

Seniors' Health PSP Interim Prioritization Survey

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Introduction (page 1 of 4)

Research studies contribute to our knowledge of health, illness, and disability. Research findings are used to improve healthcare, such as treatments, clinical care practices, and health services. We feel that it is important for research studies to focus on the things that matter most to patients and clinicians.

The Scientific Office of Alberta's Seniors Health Strategic Clinical Network™ is conducting a project to determine the priority areas for seniors' health research. The purpose of this project is to ask patients, their caregivers, and clinicians what they see as important to seniors' health in Alberta. We will compare this information to what we already know from research studies and to prioritize research that focuses on the unanswered questions.

We have conducted an initial survey to identify the questions about seniors' health that are important to older adults, caregivers of older adults, and health and social service providers working with older adults in the province of Alberta. We then developed summary questions based on what we originally heard from respondents.

We are now ready to begin to prioritize the issues identified through the initial survey, in order to determine what matters most for seniors' health and healthcare.

You are invited to participate in this interim prioritization survey to identify the questions about seniors' health that are most important to you. You are invited to take part if you are:

- an **older adult** (65 years of age and over),
- a **caregiver** of an older adult (spouse; family member; friend; neighbour), or
- a **clinician or health/social care provider** (doctor; nurse; care aides; allied health provider; pharmacist; social worker) working with older adults.
- You must also **live or work in the province of Alberta** to take part in the survey.

Participation in this survey is voluntary.

- You do not have to answer any questions that you do not wish to answer.
- There are no right or wrong answers and you can leave sections blank.
- There are no known risks or direct benefits to you associated with your participation.

At the end of the survey, you will be asked if you would like to take part in the final phase of this project by participating in an in-person priority-setting workshop. If you are interested, you will be asked to provide your name and contact information. If you do not provide your name, your survey responses will be anonymous.

If you have any questions about this survey or the project, please contact [name], Project Coordinator, by telephone [number] or email [address].

By clicking 'next' to move to the first page, you are agreeing to take part in the study.

This project is being led by Dr. Adrian Wagg, Division of Geriatric Medicine, University of Alberta and Scientific Director, Seniors Health SCN, Alberta Health Services and Dr. Heather Hanson, Assistant Scientific Director, Seniors Health SCN (Ph: [number]). It has been approved by the Health Research Ethics Board at University of Alberta (Ethics ID: Pro00070878). If you have any questions about your rights as a research participant, you may contact the University of Alberta Health Research Ethics Board at [number].

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Prioritizing questions about seniors' health (page 2 of 4)

During the first phase of this project, we asked older adults, caregivers, and health and social care providers what matters most for seniors' health in Alberta. We received over 3,600 responses from 680 participants.

We have grouped those responses into summary questions, below, and we now seek your help in identifying which topics are of greatest priority.

Please think about your own experiences as an older adult or person working with or supporting an older adult as you respond.

In reviewing the summary questions listed below, which of the identified topics is of greatest priority to you?

1. Please read the list of summary questions below and select the questions that you think are important for future research to address. We would like to identify the questions of greatest priority, so please **choose up to 10 questions you feel to be most important** from your perspective.

Select no more than 10.

- SENIOR-FRIENDLY CARE: How can families and caregivers of older adults be more involved in the care of the older adult?
- QUALITY IN CONTINUING CARE: What strategies improve the environment of continuing care to make it feel more home-like for residents?
- SENIOR-FRIENDLY CARE: What can be done to involve older adults in the decision making of their treatment/care plan?
- DIET: How could quality of daily diet and nutrient enrichment be improved for older adults?
- DEMENTIA: How can seniors with dementia be better supported by hospital staff when visiting the emergency department?
- PROVIDER AVAILABILITY: What are effective strategies to increasing the number of aides available to see an older adult in continuing care?
- DIET: Which nutrients are commonly under-consumed by older adults?
- CONTINUITY OF CARE: What are some strategies to preventing different healthcare providers providing conflicting information to older adults and their caregivers?
- CAREGIVING: What programs and services can be provided to caregivers to combat burnout and stress when caring for older adults?
- SERVICE AVAILABILITY: What strategies can be used to increase prevention programs available to older adults?
- PROVIDER AVAILABILITY: What are effective strategies to increasing the number of healthcare providers in rural communities?
- QUALITY IN CONTINUING CARE: What educational strategies are effective in improving the knowledge of staff working in continuing care setting?
- MEDICATIONS: How can prescription drug compliance of older adults be better monitored by healthcare providers?
- DECLINING HEALTH: What strategies prevent or delay cognitive decline?

