

Central East Local Health Integration Network

Long-term Care Home Demand and Utilization

December 2019

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1. Introduction

1.1. Purpose

The purpose of this study is to analyze demand, growth, capacity and need within LHIN Sub-regions and neighbourhoods. A sub-region is a smaller geographic planning region within the Central East LHIN that helps the LHIN to better understand and address patient needs at the local level.

In the Central East LHIN there are seven (7) Sub-regions:

- 1) Scarborough North (SN);
- 2) Scarborough South (SS);
- 3) Durham West (DW);
- 4) Durham North East (DNE);
- 5) Northumberland County (NC);
- 6) Peterborough City and County (PCC); and
- 7) Haliburton County and City of Kawartha Lakes (HCKL).

For more information on LHIN Sub-regions and population, demographics, and health system information, visit our interactive tool on the Central East LHIN website at <http://www.centraleastlhin.on.ca/>.

1.2. Background and Scope

In the Central East LHIN there are 68 Long-term Care Homes with a total of 9,693 long-term care beds distributed across seven (7) Sub-regions. The 9,693 beds consist of 9,514 Long-Stay beds, 16 Interim beds, 45 Short-Stay Respite beds (SSR), 107 Convalescent Care Program (CCP) beds and 11 Beds in Abeyance (BIA). **Table 1** below contains additional details at the LHIN Sub-region level. The long-stay column includes interim beds but does not include Beds in Abeyance (BIA).

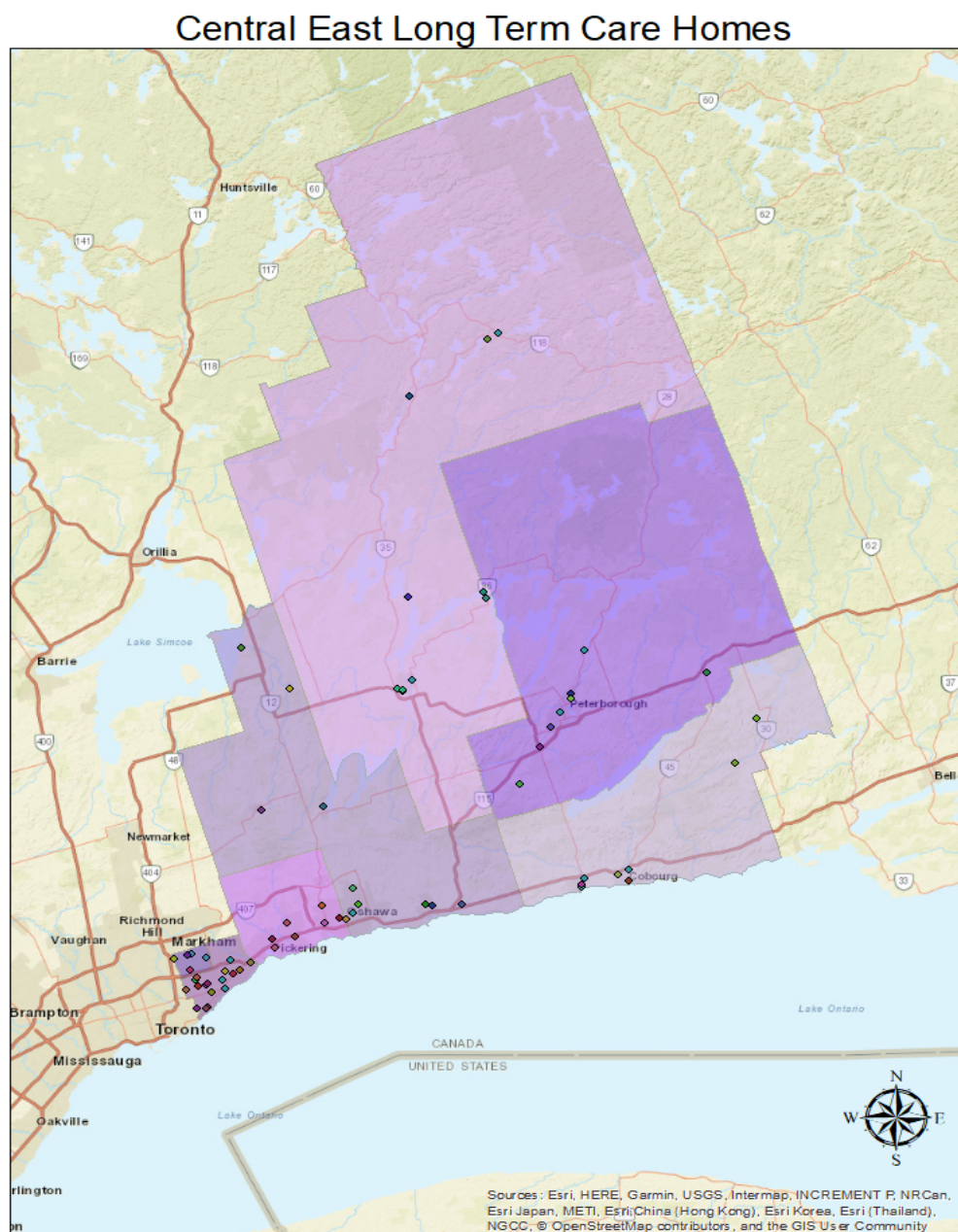
1.2.1 Table1: Central East LHIN Long-term Care Home Bed Configuration

LHIN Sub-region	# LTC Homes	# Beds Current (SS, LS, Interim and BIA)	Long Stay Incl. Interim	Interim	CCP	BIA	SSR
Scarborough North	5	1,071	1,057	0	10	0	4
Scarborough South	17	3,161	3,071	0	55	11	24
Durham West	7	1,021	1,020	0	0	0	1
Durham North East	12	1,770	1,722	11	32	0	5
Northumberland County	8	667	665	0	0	0	2
Peterborough City and County	8	1,111	1,090	5	10	0	6
Haliburton County and City of Kawartha Lakes	11	892	889	0	0	0	3
Total	68	9,693	9,514	16	107	11	45

Source: 2016-2019 Long Term Care Home Service Accountability Agreements

Figure 1 below provides a snapshot of how the 68 Long Term Care Homes are distributed across the Central East LHIN.

