



Long Term and Continuing Care Engagement: Saskatchewan Region

Executive Summary

By: Saskatchewan First Nations Family & Community Institute Inc.
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Executive Summary

In April 2022 ISC (Indigenous Services Canada) and SFNFCI (Saskatchewan First Nations Family and Community Institute) entered an agreement to work on the project to inform Long Term and Continuing Care (LTCC) for First Nations in Saskatchewan. The Federation of Sovereign Indigenous Nations (FSIN) also had a contract with ISC for LTCC engagement; FSIN focused on the people and LTCC leadership in First Nations communities and the feasibility of Long-Term Care Facilities and SFNFCI focused on systems and structures. SFNFCI created a Project Advisory Committee and began the project in May 2022.

Many First Nations programs have been under reform for the last 5 years including child welfare and Income assistance, like these LTCC shares some foundational goals.

- To provide services and programs in the community, service in place
- To develop programs and services that all members have access to at any age or ability, age in place
- Ensure programs and services are culturally relevant and guided by the culture of the community and its members.
- Support service providers to understand the history, language, culture, and practices of each community member
- Ensure programs and services are trauma informed

Long Term and Continuing Care (LTCC) is an ever growing and boundless continuum that requires attention on multiple levels. Most importantly awareness to develop a comprehensive plan to serve a rapidly increasing number of our First Nations members. At one time the scope of long term and continuing care was limited to Elder care and care homes, however the scope and continuum is rapidly expanding and includes all ages and disabling conditions of community members who can no longer live independently and require care for an extended period.

Our work, guided by the advisory committee, focused on strength-based approaches to engage long term care and continuing care experts and community services to share promising practices and visions for a continuum that better meets the needs of members. The project documented two case studies and developed an LTCC resource directory. The first one case study demonstrates building a client centered path to bring adult members home and the second documents a service pathway to transition a member to a long-term care facility. The LTCC resource directory reflects the many services and programs in Saskatchewan to assist, partner and guide First Nations to build capacity in the continuum of long term and continuing care.

Additional project activities including a knowledge translation event with LTCC stakeholders was added to the proposal in July 2022 and will be developed, delivered and complete by March 31, 2022.

The literature and knowledge review, individual conversations, group discussions, surveys, and resulting case studies and resource directory brought about significant themes moving forward in long term and continuing care in Saskatchewan. As a result, here are 5 recommendations with suggested activities.

Recommendations

Working Together

- Partnerships, relationships, collaborations can support First Nations to develop resources, build capacity, and access services for members to age in place and receive service in place.
- First Nations can benefit from working with community, regional and provincial counterparts to build capacity to service their members.
- Create tables where discussions lead to decisions that can have regional impact.

Data Management

- First Nations need access to data to create a baseline that can assist in building a better understanding and inform Long Term and Continuing care planning.
- First Nations need a collective repository in LTCC that can share data to contribute to better understanding and planning

LTCC Scope Understanding

- Create an understanding of LTCC in Saskatchewan for First Nations, expand the definition of disability in policy, recognize the need for services for those with challenges in mental health and addictions.
- Create an understanding of the expanding services and programs in LTCC.
- Need to create more understanding among social and health program staff in their role.
- Social and health staff need to collaborate as equally important service providers on the continuum of care and integrate services to optimize service to its members.
- Better understanding of LTCC scope can help create pathways for collaborative work with programs, services, and organizations.

Structural Support

- Develop a shared understanding of Indigenous health and work towards building cultural standards reflecting the community served.
- Create structures and pathways that focus on service to people regardless of place.
- Support the development of a wholistic continuum of care by including First Nations in creating policies that reflect First Nations values and needs.

LTCC Plan

- LTCC plan in each community that is reflective of their current and future state.
- Plan needs to include all services and programs involved to create a shared vision and quality assurance measures of wholistic quality care.
- Plan needs to include all stakeholders and include intentions for formalized partnerships and commitments to develop and work towards achieving key indicators to improve access to services and programs that meet the needs of First Nations.
- The plan needs to include a regular review of shared accountabilities of stakeholders that outline benefits, risks, trends, and ideas for a collective response.

The LTCC project learned from practitioners and professionals about the work being done in and with First Nations in Saskatchewan. Many of the challenges are not new and are experienced by many programs and services on First Nations and those servicing First Nations. What has been learned is there are some who are working with systems and structures and are creating pathways to serve First Nations; and there is still much continued work to be done in LTCC. With continued attention on the national and regional levels and comparable transformation to appending and impacting programs, the area of LTCC will continue to expand and experience challenges. Some of this can be optimized through collaboration among the many stakeholders in Saskatchewan to create LTCC plans that are client centered and further the building of a wholistic continuum of care.