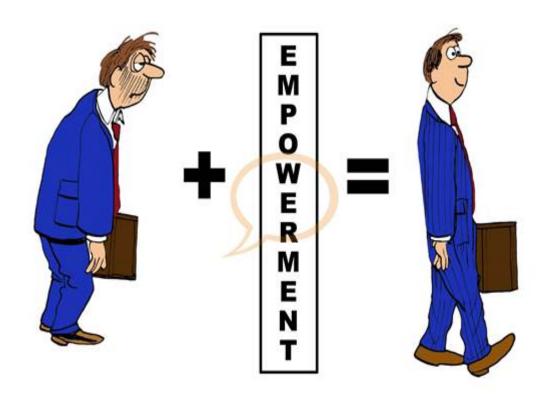


Self Managed Care

Funding option that promotes independence in personal care decisions



Empowerment



Alberta Health Services



"We see this on occasion..someone self-actualizes and becomes empowered simultaneously and they spontaneously combust."



Empowerment – Wikipedia definition

TERM: measures designed to increase the degree of <u>autonomy</u> and <u>self-determination</u> in people and in communities in order to enable them to represent their interests in a <u>responsible</u> and self-determined way, acting on their own authority.

ACTION: Refers both to the process of self-empowerment and to professional support of people, which enables them to overcome their sense of powerlessness and lack of influence, and to recognize and use their resources.

https://en.wikipedia.org/wiki/Empowerment



Goals of SMC

- Self Managed Care enhances the client's independence by respecting the client's capability and right to make decisions about his or her own life, including the right to make decisions about risks.
- Autonomy and self determination
- Should not erode individual, family, and community responsibility.
- Self Managed Care should support and enhance the client's informal support system.



Continuing Care Service Needs Determination Guide

What are the goals and expectations of the individual and their family?

What factors impact the individual's independence and functioning? (review assessment, health history, and any available outcomes scales)

What are the individual's identified strengths, abilities, and preferences?

What actual and potential risks exist (review triggered CAPs, MAPLe 17

How does health stability impact functioning (review CHESS, Pain Scale, chronic disease management, prognosis)?

How does cognition and psychological well-being impact functioning (review CPS, DRS, altered behaviours)?

How does the individual's self-care abilities impact functioning (revi ADL and IADL scales)?

What social or environmental factors impact safety and/or functioning?

What are the individual's unmet needs and health-related goals and how can they be met in his/her current living environment?

What supports, services, or equipment does the individual need to satisfy unmet needs and maintain or improve independence and functioning?

How can the individual's strengths be used to support independence and self-care?

What supports are available from the individual's social network?

Is there a caregiver available and what is their ability to provide support (consider need for respite)?

What needs can be met through Provincial Service Hour Guidelines? Are the authorized services readily available?

Who is the Primary Care Team? What are the goals of the team? Does the individual need a general nedical consult?

How can in dependence be supported through aids to daily living (AADL, privat insurance)?

What formal health services could be accessed (e.g., chronic disease services, mental health, allied health 1?

What other community resources can be accessed?

What options are there for any remaining unmet needs, including unscheduled care?

Does the individual need a specialist consult (e.a. geriatrics, mental health etc.)

Is Self Managed Care (SMC) an option?

Does the individual require additional service hours (Extraordinary Costs or Added Care Funding)?

Are there other funding sources for services or esources (e.a. private insuran ce. private pay)?

Are there linkages to social benefit programs that need to be

Are social or therapeutic communitybased day programs an option?

Are temporary paces available (e.g., transition beds, rehabilitation/ support beds)?

What strategies can be used to mitigate dentified risks? ls a risk agreement appropriate?

What if the individual's needs and goals cannot be met in his/her current environment?

Is there an alternative Home Living setting that would meet

Are there Supportive Living Level 1 or Level 2 options that would meet their needs? (e.g., lodge)

Does the individual require a designated living option? Is this an anticipated or urgent need?

To determine the appropriate Living Option, review Admission Guidelines for Publicly Funded Continuing Care Living Options



Handling your own care can be empowering......

- You are a small business owner
- Job creation and helping others
- Choosing your own staff
- Directing your own care
- Managing finances
- Engaging with community



Trends.....

Clients and Families are coming to homecare empowered and with strong skills/tools

Educated

Internet savvy

Resourceful

Self-motivated and Independent



Alberta Health Services Success Stories from

Empowerment.....





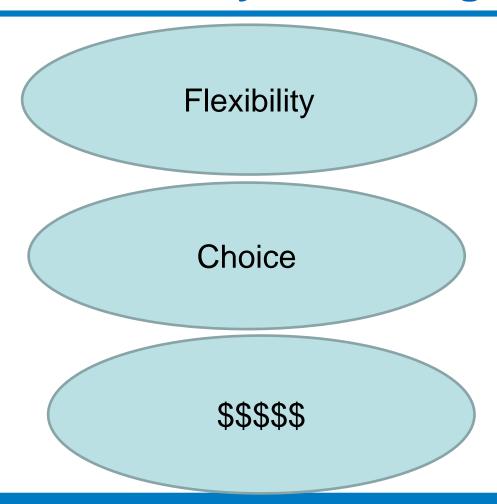








What clients and family are asking for.....





Advocacy Groups

Listening and Hearing Concerns

What are we doing to empower?

Using care interventions that better match client needs

Education to both clts/family and AHS staff



Future Visions to Support Empowerment

- Enhanced education opportunities for privately hired caregivers to clients with complex care needs??
- Web community for sharing so other SMC clients can find available caregivers who already have skills and expertise
- Developing better collaborative efforts with clients, community, government, and private sectors to help youth who have ability to pursue post secondary education



Questions?

