

WORKING TOGETHER TO MANAGE MULTIPLE CHRONIC CONDITIONS (MCC)

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WHAT'S THE ISSUE?



33% of older adults living in the community have multiple chronic conditions (MCCs)

Seniors with 3+ chronic conditions use **THREE TIMES** the amount of healthcare



Healthcare providers **feel unprepared** to care for older adults with MCCs

Who was involved in the study?

21 Older Adults
Age 65+
Had stroke and/or dementia, and/or diabetes and MCCs

24 Family Caregivers
Caring for an older person with MCCs

22 Healthcare Providers
Providing care for older adults with MCCs

What did we ask them?

Tell me about your experiences in living with more than one chronic condition at a time.

What are some of the challenges you face in providing care to your family member with MCCs?

What do you do to help older adults manage their MCCs?

WHAT DID THEY TELL US?



Older adults feel that the healthcare system is designed to treat single diseases instead of the whole person.



The system is not meeting the broader health needs of family caregivers and older adults with MCCs.



Older adults and family caregivers experience challenges in navigating the complex health and social service systems.



Family caregivers feel overwhelmed and do not receive the type of support they need.



Older adults and family caregivers are not active participants in planning for their own care.

1

Healthcare professionals need to work together and actively involve older adults and their family caregivers in care and goal planning.

2

Multidisciplinary teams in the community need to help older adults and caregivers navigate the healthcare system.

WHAT'S NEXT?

3

The health and well-being of family caregivers should be addressed by all healthcare providers.

4

These results will help guide future studies on ways to assist older adults with MCCs and family caregivers.