- SENIOR-FRIENDLY CARE: What are strategies for implementing an individualized care plan?
- SOCIAL ENGAGEMENT: How can older adults be more involved and feel more valued in their community?
- QUALITY IN CONTINUING CARE: How can quality of care in continuing care settings be improved?
- QUALITY IN CONTINUING CARE: How can residents be better engaged to prevent feelings of isolation and loneliness in community and continuing care settings?
- CONTINUITY OF CARE: What is the most effective strategy for information sharing and collaboration between healthcare providers of different disciplines at different facilities in order to ensure continuity of care?
- PROVIDER AVAILABILITY: What are effective strategies to increasing the number of specialists available to see an older adult?
- PROVIDER AVAILABILITY: How can healthcare encounters be restructured to allow older adults sufficient time with providers to discuss complex concerns in one appointment?
- INFORMATION/EDUCATION: What are effective strategies to improve education on health-related topics for older adults and their caregivers?
- SERVICE AVAILABILITY: When can a 'hospital at home' model be used to provide effective and patient-centred care?
- SERVICE AVAILABILITY: What can be done to increase availability of palliative care services for older adults?
- MULTIPLE CHRONIC CONDITIONS: How can older adults effectively track information related to their health and diseases?
- SOCIAL ENGAGEMENT: How can older adults remain socially engaged after retirement?
- DECLINING HEALTH: What strategies allow older adults to maintain their health and prevent illnesses?
- CONDITION-SPECIFIC ISSUES: What are effective strategies to diagnosing delirium in older adults?
- END OF LIFE: What information should healthcare providers provide to and discuss with older adults and their families to improve end-of-life care?
- SERVICE AVAILABILITY: How can availability of services to support older adults to live in their own homes be increased?
- HEALTH SYSTEM CULTURE: What strategies promote holistic care that incorporates mental, spiritual, and emotional aspects of health?
- SERVICE AVAILABILITY: How can availability of programs to encourage social engagement be increased?
- EXERCISE: What facilitates exercise participation among older adults?
- RURAL ACCESSIBILITY: What can be done to improve healthcare service accessibility for older adults living in a rural community?
- DECLINING HEALTH: What strategies prevent or delay physical decline?
- SENIOR-FRIENDLY CARE: How can geriatric-related knowledge be improved among healthcare providers?
- SOCIAL ENGAGEMENT: How can older adults with mobility issue maintain social engagement?
- DAILY LIVING: What strategies would allow older adults to maintain their mobility for as long as possible?
- INFORMATION/EDUCATION: How can information on available services be better disseminated among older adults and their caregivers?
- DAILY LIVING: What strategies allow older adults to remain in their own homes for as long as possible?
- CONDITION-SPECIFIC ISSUES: What are effective strategies for managing pain?
- MULTIPLE CHRONIC CONDITIONS: What strategies/approaches are most effective in diagnosis of disease among older adults with multiple diseases/symptoms?
- HEALTH SYSTEM CULTURE: What are strategies to address ageism in healthcare providers?
- SENIOR-FRIENDLY CARE: What can be done to ensure healthcare providers take into consideration the goals and wishes of the older adult during care/treatment?

