

REGIONAL MUNICIPALITY OF OTTAWA-CARLETON
MUNICIPALITÉ RÉGIONALE D'OTTAWA-CARLETON

REPORT
RAPPORT

Our File/N/Réf.
Your File/V/Réf.

DATE 8 June 1998

TO/DEST. Coordinator
Community Services Committee

FROM/EXP. Social Services Commissioner

SUBJECT/OBJET **REVIEW OF APHASIA CENTRE**

DEPARTMENTAL RECOMMENDATIONS

1. **That a one time grant in the amount of \$47,400 be allocated for 1998 to maintain the services for people with aphasia and their families and caregivers;**
2. **That the grant be funded out of the proposed reduction of the Supplementary Aid/ Special Assistance budget as proposed on the Motion on April 23, 1998 for 1998 only;**
3. **That in 1998 the Social Services Department and the Aphasia Centre identify a cost effective service delivery model for the counseling component of the program, for example by working collaboratively with existing counseling agencies and Community Health and Resource Centres, and;**
4. **That in 1998 the Health Department support the Aphasia Centre to identify and access resources within the provincial health services/Long Term Care or other appropriate sources to sustain the health component of the program.**

PURPOSE

The purpose of this report is to present a review of the Aphasia Centre to the Community Services Committee.

BACKGROUND

At the Community Services Committee meeting on April 23, 1998 the Committee passed the motion "that the following motion be referred to the Social Services and the Health Department

for review and provide a report to present to the Community Services Committee at its June 25, 1998 meeting”:

1. That \$47,000 be allocated as a grant to the Aphasia Centre, for its counselling and personal support programs and;
2. That this grant be funded out of the proposed reduction of the Supplementary Aid/Special Assistance Budget”.

DISCUSSION

Aphasia Centre

The Aphasia Centre of Ottawa Carleton was established in 1990 as a non profit bilingual organization dedicated to facilitating and supporting life adjustment and community reintegration of people affected by aphasia.

Acquired aphasia is a communicative impairment usually caused by stroke, head trauma or other brain injury. People with aphasia have difficulty using words - in verbal expression, in understanding what others are saying, in reading and in writing. The irrevocable changes in language patterns and relationships that result affect all those involved. Issues of loss of independence, emotional fragility, loss of intellectual competence, self worth, social isolation, threat of economic hardship become apparent for the people who have aphasia. Families and caregivers of people who have aphasia sustain the challenges with dealing and providing the necessary support.

The services provided by Aphasia Centre combine professional speech language and communication expertise and individual, group and family counselling and personal support. The program includes:

1. Long Term Program: This is an integral part of the recovery continuum where people discharged from the Rehabilitation Centre speech language therapy can have the opportunities for social interaction and language practice to ensure that the levels of recovery achieved in rehabilitation programs are maintained. The service is provided through:
 - a) Home visits for evaluations by the speech language pathologist and a social worker.
 - b) Facilitated conversation groups in three half day programs in English and French where trained volunteers facilitate conversations between people with aphasia in community settings.
 - c) Co-therapy by Speech Language Pathologist and Social Worker offering a blend of mediated and direct professional support needed to maintain gains and improve alternative skills.

The program is based on a wellness model which emphasizes individual competencies in group settings and incremental progress focusing on adjustment to the daily realities of aphasia using highly adaptable alternative methods of communication.

2. Counselling and Personal Support Program: is offered to facilitate and support life adjustment and community reintegration of people affected by aphasia. The services include:
 - b) Individual development providing professional and volunteer bridging to community activities.
 - c) Counselling for individuals, couples, families, caregivers, groups (peers, women, children)

People suffering from aphasia face a number of challenges in their social life and economic life. Changes in personality and loss of cognitive ability is exhibited through signs of frustration, anger and desperation, abusive and inappropriate behaviours which result in disruptive family relationships. People with aphasia have limited opportunities to interact due to fear of rejection which leads to stress and depression, suicidal attempts related to changes in self-perception, loss of employment and productivity. Family members and caregivers also suffer from exhaustion and strain from being put in an unfamiliar role of interpreter, caregiver, or head of household. In some cases this leads to an increased need for crisis and ongoing intervention.

3. Workshops and Seminars: Dialogue on Stroke series, in-services for other professionals, workshops for family and friends and community events.

The services are delivered through three locations in the Ottawa-Carleton Region - West, Britannia at Lakeside Gardens, in the East at Residence St. Louis, in Orleans and at the Centre's office at Bronson.

The Aphasia Centre of Ottawa-Carleton has worked with about 300 families over its seven years, representing 1 in 9 households where stroke, or other traumatic brain injury, has affected.

Funding History

The agency received project funds in different years from different sources. The Centre complemented project funds through volunteer contributions, private donations and other fund raising activities. In 1992 the Centre received a three year funding grant (1994-1997), equivalent to \$106,000 per year through the Federal Health Canada "Seniors' Independence Program Grant" to: a) develop a system which accommodates the needs of people with aphasia and their families and caregivers; b) integrate different approaches into a comprehensive program which helps people with aphasia integrate into the rest of the community.