1.2.1 Figure 1: Distribution of Central East LHIN Long Term Care Homes



Data as of December 11, 2019

There are also 16 Interim beds located in Peterborough (5 beds) and in Oshawa (11 beds). Note that Interim beds are subject to temporary licensing and may not be available to the system over the longer term.

Short-Stay Respite beds (SSR) are renewed annually and the numbers presented above are the 2019 numbers.

Note that the 11 Beds in Abeyance (BIA) are located in Scarborough South and are currently not in service. They are licensed and will be considered when these homes redevelop.

This document will investigate population characteristics, long-term care home capacity, waitlists and demand at the LHIN Sub-region level. It will also touch upon Alternate Level of Care for Long-Term Care. The need for Long-term Care beds as well as specialized services such as Dementia and Behavioural Supports is also explored. What is not in scope in this study is an analysis of the Assisted Living, Adult Day Program or other services designed to support patients in the community.

1.2.2. Long-term Care Characteristics in Central East LHIN

The document entitled “*Environmental Scan 2019-2022 Integrated Health Service Plans*” (the Environmental Scan) is comprised of the data prepared by representatives of the Health Analytics Branch of the Ontario Ministry of Health and Long-Term Care, the Access to Care division of Cancer Care Ontario, and Health Shared Services Ontario. Interpretation of the data provided was completed by representatives of the all LHINs as a collaborative pan-LHIN project. The following Profile of Long-Term Care in the Central East LHIN was included in the Environmental Scan:

1.2.2.1 Long-Term Care Waitlist & Placements

Insight was offered in the Environmental Scan regarding the Long-Stay demand and selected characteristics of LTCH residents. Note that the Environmental Scan is based on March 2018 data and waitlist numbers will differ slightly in comparison with the Long-Term Care Home System Report as well as the Central East LHIN calculations.

Table 6 found on page 14 provides the waitlist data extracted December 11, 2019 from the Central East LHIN report named ‘Long Term Care Waitlist’ that extracts data from our electronic patient record Client Health Related Information System (CHRIS).

1.2.2.2 Long-Stay Demand

The Environmental Scan makes the following observations relating to long-stay demand in the Scarborough North Sub-region,

- Comparing within Central East LHIN, the Scarborough North Sub-region has the highest shortfall of Long-Stay beds among all Ontario Sub-regions.

Note however, according to the Central East LHIN data that Scarborough North also has the highest number of Out of Region (OOR) applications (2,006 and a high percentage of 3B applicants (1,297). These 3B applicants potentially include spouses with lower care needs who tend to apply at the same time as their spouse/partners, seeking the culturally-specific services provided by these LTCHs and those in other LHINs.

The Ministry of Health and Long-Term Care Health Data Branch September 2019 report entitled, “Long-Term Care Home System Report from New CPRO” reports the Central East demand to be at 17,285. Note that demand is calculated by adding existing Long-Term Care Home residents to the number of residents on the waitlist, and does not represent unique individuals but rather choices. This is the highest demand in the Province, followed by Hamilton Niagara Haldimand Brant LHIN (which has the highest number of beds) and next by Central LHIN. According to this report, the Central East LHIN has the 2nd highest number of beds and the highest waitlist of 7,842 (not including transfers) with a utilization rate of 99.2%. There were 1,554 clients placed from January to September 2019.

1.2.2.3 Selected Characteristics of Long-Term Care Home Residents

Also included in the Environmental Scan are characteristics related to Long-Term Care Home Residents.

- In Central East LHIN, 84% of Long-Term Care Home Residents were over the age of 75 with 58% being over the age of 85;
- In 2016/17, the mean age of residents of LTC Homes in Central East LHIN was 84;
- The mean length of stay for residents of LTC Homes in Central East LHIN was 1,009 days (about 2.8 years) with half of residents remaining in LTC homes for less than 625 days;
- Nearly 81% of residents need extensive help with daily activities such as getting out of bed, eating, or toileting;
- 27% are highly or entirely dependent on staff;
- 82% have some form of cognitive impairment; 28% are severely impaired;
- 44% exhibit some level of aggressive behaviour related to their cognitive impairment or mental health condition with 6% exhibiting very severe aggressive behavior; and

- 65% of active LTC Residents in Central East LHIN LTC Homes have been identified as having some form of Dementia.

The Central East LHIN reports that from December 2018 to November 2019 there were on average 43% of patients on waitlists for long-term care homes who exhibit behaviours, with the highest percentage waiting in hospital. There is no significant difference between Clusters – Durham Cluster, Scarborough Cluster and Northeast Cluster in terms of the percentage of patients on LTCH waitlists with behaviours. Currently, the Scarborough Cluster has the greatest number of patients with behaviours on the waitlists (2,935) followed by Durham Cluster (1,789) and the Northeast Cluster (1,297).

1.3. Alternate Level of Care

The Alternate Level of Care (ALC) number of patients designated as ALC for LTC and the total ALC days is reported for each of the seven (7) LHIN Sub-regions. A report conducted by the Optimus SBR consulting team in April 2016 reviewed the Central East LHIN's ALC strategies and outcomes and concluded that "Central East LHIN's persistently high inpatient ALC rate is primarily (76%) attributable to ALC patients waiting for LTC. The proportion waiting for LTC has nearly doubled from 2007, when it was 41%. At the same time, institutional ALC patients represent a small fraction of all people waiting in the community for LTC." The report went on to state that "Central East LHIN has the longest recorded LTC waitlist for all LHINs, and hence the most serious capacity constraint in LTC relative to its existing demand. Central East LHIN also has among the largest 75+ populations in the province which is also expected to grow, suggesting these LTC and ALC pressures will get progressively worse over time. Further investment in ALC strategies that do not alleviate LTC demand are likely to have a limited impact on Central East LHIN's ALC rates going forward." **Table 6** on page 14 provides ALC rates for each of the LHIN Sub-regions.

