



Effectiveness and feasibility of implementing reablement in Québec

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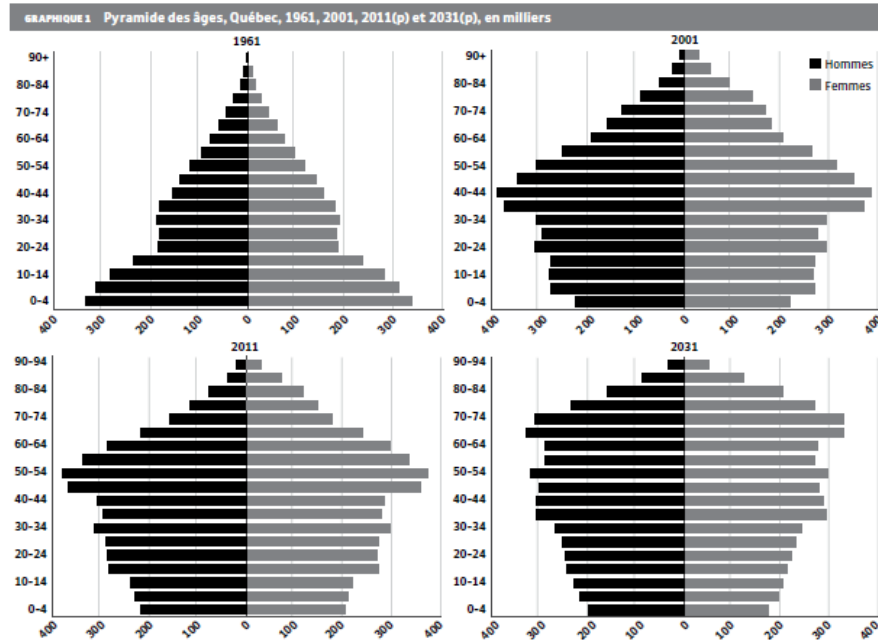
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- Institut national d'excellence en santé et en services sociaux (INESSS) and its mission
- Aging of the population and long-term care needs
- Is reablement a promising avenue?
 - Effectiveness
 - Contributing factors to success
 - Feasibility of implementation

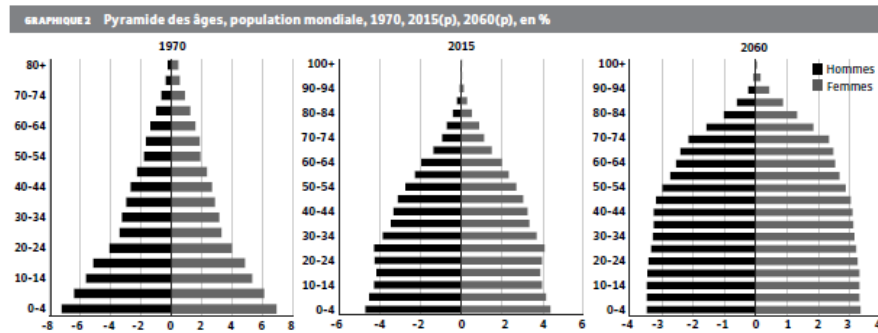
INESSS's mission is to promote clinical excellence and the efficient use of resources in the health and social services sector

- INESSS assesses the clinical advantages and the costs of the technologies, medications and interventions used in health care and personal social services.
- It issues recommendations concerning their adoption, use and coverage by the public plan, and develops guides to clinical practice in order to ensure their optimal use.

