care homes if they get sick
- Better end of life care in Long Term Care homes so that residents have comfort and dignity in their last days
- More Adult Day Programs which offer specialized programs to seniors. These programs allow these seniors to continue to live independently in the community, and provide family caregivers with a break from day to day responsibility of daily caregiving.



- Wellness and disease prevention to keep seniors well.

Programs include:

- Exercise programs for seniors which build strength and balance, and reduces the risk of falling
  - Education and support programs which teach seniors how to manage chronic diseases such as diabetes.
- ❖ Transportation for seniors, including use of 7 new Dodge Caravan vans announced this June by the Minister of Health and Long Term Care.
- ❖ For more information about LHINs, the Aging at Home Strategy, or programs and services for seniors, please visit our website [www.mississaugahaltonhin.on.ca](http://www.mississaugahaltonhin.on.ca) or call 1-905-337-7131 or toll free 1-866-371-5446