1.4. Population Demographics

Table 2 below summarizes the population demographic data for the Central East LHIN based on the 2016 census data.

1.4.1 Table 2: Population 2016 Census Data

Sub-Region	Pop. All Ages	65-74 Pop.	75+ Pop.	% of Total Pop. 65+
Scarborough North	175,504	18,005	18,130	21%
Scarborough South	423,690	35,975	29,940	16%
Durham West	339,825	25,685	17,385	13%
Durham North East	306,037	28,095	21,595	16%
Northumberland County	73,754	10,875	7,945	26%
Peterborough City and County	138,236	17,550	13,975	23%
Haliburton County and City of Kawartha Lakes	93,485	14,645	10,350	27%
CE LHIN	1,550,531	150,830	119,320	17%
Ontario	13,448,494	1,266,390	985,265	17%

Source: Health Analytics & Insights Branch. Prepared October 2018.

Note that the Integrated Health Service Plan (IHSP5) contains data which reflects population estimates calculated by the Health Analytics and Insights Branch (HAIB) based on a combination of census data, including the 2016 Census data presented above.

The populations 65 and over represent 17% of the total population. Note also that the population of the Central East LHIN is projected to increase by 6.0% by 2021 and by 11.4% by 2026.

The Ministry of Finance on its website (2019) states that:

“The arrival of Baby Boomers into the 65+ age group begins in 2011. The number of seniors is projected to more than double, increasing from 1.8 million in 2009 to 3.7 million by 2030. Even faster growth is projected for the oldest age group during this period, with the population aged 90+ rising by 147 per cent. By 2030, seniors will

account for 21.9 per cent of Ontario’s population, much higher than the current 13.7 per cent share.”

Although the various sources of data do not provide exact projections at the LHIN Sub-region level, the LHIN will continue to see population growth, across all LHIN Sub-regions with a higher concentration of age 65+ and 75+ (in proportion to overall population growth) expected outside the Greater Toronto Area (GTA).

Table 3 below outlines the total distribution of Long-Term Care beds, highlighting those eligible for redevelopment by 2025 (or 2022). Short-stay respite (SSR), Beds in Abeyance (BIA), and Convalescent Care Program (CCP) beds can be converted to long-stay and are therefore, included in the total. Note that the 16 Interim beds (temporary licenses) are also included in the total beds to align to existing statistics related to waitlists and flow, however, it is cautioned that they are considered temporary licenses and there is no guarantee that they will be included in redevelopment projects moving forward.

1.4.2 Table 3: Scope of Eligible Redevelopment Projects in Central East LHIN

LHIN Sub-region	Total # LTCHs	Total # Licences	Number of Homes Eligible	Number of Beds Eligible	New Beds Awarded	Total Beds Eligible to Develop or Redevelop
Scarborough North	5	1,071	1 + 1 new LTCH	254	224	478
Scarborough South	17	3,161	11 + 1 New class LTCH with additional beds	1,895	257	2,152
Durham West	7	1,021	3	405	124	529

LHIN Sub-region	Total # LTCHs	Total # Licences	Number of Homes Eligible	Number of Beds Eligible	New Beds Awarded	Total Beds Eligible to Develop or Redevelop
Durham North East	12	1,770	8	856	178	1,034
Northumberland County	8	667	6	470	29	499
Peterborough City and County	8	1,111	4 + 1 new LTCH	425	283	708
Haliburton County and City of Kawartha Lakes	11	892	5	413	0	413
Total	68	9,693	41	4,718	1,095	5,813

Source: Long-Term Care Home Service Accountability Agreements Minister's Letters- Long-Term Care Home Bed Allocation

Table 4 below provides an analysis of the current bed supply in the Central East LHIN as it relates to the beds per 1000 aged 65 to 74 and 75+.

1.4.3 Table 4: Central East LHIN Current Beds per 1000 Aged 65-74 and 75+

LHIN Sub-region	Total # LTCHs	Total # Current Beds (all types)	2016 Population Aged 65-74	Beds Per 1,000 65 to 74	2016 Population Aged 75+	Beds Per 1,000 75+	Population 65+	Beds Per 1,000 65+
SN	5	1,071	18,005	59	18,130	59	36,135	30

LHIN Sub-region	Total # LTCHs	Total # Current Beds (all types)	2016 Population Aged 65-74	Beds Per 1,000 65 to 74	2016 Population Aged 75+	Beds Per 1,000 75+	Population 65+	Beds Per 1,000 65+
SS	17	3,161	35,975	88	29,940	106	65,915	48
DW	7	1,021	25,685	40	17,385	59	43,070	24
DNE	12	1,770	28,095	63	21,595	82	49,690	36
NC	8	667	10,875	61	7,945	84	18,820	35
PCC	8	1,111	17,550	63	13,975	79	31,525	35
HCCKL	11	892	14,645	61	10,350	86	24,995	36
Total	68	9,693	150,830	64	119,320	81	270,150	36

Source: Health Analytics & Insights Branch. Prepared October 2018.

Table 5 below provides an analysis of the projected bed supply after approved development and redevelopment projects are complete in 2022.

1.4.4 Table 5: Central East LHIN 2022 Projected Beds per 1000 Aged 65-74 and 75+

LHIN Sub-region	Total # LTCHs	Total Beds (2022) (Long-stay)	2016 Population Aged 65-74	Population Aged 75+	Beds Per 1,000 65-74	Beds Per 1,000 75+	Beds Per 1,000 65+
SN	5	1,295	18,005	18,130	72	71	36
SS	17	3418	35,975	29,940	95	114	52

LHIN Sub-region	Total # LTCHs	Total Beds (2022) (Long-stay)	2016 Population Aged 65-74	Population Aged 75+	Beds Per 1,000 65-74	Beds Per 1,000 75+	Beds Per 1,000 65+
DW	7	1145	25,685	17,385	44	66	27
DNE	12	1948	28,095	21,595	69	90	39
NC	8	696	10,875	7,930	64	88	37
PCC	8	1394	17,550	13,945	79	100	44
HCKKL	11	892	14,645	10,330	61	86	36
Total	68	10,788	150,830	119,320	72	90	40

Source: Health Analytics & Insights Branch. Prepared October 2018.

