



Date	Thursday November 21 st , 2024
Time	1:00 PM EST
Location	The Great Hall, 2 nd Floor at Perley Health

Topics	
1	<p>Welcome</p> <p><u>Heather Moxley</u>, Chair of the Family and Friends Council (FFC), welcomed everyone at the meeting.</p> <ul style="list-style-type: none"> All attendees participated in a roundtable introduction. <p>If you have any comments, suggestions or questions about the FFC, email familycouncil.perleyhealth@gmail.com.</p>
	<p>Management Update</p> <p><u>Mary Boutette</u>, Chief Operating Officer (COO), provided a general management update.</p> <ul style="list-style-type: none"> Holiday decorations were installed on November 20th. Efforts are also being made to make the place as homelike and comfortable as possible through interior design master planning. The building has elements reaching the end of their life, necessitating appropriate renovations for residents, such as those with dementia. Examples include visual contrast, appropriate flooring materials, calming and warm lighting, soft furnishings, and possible sound absorption along the walls. Focus groups have been held, and material selection is ongoing to create comforting living and visiting environments. Staffing is favorable, with a 9% staff turnover rate, compared to 20% at the end of the pandemic. The positive staffing situation highlights the importance of relationships with staff.
2	

- Following a visit from the **fire marshal**, feedback is being implemented to ensure safety while maintaining a **warm environment** with art placement. Patience is requested as certain displays will need to be relocated, and work will be done in resident home areas and units, specifically in Gatineau.
- Perley is looking at expanding the community due to a shortage of care beds and housing options. A **license for new beds** was granted before the pandemic but was put on hold during the pandemic. Perley is re-evaluating this following a request from the Ministry. A due diligence process is in place for work, resources, and planning. Perley will only proceed if it is in the best interest of residents and staff. A feasibility study will be conducted in 2025.
- **Intergenerational** care is being promoted through a partnership with Andrew Fleck Children's Services (AFCS), including a future on-site daycare for staff and community members. There is already an intergenerational playgroup, which has been meaningful for all involved and brings a lot of joy.
- **Christmas meals** will be held, with each building having a special holiday meal cooked on the unit led by the Receptions team. There will also be a ticketed lunch in the main cafeteria on December 25th, with **tickets** managed by the cafeteria.
- An attendee suggested reviewing the **TV programming** and adding a **music** channel to the basic Rogers package, emphasizing the importance of music therapy and mentioning Stingray as an option. They see a prevalence of inappropriate programming and recommended a blocking feature for the benefit of residents. Another guest suggested using parental controls. There was also a comment about the lack of French music, which Mary will bring to the attention of the recreation team.
- For nursing and care matters that are not addressed at the unit level with the registered staff, caregivers and visitors can contact **resident care managers** at 613-526-7170 and their extension:
 - For Gatineau building: Kerry Tubman, ext. 2110.
 - For Rideau building: Samantha Diceman, ext. 2113.
 - For Ottawa building: Stephanie Kim, ext. 2405.

They are responsible for the daily provision of consistent quality care. For Director of Support Services, Lorie Stuckless, use ext. 2603.

3	<p>New Project with Centre of Excellence (COE)</p> <p><u>Kainat Bashir</u>, Postdoctoral Fellow, shared a presentation on frailty care research.</p> <ul style="list-style-type: none"> • The goal of the research is to develop practical and sustainable solutions for diabetes management in long-term care (LTC) in partnership with clinicians, staff, residents, and caregivers. • The research focuses on nursing homes across Ontario, with a particular emphasis on LTC. • The study is structured in three phases: examining healthcare data, understanding resident and caregiver preferences for diabetes management, and collaborating with residents and family care teams to improve care. • The team is currently in the second phase, recruiting LTC residents over 65 years old with diabetes and their care partners for interviews (30-45 min), offering a \$50 gift card as compensation. <p>For more information or to participate in the study, contact Kainat at diabetesinltc@utoronto.ca or 416-978-2997.</p>
4	<p>NP, Palliative and End-of-life Care in LTC</p> <p><u>Susan Shea</u>, Nurse Practitioner Lead, delivered a presentation on nurse practitioners (NPs), palliative care and end-of-life care.</p> <ul style="list-style-type: none"> • The meeting discussed the role and qualifications of NPs, highlighting their autonomy and the governance by the College of Nurses of Ontario (CNO). • It also covered the growth of the NP team at Perley, funded by the provincial government, and the benefits of NPs in LTC, such as improved access to care and reduced emergency transfers. Perley will have four NPs by the end of 2024. • The importance of palliative care was emphasized, focusing on relieving suffering and improving quality of life for residents with progressive, incurable illnesses. It addresses physical, psychological, social, and spiritual needs and is provided by an interdisciplinary team.

	<ul style="list-style-type: none"> • A palliative care approach is offered to residents admitted in LTC. • The meeting also addressed advanced care planning, end-of-life care, and the various supportive services provided by Perley to ensure a peaceful and comfortable end-of-life and death for residents: <ul style="list-style-type: none"> ○ Palliative care specialist team ○ Spiritual counselor or Catholic priest visits. ○ Occupational and music therapy. ○ Music therapy. <p>A copy of the presentation will be sent to FFC members.</p>
5	<p>Next Meeting</p> <p>The next FFC meeting will be in January 2025.</p>