

NEWS RELEASE  
For Immediate Release  
December 15, 2006

**VOLUNTEERS FROM ACROSS CENTRAL EAST WORKING ON HEALTH CARE PRIORITIES  
Chronic Disease, Mental Health and Addictions, Seamless Care for Seniors identified by communities**

Doctors, nurses, other health care professionals, health care service administrators, patients, caregivers and local residents are working with the Central East LHIN (Local Health Integration Network) as it begins to develop three health interest networks focused on Mental Health and Addictions, Seamless Care for Seniors and Chronic Disease Prevention and Management.

During a series of community consultations in the spring, attended by hundreds of local residents and health care providers, these were identified as the top priorities for improvement. This is supported by data that shows that the Central East LHIN has the second highest percent of those over the age of 65 in the province; there were 60,983 visits to a CE hospital Emergency Room by individuals with a chronic disease in 2005 - this represents 11.3% of the total ER visits in the LHIN; and, at least 20% of Canadians will experience some degree of mental illness during their lifetime that is serious enough to impair their daily functioning, and the remaining 80% will be affected by an illness in family members, friends or colleagues.

“By creating and supporting these networks we can bring together local experts from across the community who can advise the LHIN on how to better deliver these vital services,” says Foster Loucks, Chair of the Central East LHIN Board of Directors.

The newly-formed 13-member Seamless Care for Seniors (SCFS) Network’s Steering Committee is chaired by Geriatrician Dr. John Peto, Rouge Valley Health System.

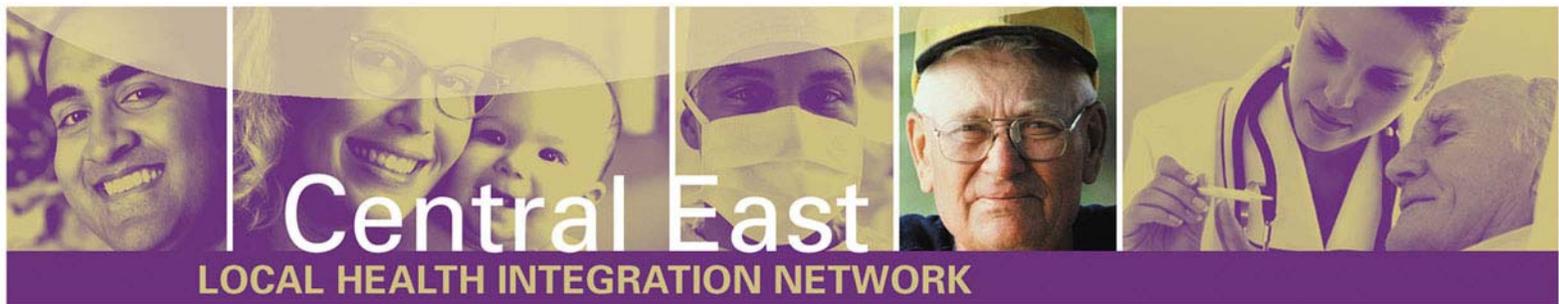
Other members of the Steering Committee include:

- Carol Anderson, Program Director for Geriatrics, Complex Continuing Care and Rehabilitation at Lakeridge Health Corporation;
- Doreen Anderson Roy, Manager of Community Support and Volunteer Services, Victorian Order of Nurses;
- Lisa Burden, Manager of Client Services, Durham Access to Care;
- Randy Filinski, Consumer Representative;
- Gail Grant, Manager, Clinician, Psychogeriatric Resource Consultant, PASE (Psychiatric Assessment Services for the Elderly) Team, Peterborough Regional Health Centre;
- Nancy Jordan, Administrator, Community Nursing Home, Port Hope;
- Dr. Janice Lessard, Internist – Geriatrician, Scarborough;
- Annamaria Maccarone, Director of Home Support Program, Community Care Durham;
- Dr. Brian McCormack, Staff Psychiatrist for the Seniors’ Mental Health Program, Whitby Mental Health Centre;
- Clara Tsang, Geriatric Clinical Nurse Specialist/Nurse Practitioner, Rouge Valley Health System;
- Karen Wallace, Administrator, Seven Oaks Home for the Aged, Scarborough, and;
- Anne-Marie Yaraskavitch, Caregiver and Consumer Representative.