Note that the Integrated Health Service Plan (IHSP5) contains data which reflects population estimates calculated by the Health Analytics and Insights Branch (HAIB) based on a combination of census data, including the 2016 Census data presented above.

With the addition of the 1,095 new beds the Central East LHIN will have a total of 5,813 beds and 41 LTCHs to redevelop by 2025.

The Central East LHIN has analyzed the current and projected demand and usage in Long-Term Care Home beds in the LHIN and in each of the seven (7) LHIN Sub-regions and the communities within those Sub-regions. A more in-depth analysis of the population of seniors, demographics, growth projections, number of LTCH beds at the neighbourhood level, waitlists and LTC turn-over rate is included in **Table 6** below and the sections that follow. Note that **Table 6** presents a number of statistics and below each ranks the LHIN Sub-region from highest to lowest for each statistic. The waitlist data used to calculate the beds per person on the waitlist and number of years to place people on the waitlist is based on waitlist numbers that capture unique individuals waiting as first choice.

1.4.5 Table 6: Summary of Statistics at the Sub-region Level

	SN	SS	DW	DNE	NC	PCC	HCCKL
Population 65-74	18,005	35,975	25,685	28,095	10,875	17,550	14,645
	1 st	2 nd	4 th	3 rd	7 th	5 th	6 th
Population over 75	18,130	29,940	17,385	21,595	7,945	13,975	10,350
	1 st	2 nd	4 th	3 rd	7 th	5 th	6 th
Population over 65	36,135	65,915	43,070	49,690	18,820	31,525	24,995
	4 th	1 st	3 rd	2 nd	7 th	5 th	6 th
Percentage of Total Population over 65	21%	16%	13%	16%	26%	23%	27%
	4 th	5 th (tie)	6 th	5 th (tie)	2 nd	3 rd	1 st
Beds (long-stay)	1,071	3,161	1,021	1,770	667	1,111	892
	4 th	1 st	5 th	2 nd	7 th	3 rd	6 th
Beds Per 1000 65+ (current)	30	48	24	36	35	35	36
	4 th	1 st	5 th	2 nd (tie)	3 rd (tie)	3 rd (tie)	2 nd (tie)
Beds Per 1000 65+ (projected) With new beds	36	52	27	39	37	44	36
	6 th	1 st	7 th	3 rd	4 th	2 nd	5 th (tie)
ALC for LTC Patients	27		38	152	31	71	37
	6 th (tie)		3 rd	1 st	5 th	2 nd	4 th
ALC for LTC (Days)	14,010		13,113	31,212	5,297	21,176	7,579
	3 rd (tie)		4 th	1 st	6 th	2 nd	5 th
	3,260*	1,248	1,804	1,654	609	1,367	657

	SN	SS	DW	DNE	NC	PCC	HCCKL
Waitlist (1 st choice, unique)	1st	5th	2nd	3rd	7th	4th	6th
Waiting at a category 1- 3A/4A (greatest need)	4,204	2,012	2,460	2,406	680	1,376	700
	1st	4th	2nd	3rd	7th	5th	6th
Ave. Annual Placement	217	926	292	515	233	313	312
	7th	1st	5th	2nd	6th	3rd	4th
# Beds per Person on WL (1 st choice)	0.3	2.46	0.57	1.04	1.1	0.8	1.36
	7th	1st	6th	4th	3rd	5th	2nd
# Years to Placement from Waitlist; approx	14.11**	1.42	6.42	3.00	2.32	3.54	2.15
	1st	7th	2nd	4th	5th	3rd	6th
# Out of Region Applicants	2,006**	749	277	299	59	98	54
	1st	2nd	4th	3rd	6th	5th	7th

*Represents patients who are counted once only for their first choice.

**Scarborough North has a significant portion of applicants from within and outside of region applying for culturally specific homes.

2. Scarborough North (SN) LHIN Sub-region:

2.2 Population and Demand for Long-term Care

The Environmental Scan identifies the following characteristics of the Scarborough North LHIN Sub-region in relation to the other LHIN Sub-regions in the Province:

- 7th highest percent of residents with one (1) or more unplanned ED visits in the last 30 days of life;
- 5.8% of patients from Scarborough North Sub-region were complex (4+ conditions). (Ontario - 5.8%);
- 7th highest population density;

- Lowest percentage of residents who report English as their mother tongue in all Ontario Sub-regions;
- Highest percentage of residents who report no knowledge of English or French;
- Highest percentage of residents who were immigrants;
- 4th highest percentage of residents who were recent immigrants. The country of origin for the largest proportion of recent immigrants was China;
- Highest percentage of residents who were first generation Canadian;
- Highest percentage of population who were visible minorities;
- 2nd lowest percentage of residents reporting Aboriginal identity;
- Across Ontario's Sub-regions, the utilization rate for Home Care Services for Scarborough North was 38.3 per 1,000 residents (the second lowest in the LHIN);
- Among the eight (8) highest Sub-regions in nursing visit rates in 2017/18;
- 4th highest percentage of residents who died in hospital;
- 3rd highest percentage of seniors (65+) living in low-income households;
- 3rd highest percent of residents with one (1) or more unplanned ED visits in the last 30 days of life (tied with North York West);
- At the end of 2017/18, residents of Scarborough North had had the 8th longest wait to date for discharge from an ALC designation in hospital (open cases).
- The second lowest home care referrals per 1,000 population (38.1) among Central East LHIN Sub-regions.

Table 7 below provides a detailed LTCH overlay of Long Term Care Homes by neighbourhood in the Scarborough North Sub-region.