- SERVICE AVAILABILITY: What strategies can be used to increase continuing care capacity?
- SERVICE AVAILABILITY: What can be done to reduce wait times for adult day programs?
- DEMENTIA: What strategies are effective in preventing and/or delaying the onset of dementia?
- QUALITY OF HEALTHCARE: What strategies improve the accuracy of diagnosis?
- QUALITY IN CONTINUING CARE: What treatment models can meet acute care needs of residents in continuing care settings?
- SERVICE AVAILABILITY: What can be done to increase availability of allied health services for older adults?
- CONDITION-SPECIFIC ISSUES: What are effective strategies for managing depression and anxiety in older adults?
- CAREGIVING: How can caregiver of older adults find time away from employment in order to provide care?
- COMMUNICATION: What can healthcare providers do to ensure better communication with older adults and their caregivers?
- OUT-OF-POCKET COSTS: How do out-of-pocket costs for long term care residents contribute to health inequities?
- HEALTH SYSTEM CULTURE: What supports do healthcare providers need to provide better care to older adults?
- SOCIAL ENGAGEMENT: How can older adults living in a rural setting maintain social engagement?
- END OF LIFE: What are effective strategies allowing people to die on their own terms?
- DEMENTIA: What is the best strategy for timely and accurate diagnosis of dementia?
- PROVIDER AVAILABILITY: What are effective strategies to increasing the number of allied healthcare providers to see older adults?
- EXERCISE: What exercise opportunities are available for older adults across settings?
- HEALTH SYSTEM CULTURE: Which healthcare professions are being under-utilized and how can they be better utilized to increase available services?
- DEMENTIA: How can symptoms of dementia (e.g., aggression) be effectively managed through pharmacological approaches?
- SOCIAL ENGAGEMENT: What are strategies to decreasing loneliness and feelings of isolation among older adults?
- PROVIDER AVAILABILITY: What are effective strategies to increasing the number of geriatricians available to see older adults?
- PROVIDER AVAILABILITY: What can be done to ensure timely access to GPs for older adults?
- SERVICE AVAILABILITY: What can be done to increase availability of dementia-related care and services for older adults?
- SYSTEM NAVIGATION: What can be done for older adults to more easily navigate the healthcare system?
- QUALITY OF HEALTHCARE: What strategies improve quality of life during treatment?
- SERVICE AVAILABILITY: What can be done to reduce wait times in acute care?
- DECLINING HEALTH: What interim strategies or management can preserve health and/or function while waiting for tests/treatments?
- QUALITY OF HEALTHCARE: What educational strategies are effective in increasing the knowledge base of staff working in a clinical or acute care setting?
- PROVIDER AVAILABILITY: What are effective strategies to increasing the number of GPs available to see an older adult?
- PROVIDER AVAILABILITY: What can be done to ensure timely access to specialists for older adults?
- SERVICE AVAILABILITY: What strategies reduce wait times for surgical procedures?
- OUT-OF-POCKET COSTS: How do out-of-pocket costs related to medications contribute to health inequities?
- SERVICE AVAILABILITY: How can availability of mental health support services for older adults be increased?
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- QUALITY OF HEALTHCARE: What interpersonal traits or behaviours (such as compassion and empathy) contribute to a positive healthcare encounter and how can such strategies be promoted?
- SERVICE AVAILABILITY: What can be done to increase access to health services outside of traditional office hours?
 - SOCIAL ENGAGEMENT: How can older adults retain their social contacts after moving to another community?
 - MULTIPLE CHRONIC CONDITIONS: What are effective strategies for symptom management in older adults with multiple diseases?
 - HEALTH SYSTEM CULTURE: How can the healthcare system become more proactive, instead of reactive, in addressing and encouraging prevention of disease/disability?
 - HEALTH SYSTEM CULTURE: What are alternative treatments to the overuse of prescription medication?
 - DEMENTIA: How can symptoms of dementia (e.g., aggression) be effectively managed through non-pharmacological approaches?
 - DIET: Which nutrient are commonly overconsumed by older adults?
 - SERVICE AVAILABILITY: What can be done to improve treatment accessibility for older adults?
 - CONDITION-SPECIFIC ISSUES: What is the screening/diagnostic alternative to colonoscopy?
 - SERVICE AVAILABILITY: What strategies reduce wait times for diagnostic testing?
 - SERVICE AVAILABILITY: How can availability of services to support caregivers of older adults be increased?
 - OUT-OF-POCKET COSTS: How do out-of-pocket costs related to physiotherapy contribute to health inequities?
 - DEMENTIA: What are effective treatments for dementia?
 - OUT-OF-POCKET COSTS: How do out-of-pocket costs related to dental services contribute to health inequities?
 - OUT-OF-POCKET COSTS: How do out-of-pocket costs associated with home care services contribute to health inequities?
 - CONDITION-SPECIFIC ISSUES: What are effective strategies for preventing falls and fractures?
 - SERVICE AVAILABILITY: What strategies improve time to access for appointment and/or treatment/assessment follow-ups?
 - SERVICE AVAILABILITY: What strategies reduce time to initiate treatment?
 - CAREGIVING: What skills do unpaid caregivers need in order to provide better care for older adults?
 - CONTINUITY OF CARE: What is the most effective strategy to ensure an optimal transition between care settings for older adults?
 - CONDITION-SPECIFIC ISSUES: What are effective strategies to preventing cancer in older adults?
 - TECHNOLOGY: How can communication technology be utilized to connect older adults living in rural communities with healthcare providers at another community?
 - MULTIPLE CHRONIC CONDITIONS: What are the most effective strategies for treatment of older adults with multiple diseases?
 - DAILY LIVING: What strategies allow older adults to remain independent for as long as possible?