Population growth over time



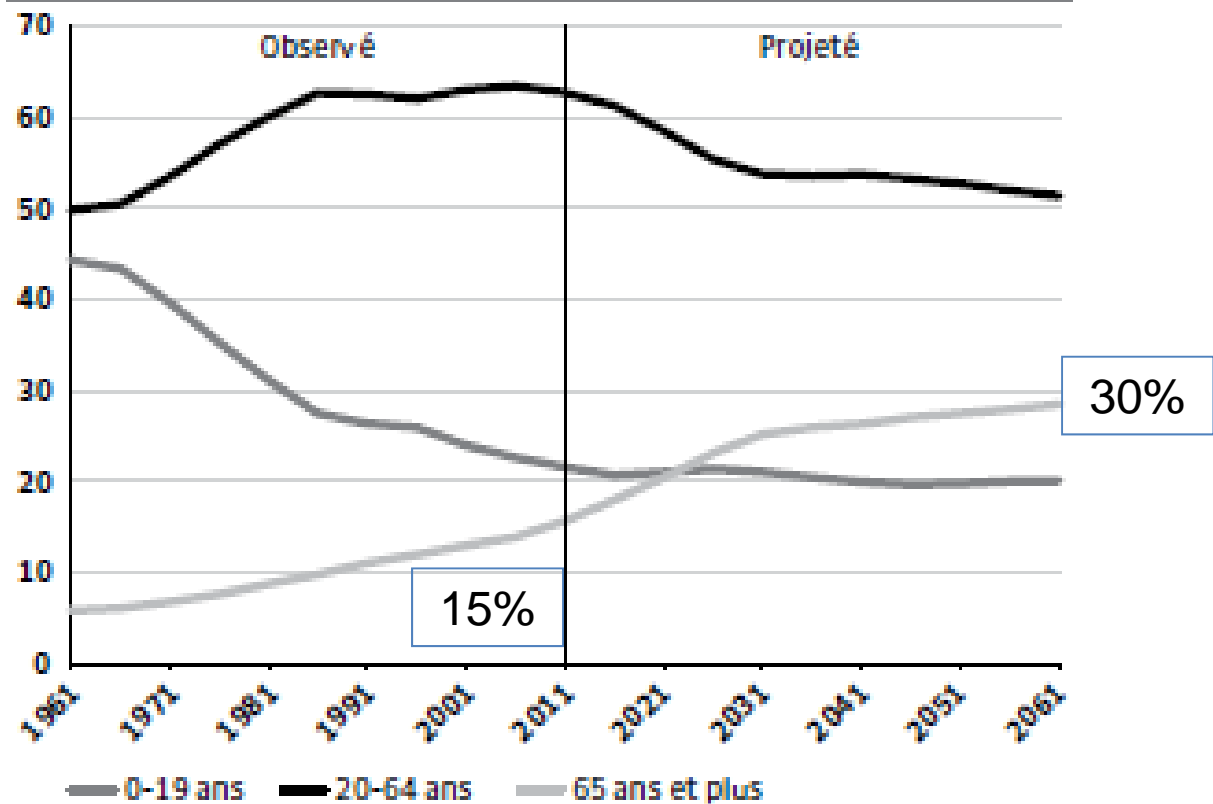
Source: Simon Langlois, « Québec 2008. Portrait social » dans Miriam Fahmy, L'État du Québec 2009, Montréal, Fides, 2008, p. 40-98, <http://bit.ly/1DRsvWR>.



Source: « World Population Prospects: The 2012 Revision », United Nations, Department of Economics and Social Affairs, Population Division, Population Estimates and Projections Section, http://esa.un.org/unpd/wpp/unpp/panel_indicators.htm (consulté le 24 mars 2015). Calculs des auteurs.

Proportion of 65 y.o. over time

GRAPHIQUES Proportion des grands groupes d'âge, Québec, 1961-2061, en %



Source: ISQ, op. cit., p. 35.

also called restorative homecare

Homecare services for seniors with physical or mental disabilities to help them adapt to their condition by learning or re-learning the skills needed to function in everyday life (to optimize independency)

Source: Social Care Institute for Excellence 2013

Structure
Interdisciplinary team of varying composition
Training and ongoing support for team members
Process
Free services for 6 to 12 weeks
Programs accessible to everyone, but some prioritize those leaving the hospital
Generic interventions offered by non-professional actors (not requiring a high degree of professional specialization)
Evaluation by professionals with structured and comprehensive assessments
Goal-oriented plan developed with users and their caregivers
Treatment plan reviewed regularly
Weekly team meeting
Outcome
Services aim at improving ADLs, IADL, health-related quality of life and service utilization