2.2.2 Table 7: Scarborough North –Current LTCH Beds by Geographical Area

Geographical Area	Long-term Care Homes	Long-term Care Home Beds
Agincourt North	Yee Hong Scarborough Finch	249 Long Stay (1 Respite)
Agincourt South-Malvern West	No Homes in this Postal Code	0
L'Amoreaux	No Homes in this Postal Code	0
Milliken	Mon Sheong	158 Long Stay (2 Respite)

Geographical Area	Long-term Care Homes	Long-term Care Home Beds
	Yee Hong McNichol	154 Long Stay (1 Respite)
Steeles	Tendercare	244 Long Stay (10 Convalescent Care Beds)
Tam O'Shanter-Sullivan	Sheppard Lodge	252 Long Stay
Scarborough North Sub-region Total - Current	5	1,057 Long Stay 4 Respite 10 Convalescent Care Beds

Source: Health Analytics Branch LHIN and Sub-region Census 2016 Profile Central East LHIN Sub-region Profiles. Central East LHIN 2016-2019 Long-Term Care Home Service Accountability Agreements.

2.3 Cultural and Specialized Programming Considerations:

All but one (1) of the five (5) LTCs in the Scarborough North Sub-region primarily provides cultural and linguistic programming to Chinese-speaking residents:

- Mon Sheong Scarborough (160 beds) – identified as Chinese cultural/linguistic;
- Yee Hong Centre for Geriatric Care – Scarborough Finch (250 beds) – identified as Chinese cultural/linguistic with a 25-bed Japanese Unit;
- Yee Hong Centre for Geriatric Care- McNicholl (155 beds) – identified as Chinese cultural/linguistic;
- Tendercare Living Centre (254 beds) – 95% Chinese cultural/linguistic population (no formal identification); and
- Shepherd Lodge (252 beds) – identified as Pentecostal/religious.

The percentage of immigrants in Scarborough North is the highest at 66.9%. In addition, there were 0.2% of people identifying as indigenous in this LHIN Sub-region.

The Scarborough North electoral riding demographics are described by Revolvvy.com (2018) as: “Ethnic groups: 46.0% Chinese, 20.8% White, 15.1% South Asian, 5.3% Black, 3.8% Filipino, 1.9% West Asian, 1.6% Arab. Languages spoken are 41.3% Chinese, 32.5% English, 5.1% Tamil, 2.3% Tagalog, 1.8% Armenian, 1.7% Arabic, 1.6% Greek, 11.4% Italian, 1.4% Urdu, and 1.2% Persian.”

3 Scarborough South (SS) Sub-region:

3.2 Population and Demand for Long-Term Care

The Environmental Scan, identifies the following characteristics of the Scarborough South Sub-region in relation to the other LHIN Sub-regions in the province:

- 6.3% of patients from Scarborough South Sub-region were complex (4+ conditions) (Ontario - 5.8%);
- 5th highest population;
- 8th highest percentage of residents who were first generation Canadian;
- 4th highest percentage of residents who were visible minorities;
- 5th highest percentage of residents who died in hospital;
- 8th highest percentage population living below the low-income measure;
- 7th highest percent of residents with one or more unplanned ED visits in the last 30 days of life;
- Across Ontario's sub-regions, the utilization rate for Home Care Services for Scarborough South was 39.9 per 1,000 residents (the third lowest in the LHIN); and
- Across Ontario's sub-regions, Scarborough South and Durham North East had the seventh and eighth highest number of active patient referrals with 17,860 and 15,879, respectively.

Table 8 below provides a detailed LTCH overlay by neighbourhood and population distribution in the Scarborough South Sub-region.

3.2.1 Table 8: Scarborough South Sub-region– LTCH Beds by Geographical Area

Geographical Area	Long-term Care Homes	Long-term Care Home Beds
Rouge (M1B)	Extendicare Rouge Valley	191 Long Stay (1 Respite)
Centennial Scarborough (M1C)	Tony Stacy Centre for Veteran's Care	96 Long Stay (4 Respite)
	Altamont Care Community (right next to Rouge)	157 Long Stay (2 Respite)
Eglinton East (M1E)	Trilogy	195 Long Stay (2 Respite)

Geographical Area	Long-term Care Homes	Long-term Care Home Beds
Guildwood	Extendicare Guildwood	167 Long Stay (2 Respite)
Morningside	Seven Oaks	230 Long Stay (2 Respite and 17 Convalescent Care Beds)
West Hill	Ehatare	32 Long Stay
Woburn (M1G)	Extendicare Scarborough	127 Long Stay (3 Respite 20 Convalescent Care Beds and 4 BIA beds)
M1H	No Homes in this Postal Code	0
M1J	No Homes in this Postal Code	0
M1K	No Homes in this Postal Code	0
Clairlea-Birchmount (M1L)	Ina Grafton Gage	128 Long Stay
M1M	No Homes in this Postal Code	N/A
Birchcliffe-Cliffside (M1N)	Craiglee	169 Long Stay
	Midland Gardens	297 Long Stay (2 Respite)

Geographical Area	Long-term Care Homes	Long-term Care Home Beds
Bendale (M1P)	Bendale Acres	300 Long Stay (2 Respite)
	Rockcliffe Care Community	202 Long Stay (2 Respite)
Dorset Park	Kennedy Lodge	263 Long Stay (1 Respite, 18 Convalescent Care Beds and 7 BIA beds)
	Hellenic Home	127 Long Stay (1 Respite)
	Fieldstone Commons	224 Long Stay
Wexford/ Maryvale (M1R)	The Wexford	166 Long Stay
M1X	No Homes in this Postal Code	0
Scarborough South Sub- Region	17	3,071 Long Stay 24 Respite 55 Convalescent Care Program 11 Beds In Abeyance
Total – Current		

Source: Health Analytics Branch LHIN and Sub-region Census 2016 Profile Central East LHIN Sub-region Profiles. Central East LHIN 2016-2019 Long-Term Care Home Service Accountability Agreements.