One of the next big steps for the Steering Committee will be launching a network membership drive in early 2007 as work begins on a seamless system of care for older residents in Central East.

(more)

*Engaged Communities.  
Healthy Communities.*



The Mental Health and Addictions (MHA) Network is chaired by Dr. Peter Prendergast, Physician in Chief, Whitby Mental Health Centre. The Network has a Steering Committee and membership from Mental Health and Addictions services and agencies and is currently developing work plans that will lead to better care. Recently the Mental Health and Addictions Network page on the Central East LHIN website ([www.centraleastlhin.on.ca](http://www.centraleastlhin.on.ca)) was updated to include online listings of Drug and Alcohol, Gambling and Mental Health treatment programs and facilities. Patients, their families or their friends can view these listings to find out where services are located and how to access them.

The Chronic Disease Prevention and Management (CDPM) Network will be chaired by two physicians – Dr. George Buldo, a nephrologist at Lakeridge Health and Dr. Don Harterre, lead physician for the Peterborough Networked Family Health Team. Anyone interested in becoming a member of the CDPM Network Steering Committee is asked to complete an Expression of Interest form, which can be found on the Central East LHIN website ([www.centraleastlhin.on.ca](http://www.centraleastlhin.on.ca)) under the Health Interest Networks button. The deadline for submitting the form is January 16, 2007. Membership in the Network will include consumers, caregivers and health care professionals.

These Health Interest Networks provide the cross- Central East LHIN input on these three important priorities. Nine local advisory teams, or collaboratives, have been developed in zones across the Central East LHIN to provide the local geographic input. Together, volunteer membership on the networks and the collaboratives, ensures that local residents and health care providers are involved in planning health services to better meet the needs of the Central East community.

For more information, please visit the Central East LHIN website ([www.centraleastlhin.on.ca](http://www.centraleastlhin.on.ca)) or call the Central East LHIN office at 1-866-804-5446.

#### Facts and Figures

- The Central East LHIN has the second highest percent of those aged over 65 in the province.
- The 85+ age group will increase by over 91% between 2001 and 2016, and from 1.3% of our total population to 2.1% by 2016.
- Age is a risk factor for chronic diseases, and for certain mental health disorders like dementia.
- Age related diseases like diabetes, dementias, cardiovascular, respiratory and arthritis are higher in the CE LHIN compared to the provincial average.
- A recent survey shows:
  - One in six people (aged 12 and over) living in Central East communities have arthritis or rheumatism.
  - One in six people (aged 12 or over) in Central East have high blood pressure.
  - One in 20 people in Central East have diabetes and one in 10 have asthma.
  - Just over 20 per cent of the youth population in the Central East consider themselves to be overweight or obese while national statistics show the number of young people aged 12 to 17 who are overweight or obese is nearly 30 per cent.
  - Over 44 per cent of the Central East adult population (aged 18 and over) consider themselves to be overweight or obese. The actual figure in this category, across the country, is over 58 per cent.
- In Ontario in 2004 there were over 1.8 million individuals over 15 years old (18% of the total population) who visited their doctor for a mental health problem, for a total of 8.4 million visits. On average, therefore, each individual visited their doctor almost five times for their mental health problems.

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The Central East LHIN, which recently released its first Integrated Health Service Plan, is one of 14 not-for-profit organizations, created by the provincial government to be responsible for planning, integrating and funding local health services - hospitals, long term care facilities, community care access centres, community health centres, community support services and mental health agencies. The Central East LHIN covers an area that includes Scarborough, Durham Region, Northumberland/Havelock, Peterborough City and County, Kawartha Lakes and Haliburton Highlands.

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