



Partners in Restorative Care

Empowering Caregivers–Enabling Patients

Partners in Restorative Care improves existing home-based restorative care programs (e.g. Home First) by equipping health care providers with the skills and knowledge to engage with and support family caregivers as vital members of the restorative care team

What is the goal of this project?

Funded through Health Canada's Health Care Policy and Contribution Program, Partners in Restorative Care will increase the effectiveness of restorative care by:

- building regulated and unregulated home care providers' competencies and motivation to support and empower family caregivers in the restorative care process; and
- enhancing family caregivers' understanding of and ability to provide restorative care.

What is a restorative care program?

Unlike traditional home care services, restorative care (also known as reablement) focuses on promoting and optimizing functional independence rather than resolving health problems. Uniquely designed for post-acute discharge patients (often seniors with physical or mental disabilities), restorative care programs help individuals adapt to their condition by learning or re-learning the skills needed to function in everyday life. Programs offer short-term (6 – 12 weeks), goal-oriented interventions developed by an interdisciplinary team along with the care recipient. These programs are often provided by unregulated home care providers under the supervision of a professional.

Why is the project needed?

Restorative care is about helping individuals adapt to their condition by learning or re-learning the skills needed to function in everyday life. Family caregivers' active involvement and understanding of the care interventions are essential to the success of these programs. Caregivers must have the familiarity, confidence and ability to support the care recipient's recovery and independence. After completing the formal restorative care program, the caregiver will be the primary resource for their loved one. Currently, home care providers often lack the tools and strategies to engage, educate and coach caregivers to provide home-based restorative care. Partners in Restorative Care will bridge this gap by creating, testing and implementing co-designed educational programs.

What are the main phases of the project?

Partners in Restorative Care is a three year project that begins in April 2019 and runs until March 2022.

Year 1

Co-design a simulation-based training program

- Training needs assessment and analysis: Includes a comprehensive review of health evidence, consultations with caregivers and home care providers involved in restorative care programs across Canada, and interviews with international experts.
- Training program development: Develops a simulation-based training program consisting of a fundamental training course, complimented by a comprehensive set of ready-to-use resources to reinforce learning.
- Preparation of incubator sites: Creates the optimal conditions to test and adapt the simulation-based training program in three incubator sites that are currently providing restorative care programs.

Year 2

Test and adapt the simulation-based training program

- Training program evaluation: Use the quality improvement "Plan-Do-Study-Act" approach in the three incubator sites to test, evaluate and modify the training program content.

Year 3

Application of the simulation-based training program

- Knowledge translation and implementation: Support the spreading and scaling of the experience-tested training program to service providers across Canada through a CHCA SPRINT Implementation Collaborative.

What is a CHCA SPRINT Implementation Collaborative?

CHCA SPRINT Implementation Collaboratives (SPRINT Collaboratives) engage home care organizations through a structured process to implement leading practices, test new approaches, enhance quality improvement capacity and create sustainable change that results in positive client/patient outcomes. Adapted from the Institute for Healthcare Improvement Collaborative Model for Achieving Breakthrough Improvement¹ and the evidence-based system for innovation support (EBSIS),² SPRINT Collaboratives are uniquely designed for home and community care providers. These time-limited (9 month) collaboratives provide tools, training, coaching/technical assistance and ideas for participants to increase their knowledge and experience in:

- applying quality improvement methodology (plan-do-study-act [PDSA]);
- using measurement techniques to evaluate the current state and track outcomes;
- employing engagement strategies to co-create new concepts with multiple stakeholders; and
- designing and implementing effective and lasting change management strategies.

Who are our project partners?

VHA Home Health Care will guide the development of the training program and coaching of the incubator sites.

Three incubator sites will participate in the testing and evaluation of the training program:

Priority Home Service, **Winnipeg Regional Health Authority (WRHA)**, Manitoba – WRHA's Home Care Program offers Priority Home Service to support individuals to live at home. Priority Home is a short term (up to 90 days), transitional, intensive and restorative service available to eligible individuals who need a temporary increase in support to recover to their full potential at home.

Home First, **Eastern Health**, Newfoundland and Labrador–Newfoundland is developing and implementing a Home First approach across the health care system to ensure access to timely support and services for individuals with complete needs. This approach is supported by the Canada-Newfoundland Home and Community Care Services Funding Agreement.

Home Care Services, **Regina North Primary Health Care Centre of the Saskatchewan Health Authority**, Saskatchewan–Home Care Services provide assistance to individuals and families who require supportive, palliative and acute care services to remain independent in their home.

Who else will be involved?

- Front line care providers, patients and caregivers involved with home-based restorative-type programs will be directly engaged through a series of consultations. These consultations will include a range of cultural groups and groups representing LGBTQ communities.
- Administrative bodies, health ministries and home care organizations will be invited to attend events and informed of key findings as the project evolves.

Who is the Canadian Home Care Association?

The Canadian Home Care Association (CHCA), established in 1990, is a national not-for-profit membership association dedicated to ensuring the availability of accessible, responsive home care and community supports to enable people to safely stay in their homes with dignity, independence and quality of life. The CHCA is a catalyst for advancing excellence in home and continuing care. On behalf of our membership, the CHCA funds and manages projects that address pan-Canadian priorities in the home care sector.

How can you get involved?

Contact: Birpreet Saini | bsaini@cdnhomework.ca

Visit the CHCA website: www.cdnhomework.ca

Contact the CHCA National Office: 905-567-7373

Follow us on twitter @CdnHomeCare



¹ The Breakthrough Series: IHI's Collaborative Model for Achieving Breakthrough Improvement. IHI Innovation Series white paper. Boston: Institute for Healthcare Improvement; 2003. Available from: www.IHI.org

² Wandersman A, Chien VH, Katz J. Toward an evidence-based system for innovation support for implementing innovations with quality: tools, training, technical assistance, and quality assurance/quality improvement. *Am J Community Psychol.* 2012;50(3-4):445-450. doi: 10.1007/s10464-012-9509-7.