3.3 Cultural and Specialized Programming Considerations:

Scarborough South has a rich tapestry of linguistic and cultural demographics, including English, French, Tamil, Cantonese, Bengali, Tamil, Tagalog and Urdu to name the top few (Toronto.ca, 2018). Currently the LTCHs in Scarborough South feature the following services:

- Bendale Acres has a French Language unit;
- Ehatore- services an Estonian population;
- Hellenic Home – services a Greek community;
- Fieldstone Commons has an Armenian Unit;

- Extendicare Scarborough has a Tamil Unit and a high population of Chinese speaking residents, although not officially designated as providing services to this population;
- Kennedy Lodge has a high population of Chinese speaking residents, although not officially recognized as providing services to this population;
- Seven Oaks reports having a young adult unit, although it is not officially recognized as providing services to this population; and
- Tony Stacey Centre for Veteran's Care – has veteran's priority access beds.

4 Durham West (DW) Sub-region:

4.2 Population and Demand for Long-term Care

Increased growth in the areas to the north and within Pickering, Ajax and Whitby are expected. Although the demographics indicate that the growing population is primarily comprised of working-age families, these families may also have aging parents who will require long-term care close to their loved ones. It is also expected that the Durham population will grow to 1.2 million by 2041. (www.durham.ca, 2018).

The Environmental Scan identifies the following characteristics of the Durham West LHIN Sub-region in relation to the other LHIN Sub-regions in the Province:

- 4.6% of patients from Durham West Sub-region were complex (4+ conditions). (Ontario - 5.8%);
- 7th lowest percentage of population aged 65+;
- 8th lowest percentage of population aged 75+;
- In 2017/18, residents of Durham West had the 6th longest wait before being discharged from hospital with an ALC designation (closed cases); and
- Across Ontario's Sub-regions, the utilization rate for Home Care Services for Durham West was 37.3 per 1,000 residents (the second lowest in the LHIN).

Table 9 below provides the location of LTC Homes and beds by geographic neighbourhood in the Durham West Sub-region.

4.2.1 Table 9: Durham West – LTCH Beds by Geographical Area

Geographical Area	Long-term Care Homes	Long-term Care Home Beds
Ajax		
Ajax Northeast	No Homes in this Postal Code	0
Ajax Northwest	Winbourne Park	109 Long Stay (1 Respite)
Ajax Waterfront	No Homes in this Postal Code	0
Applecroft	No Homes in this Postal Code	0
Carruthers	N/A	0
Central Ajax	N/A	0
Downtown Ajax	Ballycliffe Lodge	100 Long Stay
Riverside-Hermitage	No Homes in this Postal Code	0
Westney Heights	No Homes in this Postal Code	0
Whitby		
Brooklin East	No Homes in this Postal Code	0
Brooklin West	No Homes in this Postal Code	0

Geographical Area	Long-term Care Homes	Long-term Care Home Beds
Cochrane South	No Homes in this Postal Code	0
Downtown Whitby	Fairview Lodge	198 Long Stay
Dryden Anderson	No Homes in this Postal Code	0
Dryden East	No Homes in this Postal Code	0
Manning	No Homes in this Postal Code	0
Whitby Brock North	Village of Taunton Mills	120 Long Stay
Whitby South	Sunnycrest Nursing Home	136 Long Stay
Williamsburg	No Homes in this Postal Code	0
Pickering		
Amberlee	No Homes in this Postal Code	0
Brock Ridge Pickering	No Homes in this Postal Code	0
Dunbarton	No Homes in this Postal Code	0
Frenchmans Bay	Bay Ridges	124 Long Stay
West Rouge	No Homes in this Postal Code	0

Geographical Area	Long-term Care Homes	Long-term Care Home Beds
Pickering City Centre	Orchard Villa	233 Long Stay
Pickering North	No Homes in this Postal Code	0
Durham West Sub-region	7	1,020 Long Stay
Totals - current		1 Respite

Source: Health Analytics Branch LHIN and Sub-region Census 2016 Profile Central East LHIN Sub-region Profiles. Central East LHIN 2016-2019 Long-Term Care Home Service Accountability Agreements.

4.3 Cultural and Specialized Programming Considerations:

Ontario Shores (OS) has recently opened a unit for people designated ALC to LTC with behaviours, although this will specifically address a hospital need and is a provincial resource.

According to the Durham Region Commissioner of Planning and Economic Development #2018-INFO-53, #2017-INFO-66 and #2017-INFO-135 Reports, the following demographics represent Durham Region:

- In 2016, visible minorities comprised 27.1% of Durham's population, which represents an increase from 2011 (20.7%), 2006 (16.8%) and 2001 (12.4%). Respondents who reported being South Asian (8.6%), Black (8%), Filipino (2.3%) and Chinese (1.9%) comprise the largest groups of visible minorities.
- In 2016, 11,930 persons in Durham (2% of the population) reported identity with at least one (1) Aboriginal group. This represents an increase from 2011 (8,905 persons or 1.5%) and 2006 (6,565 persons or 1.2%).
- Approximately 15% of Durham residents reported a mother tongue different than either of Canada's two (2) official languages (English & French) in 2016. The most prevalent non-official languages reported as mother tongue in Durham include (in rank order): Urdu (Pakistani), Tamil, Tagalog (Filipino), Italian, Spanish, Persian (Farsi), Polish, Arabic, German, Mandarin, Portuguese, and Cantonese.

According to the Durham Region Health Department's Population at a Glance (2019), the aging of the population is apparent with growth occurring in ages 55 and older. In particular, seniors 90 years and older had the highest population growth in Durham Region with an overall increase of 114%. The largest increase occurred in Pickering where the population of seniors 90 and older almost tripled, going from just over 250 in 2008 to over 630 in 2018.