Thank you for sharing the areas of seniors' health that are most important to you. Please continue with this survey by answering the questions on the next page.

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A little bit about you (page 3 of 4)

In this next section, we would like to know a little bit about you. The information you provide about yourself will help us to determine which groups have responded and which groups we still need to reach to invite them to take part.

2. What is your gender?
 - Male
 - Female
 - Transgender
 - Two-spirit
 - I do not identify with a gender
 - Prefer not to say

3. Which of the following best describes you?*-
 - Older adult (65 years of age and over)
 - Caregiver of an older adult (spouse, family member, friend, neighbour)
 - Health and/or social care worker
 - Other respondent group

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A little bit more about you (page 4a of 4)

4. What is your primary health and/or social care provider profession?

- Aide (HCA, NA, TA)
- Nurse (RN, RPN, LPN)
- Nurse Practitioner
- Social Worker
- Allied Health Professional (PT, OT, RT, SLP, Rec.T)
- Physician
- Pharmacist
- Other, please describe:

5. Where in Alberta do you work?

Please provide the name of your city/town:

6. In what care setting do you primarily work?

- Primary and community care
- Acute care
- Continuing care
- Other, please describe:

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A little bit more about you (page 4b of 4)

7. Where in Alberta do you work?

Please provide the name of your city/town:

8. In what care setting do you primarily work?

- Primary and community care
- Acute care
- Continuing care
- Other, please describe:

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A little bit more about you (page 4 of 4)

9. What is your year of birth?

10. How are you filling out this survey?

- On your own
- With assistance from someone else
- In a pair or group, please tell us how many people:

11. Where in Alberta do you live?

Please provide the name of your city/town:

12. What are your current living arrangements?

- In your own house, apartment, or condo
- In a seniors' lodge or supportive living accommodation
- In a long term care facility
- Prefer not to say
- Other, please describe:

13. What were the ethnic or cultural origins of your ancestors? (check all that apply)

- North American Indigenous (e.g., First Nations, Metis, or Inuk [Inuit])
- Other North American (e.g., Canadian, American, Quebecois)
- European
- Caribbean
- Latin, Central, or South American
- African
- Oceania (e.g., Australian)
- Asian (e.g., Middle Eastern, South, East, and Southeast Asian)
- Prefer not to say

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A little bit more about you (page 4 of 4)

14. What is your year of birth?

15. How are you filling out this survey?

- On your own
- With assistance from someone else
- In a pair or group, please tell us how many people:

16. Where in Alberta do you live?

Please provide the name of your city/town:

17. What are your current living arrangements?

- In your own house, apartment, or condo
- In a seniors' lodge or supportive living accommodation
- In a long term care facility
- Prefer not to say
- Other, please describe:

18. What were the ethnic or cultural origins of your ancestors? (check all that apply)

- North American Indigenous (e.g., First Nations, Metis, or Inuk [Inuit])
- Other North American (e.g., Canadian, American, Quebecois)
- European
- Caribbean
- Latin, Central, or South American
- African
- Oceania (e.g., Australian)
- Asian (e.g., Middle Eastern, South, East, and Southeast Asian)
- Prefer not to say

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Your contact information (optional)

In this final section, we would like to know about your interest in further participation.

The final phase of the study involves group discussion and final decision-making on the importance of a short list of topics. If you would be interested in taking part, please provide your contact information. Please note that your contact information will not be used in association with the survey answers you have provided.

19. Name:

20. Telephone number:

21. Email address:

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Thank you for taking the time to share your perspective!

Please click "Done" to submit your responses.

You can visit the Seniors Health Strategic Clinical Network™ website for the latest information and the outcome of the Priority Setting Partnership:

www.ahs.ca/seniorshealthscn