

Abstract Title: Young adult health profiles at admission: Insights for residential services

Marie Earl
School of Physiotherapy
Dalhousie University

Katie M. Aubrecht
Mount Saint Vincent
University
Nova Scotia Health
Authority

Lori E. Weeks
School of Nursing/School
of Occupational Therapy
School of Health & Human
Performance
Healthy Populations
Institute
Dalhousie University

Introduction

Younger adults (YA) with complex, chronic health conditions may be admitted to residential long-term care (RLTC) designed for older adult populations because of a lack of alternatives for housing and care (World Health Organization. & World Bank., 2011). Inadequacies of using these facilities for the care of YA have been highlighted (Gridley, Brooks, & Glendinning, 2014; Muenchberger, Sunderland, Kendall, & Quinn, 2011; World Health Organization. & World Bank., 2011). More evidence is required to develop promising alternatives, such as the use of client-centered needs assessments that identify and target the supports required to improve or protect functioning and well-being (Muenchberger et al., 2011; World Health Organization. & World Bank., 2011).

Objective

To map admission assessments of YA admitted to RLTC, to the WHO International Classification of Functioning, Disability and Health (ICF) and the social determinants of health (SDH) (Wolbring, 2011; World Health Organization., 2001).

Methods

Descriptive analyses were conducted on de-identified admission assessment data of Nova Scotians age 19-64 years, admitted to RLTC between 2007 and 2016 (N=1401); designated variables were drawn from the MDS-HC (© interRAI Corporation, 2001). Admissions patterns were summarized in temporal and geographic domains. Admission profiles of the residents were constructed using the ICF including the SDH, based on age at admission.

Results

The dataset captured many SDH, and all components of the ICF model but participation-level variables were meagre. Adults aged 55-64 years comprised 68% of the sample, compared to 3% aged 19-34 years. Most were admitted to facilities in the

most densely populated region of the province; the number of admissions, within age groups, was similar across the 10-year study period. Care-giver stress, limited access to home-care services, and sedentary lifestyles were common across the sample. Age-associated trends included findings that at admission, the youngest (19-34 yrs) were more likely to: be male; have a chronic neurological condition; have impaired procedural memory rather than impaired short-term recall; require assistance for bowel or bladder incontinence; and live with family caregiver(s).

Conclusion

The SDH and the ICF frameworks demonstrated opportunities to expand client-centered assessment of YA who require RLTC, to better inform services. Commonalities in the personal and environmental factors captured by the profiles can guide development and evaluation of RLTC services for young adults. Age-associated trends in personal and environmental factors also inform and support further attention to strategies that address the unmet needs of YA who require RLTC.

References

- Gridley, K., Brooks, J., & Glendinning, C. (2014). Good practice in social care for disabled adults and older people with severe and complex needs: evidence from a scoping review. *Health Soc Care Community*, 22(3), 234-248. doi:10.1111/hsc.12063
- Muenchberger, H., Sunderland, N., Kendall, E., & Quinn, H. (2011). A long way to Tipperary? Young people with complex health conditions living in residential aged care: a metaphorical map for understanding the call for change. *Disabil Rehabil*, 33(13-14), 1190-1202. doi:10.3109/09638288.2010.524275
- Wolbring, G. (2011). People with disabilities and social determinants of health discourses. *Can J Public Health*, 102(4), 317-319.
- World Health Organization. (2001). *International classification of functioning, disability and health: ICF*. Geneva: World Health Organization.
- World Health Organization., & World Bank. (2011). *World report on disability*. Geneva, Switzerland: World Health Organization.

Cite this document in APA:

- Earl, M., Aubrecht, K.M., & Weeks, L.E. (2018, September). *Young adult health profiles at admission: Insights for residential services*. Paper presented at the Healthy Living, Healthy Life: Collaborative Health Conference on Research, Practice and Community Innovations Conference, Dalhousie University, Halifax, NS. Retrieved from <https://ojs.library.dal.ca/HLHL/>

CC BY-NC-SA