5 Durham North East (DNE) LHIN Sub-region:

5.2 Population and Demand for Long-term Care

The Environmental Scan identifies the following characteristics of the Durham North East LHIN Sub-region in relation to the other LHIN Sub-regions in the Province:

- 6.1% of patients from Durham North East Sub-region were complex (4+ conditions) (Ontario - 5.8%);
- Compared to Ontario, the proportion of people with a regular medical doctor was significantly higher in Durham North East;
- Across Ontario's Sub-regions, Durham North East had the 8th highest number of active patient referrals with 15,879; and
- The utilization rate for Home Care Services for Durham North East was 49.6 per 1,000 residents (the highest rate in the LHIN).

Table 10 below provides a summary of LTCH beds by neighbourhood level for the Durham North East LHIN Sub-region.

5.2.1 Table 10: Durham North East – LTCH Beds by Geographical Area

Geographical Area	Long-term Care Homes	Long-term Care Home Beds
Brock	Lakeview Manor	147 Long Stay (2 Respite)
	Bon Air Residence	54 Long Stay (1 Respite)
Clarington	Marnwood Lifecare Centre	60 Long Stay

Geographical Area	Long-term Care Homes	Long-term Care Home Beds
	Glen Hill Strathaven	184 Long Stay (15 Convalescent Care Program 11 Interim)
	Fosterbrooke	87 Long Stay (1 Respite)
Oshawa	Thornton View	154 Long Stay
	Extendicare Oshawa	157 Long Stay (1 Respite and 17 Convalescent Care Program)
	Hillsdale Estates	300 Long Stay
	Hillsdale Terraces	200 Long Stay
	Chartwell Wynfield	172 Long Stay
Port Perry / Scugog / Mississaugas of Scugog Island	Port Perry Place	107 Long Stay
Uxbridge	Reachview Village	100 Long Stay
TOTAL	12	1,722 Long Stay 5 Respite 32 Convalescent Care Program 11 Interim

Source: Health Analytics Branch LHIN and Sub-region Census 2016 Profile Central East LHIN Sub-region Profiles. Central East LHIN 2016-2019 Long-Term Care Home Service Accountability Agreements.

5.3 Cultural and Specialty Programming Considerations:

According to the “Durham Region Profile”, located on the Regional Municipality of Durham website, the majority of immigrants in the Durham North East communities are from the United Kingdom, Algeria, and to a lesser degree, other European countries. Oshawa has a slightly more diverse population with people from Sri Lanka, the Philippines and Pakistan to name a few.

According to the Environmental Scan, 2.7% of the population in this LHIN Sub-region has an Aboriginal identity; 1.6% has a First Nations identity and 1% has a Metis identity Population and Demand for Long Term Care.

6. Northumberland County (NC) LHIN Sub-region:

6.2 Population and Demand for Long-term Care

The Environmental Scan identifies the following characteristics of the Northumberland County LHIN Sub-region in relation to the other LHIN Sub-regions in the Province:

- 5th highest percentage of residents who reported English as their mother tongue;
- 4th lowest percentage of residents who were recent immigrants;
- 6th highest percentage of patients receiving palliative care who died in hospital; and
- The utilization rate for Home Care Services for Northumberland County was 69.1 per 1,000 residents (the second highest in the LHIN).

Table 11 below provides population demographics at the neighbourhood level for the Northumberland County LHIN Sub-region.

Northumberland County in its “2009 Growth Management Strategy” published on Northumberland County’s website, forecasted that by 2031, the population in the County will increase to 115,910. The report also states that 80% of recent migrants are of retirement age.

6.2.2 Table 11: Northumberland County – LTCH Beds by Geographical Area

Geographical Area	Long-term Care Homes	Long-term Care Home Beds
Alnwick/ Haldimand Alderville First Nation	No Homes in this Postal Code	0

Geographical Area	Long-term Care Homes	Long-term Care Home Beds
Cobourg	Streamway Villa	59 Long Stay
	Extendicare Cobourg	69 Long Stay
	Golden Plough Lodge	151 Long Stay
Cramahe	No Homes in this Postal Code	0
Hamilton	No Homes in this Postal Code	0
Port Hope	Regency Manor	58 Long Stay (2 Respite)
	Hope St Terrace	97 Long Stay
	Extendicare Port Hope	128 Long Stay
Trent Hills	Burnbrae Gardens	43 Long Stay
	CVH – Warkworth Place	60 Long Stay
Totals - current	8	665 Long Stay 2 Respite

Source: Health Analytics Branch LHIN and Sub-region Census 2016 Profile Central East LHIN Sub-region Profiles. Central East LHIN 2016-2019 Long-Term Care Home Service Accountability Agreements.

6.3 Cultural and Specialized Programming Considerations:

According to the Environmental Scan, 2.7% of the Northumberland County's Sub-region's population is of Aboriginal identity; 1.9% is of First Nations identity and .8% is of Metis identity.

7 Peterborough City and County (PCC) Sub-region:

7.2 Population and Demand for Long Term Care

The Environmental Scan identifies the following characteristics of the Peterborough City and County LHIN Sub-region in relation to the other LHIN Sub-regions in the Province:

- 7th highest percentage of residents who reported English as their mother tongue;
- 3rd highest percentage of patients who received palliative care who died in hospital in 2016/17;
- Among the eight (8) Sub-regions with the highest percentage of complex patients (4+ conditions);
- Among the highest eight (8) ranking Ontario Sub-regions for total length of stay;
- In 2017/18, residents of Peterborough City and County had the 2nd longest wait before being discharged from hospital with an ALC designation (closed cases);
- Among the highest length of stay in acute hospital beds (including acute days and days waiting for an alternate level of care) in 2016/17; and
- 7th highest inpatient rehabilitation admission rate in the Province.

The 2011 census figures from Statistics Canada show nearly one (1) in five (5) people in Peterborough was aged 65 or older in 2011 - 19.5%, the highest ratio in the country among municipalities. According to the City of Peterborough's "Planning Peterborough to 2031", (2009), by 2031, the population is expected to grow to 88,000.