ADL: activity of daily living

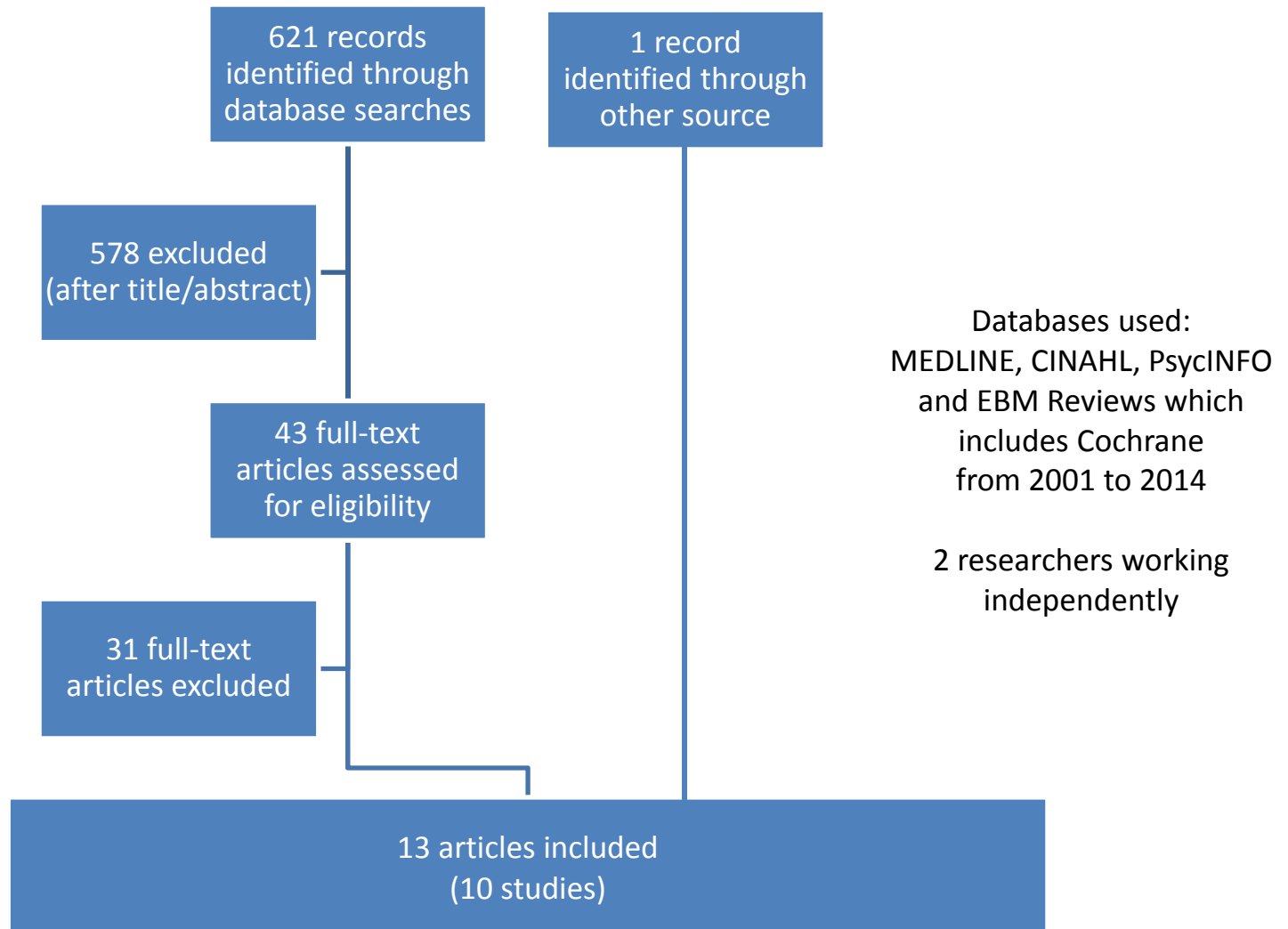
IADL: instrumental activity of daily living

Is reablement a promising avenue?

In order to determine whether implementing reablement in Québec is a promising avenue, we need to establish:

1. Effectiveness
2. Contributing factors to successful implementation according to international experiences
3. Acceptability and feasibility of implementing it in Québec

1. Effectiveness: Systematic review



1. Effectiveness: Results

Systematic review includes 10 studies

- 7 of excellent or good quality (CASP for RCT, AMSTAR for Systematic Review)
- 4 RCT, 4 Before-after, 1 Data linkage, 1 Qualitative
- 15,000 participants, 78-80 y.o., min-mod help with activities of daily living