Table 12 below provides a summary of Long Term Care Home beds at the neighbourhood level for the Peterborough City and County LHIN Sub-region.

7.2.1 Table 12: Peterborough City and County – LTCH Beds by Geographical Area

Geographical Area	Long-term Care Homes	Long-term Care Home Beds
Asphodel-Norwood	Pleasant Meadow Manor	61 Long Stay
Cavan-Monaghan	Centennial Place Millbrook Inc.	128 Long Stay
	Springdale Country Manor	68 Long Stay
Douro-Dummer	No Homes in this Postal Code	0
Galway-Cavendish and Harvey	No Homes in this Postal Code	0

Geographical Area	Long-term Care Homes	Long-term Care Home Beds
Trent Lakes	No Homes in this Postal Code	0
Havelock-Belmont-Methuen	No Homes in this Postal Code	0
North Kawartha	No Homes in this Postal Code	0
Otonabee-South Monaghan, Hiawatha First Nation	No Homes in this Postal Code	0
Peterborough	Extendicare Peterborough	159 Long Stay (2 Interim beds, 3 Respite and 10 Convalescent Care Program)
	Riverview Manor Nursing Home	124 Long Stay
	St. Joseph's At Fleming	200 Long Stay
	Fairhaven	252 Long Stay (3 Interim and 1 Respite)
Smith-Ennismore-Lakefield - Selwyn and Curve Lake First Nation	Extendicare Lakefield	98 Long Stay (2 Respite)
Totals – current	8	1,090 Long stay 6 Respite 5 Interim 10 Convalescent Care

Source: Health Analytics Branch LHIN and Sub-region Census 2016 Profile Central East LHIN Sub-region Profiles, Central East LHIN 2016-2019 Long-Term Care Home Service Accountability Agreements.

7.3 Cultural and Specialized Programming Considerations:

According to the Environmental Scan, 4.4% of the population in Peterborough City and County is of Aboriginal identity, 3.0% of the population is of First Nations identity and 1.4% of the population is of Metis identity. These are the highest rates in the LHIN.

Operators of redeveloping LTCHs in Peterborough City and County have indicated a willingness to consider building a culturally safe and appropriate unit for First Nations or Indigenous patients.

Note that the Peterborough Regional Health Centre also has a transitional behavioural unit which is not designated under the Long-Term Care Act, 2007.

8 Haliburton County and City of Kawartha Lakes (HCKL) Sub-region:

8.2 Population and Demand for Long-term Care

The Environmental Scan identifies the following characteristics of the Haliburton County and City of Kawartha Lakes LHIN Sub-region in relation to the other LHIN Sub-regions in the Province:

- Haliburton County and City of Kawartha Lakes has the highest percentage of population aged 65+ and highest percentage of population aged 75+ of all the 76 Ontario Sub-regions. Note that this represents a percentage of total population and not the highest number of people over 65 and 75;
- 3rd highest percentage of residents who reported English as their mother tongue;
- 2nd lowest percentage of residents who were recent immigrants;
- 2nd highest percentage of patients receiving palliative care who died in hospital in 2016/17;
- Among the eight (8) Sub-regions with the highest percentage of complex patients (4+ conditions); and
- Among the eight (8) Sub-regions with the highest percentage of high cost healthcare users.

Table 13 below provides population demographics at the neighbourhood level for the Haliburton County and City of Kawartha Lakes LHIN Sub-region.

8.2.1 Table 13: Haliburton County and City of Kawartha Lakes – LTCH Beds by Geographical Area

Geographical Area	Long-term Care Homes	Long-term Care Home Beds
Algonquin Highlands	No Homes in this Postal Code	0
Dysart and Others	Extendicare Haliburton	60 Long Stay
	Highland Wood	30 Long Stay
Highlands East	No Homes in this Postal Code	0
Kawartha Lakes	Caressant Care Lindsay	124 Long Stay
	Caressant Care On McLaughlin Road	96 Long Stay
	Extendicare Kawartha Lakes	64 Long Stay
	Fenelon Court	67 Long Stay
	Frost Manor	62 Long Stay
	Pinecrest Nursing Home	65 Long Stay
	Specialty Care Case Manor	96 Long Stay
	Victoria Manor Home for the Aged	164 Long Stay (2 Respite)
Minden Hills	Hyland Crest Senior Citizen's Home	61 Long Stay (1 Respite)
Haliburton County and City of Kawartha Lakes Sub-Region Total	11	889 Long Stay (3 Respite)

Source: Health Analytics Branch LHIN and Sub-region Census 2016 Profile Central East LHIN Sub-region Profiles. Central East LHIN 2016-2019 Long-Term Care Home Service Accountability Agreements.

8.3 Cultural and Specialized Programming Considerations:

According to the Environmental Scan, 2.5% of the population in the Haliburton County and City of Kawartha Lakes Sub-region is of Aboriginal identity, 1.4% of the population is of First Nations identity and 1.1% of the population is of Metis identity. (The Environmental Scan).

9 Final Considerations

Demand and capacity can be difficult to determine based on a single indicator. There are many factors to take into consideration such as:

- Waitlists – often cultural, linguistic or religious designated or identified LTCHs may attract significant out of region or spousal reunification applications;
- Significant population growth is expected, particularly in Durham West and Durham North East;
- The cost, availability and zoning of land remains a significant issue in Durham Region and Scarborough;
- Rural homes face challenges, particularly due to size and potential restrictions on movement out of communities;

9.2 Specialized Programming Considerations:

- a. All seven (7) LHIN Sub-regions require more secure units;
- b. Each cluster (Scarborough, Durham and North East) should have access to a behavioural specialized unit;
- c. All seven (7) Sub-regions should have access to high acuity priority access beds (i.e. bariatric, IV, vented patients) Additional data is required to scope the demand for these beds;
- d. More beds need to be offered at the basic rate. On average, approximately 66% of all waitlists in the Central East LHIN are for basic beds.

If you have questions or would like to discuss your redevelopment plans with the Central East LHIN, please contact:

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