1. Effectiveness: Results for 3 outcomes



Function

- + effect
- = to usual care



Health-related quality of life

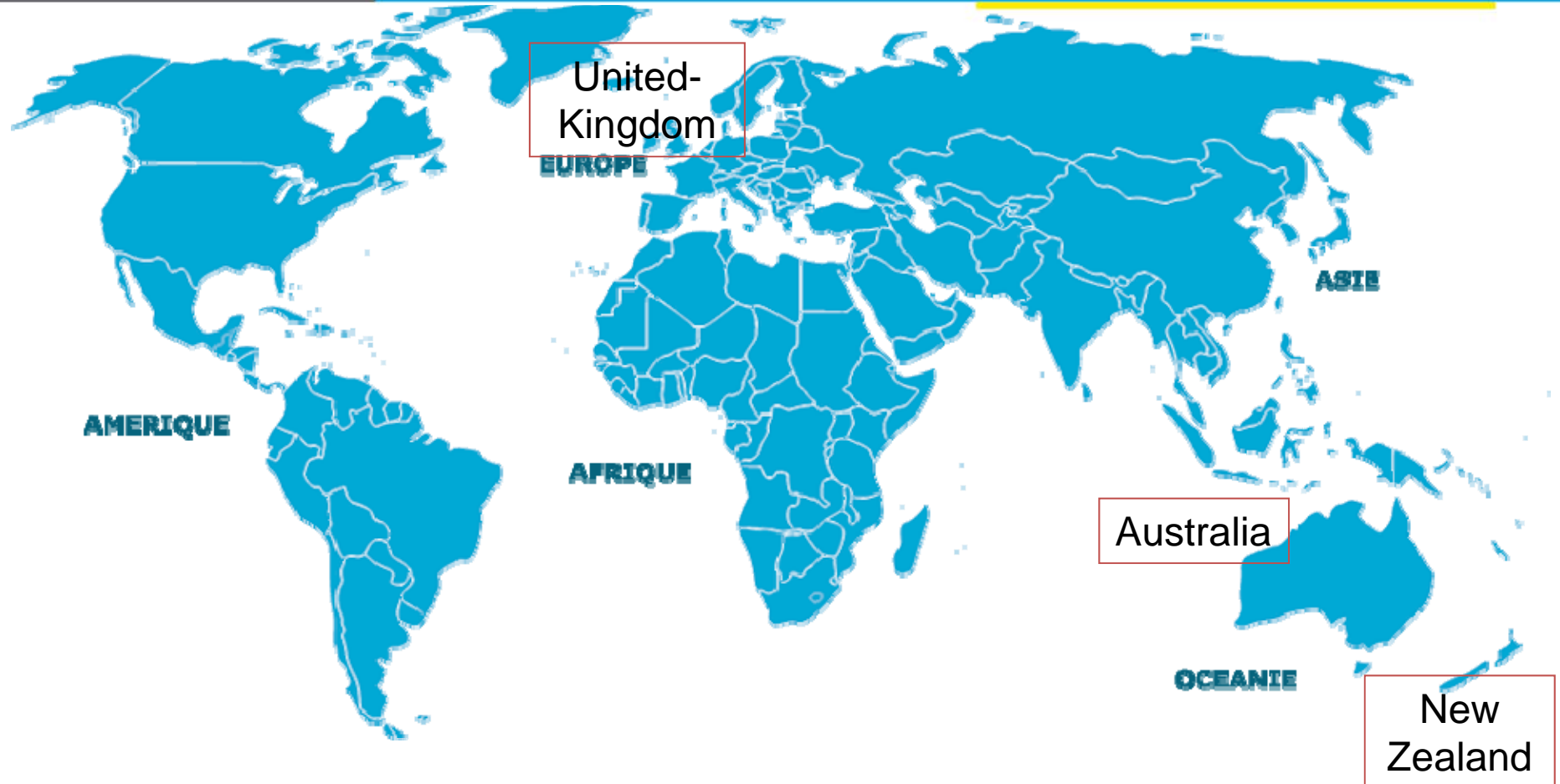
- better than usual care



Cost and Services utilization

- ↑ cost initially (supervision, training...)
- ↓ need for services after intervention
- break even after 1 year

Reablement around the world



Implemented for > 10 years

2. Contributing factors to success: International experience

- In Australia, New Zealand and the United Kingdom
- Since 2000
- Pilot projects → general population
- Inhouse → outsourcing
- Available to all
- These countries observed a reduction in services needed and an improvement in health-related quality of life and users' satisfaction

2. Contributing factors to success

Service users
Expectations of service users and carers (reablement worked better for people newly referred)
Staff
Staff commitment, attitude and skills
Training and supervision (learn to stand back)
Access to professionals for expertise
Intervention
Addressing psychosocial as well as physical needs
Access to equipment
Flexibility and prompt intervention
Goal-oriented intervention, established with the user, broken into achievable targets
Program evaluation
Less focus on time and tasks but more on outcomes achieved with the user

3. Feasibility: Consultations of experts

- Who?
 - One committee of twelve representatives of professional bodies and health-related associations
 - One committee of nine experts from the fields of research and management
- How?
 - Each committee met 4 times
- Results:
 - They expressed cautious enthusiasm but questioned prioritizing the intervention

3. Feasibility : Consultations of workers

- Who?
125 frontline health workers across Québec
- How?
Online survey
- Results:
They are interested in providing reablement but are concerned about having sufficient human and financial resources
The homecare providers wished to work in partnership with the government

3. Feasibility : Consultations of users

- Who?
20 seniors living in the community
- How?
2 focus groups
- Results:
They are interested because they want to be independent as opposed to rely on family members or paid caregivers

Quality of evidence	Small effect on function, Moderate effect on quality of life and services utilization
Balance (desirable/undesirable effects)	No harm documented Does not increase caregiver burden
Values & Preferences	Valued but prioritization questionable
Use of resources	Cost same as usual care first year Potentially cost-effective after 1 year

According to the 4 criteria of GRADE approach

Should reablement be implemented in Québec?

- A philosophy coherent with other policies for promoting autonomy
- Fulfill the desire of seniors to be independent and to live at home
- Has a positive impact on the health of users
- Has the potential to be cost-effective
- Those consulted are in favour

↳ INESSS is recommending the implementation of reablement in Québec and the government is considering a pilot project

Reablement is a promising avenue

Questions?

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