In 1997 funding through the Federal Senior's Independence Program came to an end and the Centre has maintained the program through fee-for service on sliding scale, fund raising and grants through partnership with Ottawa University for student placement

Current Situation

Currently the program is delivered by one full time staff, who is a speech language pathologist and is the executive director; and one half time support counsellor, who is a social worker and registered marriage and family therapist. Thirty trained volunteers with a variety of related backgrounds and students in speech language, linguistics and communication disorders program at the University of Ottawa, Carleton University and Georgian College provide support services for the clients.

The Centre receives regular funding from the University of Ottawa in the amount of \$8,000 a year through the students placement program.

The \$47,400 funding requested will be directed to staff salaries to provide services for the remaining seven months of 1998. It is the expectation of the Aphasia Centre that the funding be annualized to an amount equivalent to \$60,000.

Other Centres in Ontario, the York Durham Aphasia Centre and Pat Arato Aphasia Centre in Toronto receive funding through the Public Health, Ministry of Health transfer payment program to cover costs related to salaries for the professional speech language pathologists, administration and overhead costs. The Pat Arato Aphasia Centre receives funding in the amount of \$500,000 while the York Durham Aphasia Centre receives funding equivalent to \$122,000 annually. The Halton Aphasia Centre at Burlington receives its funding through the hospital.

The Provincial health services restructuring program is currently discussing the funding process of the aphasia centres and it is expected that the funding for these Centres will be channeled through the Long Term Care.

Rationale

The Social Services Department and the Health Department met with the Aphasia Centre on April 28, 1998 to review and discuss the services provided by the Aphasia Centre.

The two Departments acknowledge the gap of services for people who have aphasia and support services for their families and caregivers. The Long Term Care program component is a rehabilitation treatment program, which is a continuum of medical services, helps people with aphasia to develop and maintain their communication skills. The counseling and personal support for people who have aphasia contribute to meet their personal needs and to facilitate their reintegration. Counselling and personal support services for family members and caregivers of people with aphasia provide essential support services to deal with the stress and challenges of dealing with people with aphasia.

The long term program component as is mentioned above is a rehabilitation treatment service and support for this program should be complemented through resources from health services. The RMO Health Department's mandate focuses on public health, prevention and education and does not address rehabilitation treatment needs of people with aphasia.

The Social Services Department proposes that the counseling component of the program be considered as part of the Department's counseling and personal supports purchase of services program. The Social Services Department recognizes that services required to support people with aphasia are unique and that people with aphasia can not easily access most of the regular community services because of the need for facilitated communication support. However, given the relatively small number of clients who are receiving social assistance and on low income, the Department proposes that a viable alternative service delivery model be identified to ensure effective use of resources (See Annex A). Accordingly the Aphasia Centre should explore options of delivering the counseling component of the program in partnership or in collaboration with existing agencies such as the family counseling services or Resources Centres.

Over the last three years the Social Services Department has worked with funded agencies to address gaps of services through collaborative initiatives with existing resources. These initiatives helped to address the unique needs of clients and to build the community resources' capacity to understand and deal with clients who have specific needs. Delivering services for families and caregivers of people with aphasia in collaboration with existing agencies would help to obtain efficiencies through effective use of resources and also to enhance the network of existing services.

FINANCIAL CONSIDERATION

According to the motion by the Community Services Committee on April 23, 1998 the grant will be funded out of the proposed reduction of the Supplementary Aid/Special Assistance budget for 1998 only.

Approved by Dick Stewart

HB

Attach.(1)

APHASIA CENTRE**I. LONG TERM PROGRAM****Mediated Communication Groups/Individuals (Speech language therapy) for 1998**

Age Group	No. of clients	No. of clients paying for Group sessions			No. of clients paying for Individuals sessions		
		Full Fee	Partial	None	Full	Partial	None
20-29	1	---	1	---	1	---	---
40-49	12	4	2	6	---	---	---
50-59	17	5	6	6	1	---	1
60-69	17	11	4	2	2	1	2
70-79	20	11	7	2	---	2	1
80-89	6	5	1	---	1	2	---
90-99	3	2	---	1	1	---	---
TOTAL	76*	38	21	17	6	5	4

- 42% Female
- 58% Male
- 60% are over the age of sixty
- 27% of the total number of clients are receiving social assistance
- 10% receive a limited disability pension
- 28% depend primarily on standard old age Security

Note: The full fee for mediated communication groups (speech language therapy) is \$300 per year.

II. COUNSELING AND PERSONAL SUPPORT FAMILIES/ GROUPS FOR 1998

Number of Clients and Hours - Counseling Sessions				
	TOTAL	Full Fee	Partial Fee**	None
No. of clients	30	15	7	8***
No. of hours	786	343	220	223
<ul style="list-style-type: none"> • Groups • Family & Couple • Individuals 	398 38 350	184 6 153	120 10 90	94 22 107

- ** Most of the individuals/families/groups paying partial fee pay 10% of the regular fee.
- *** 6 of these are people receiving social assistance.

Note: The regular hourly fee for counseling for Couples and Families is \$60 per hr.
Fees for Groups of Partners, Couples, Support Groups and Women's Support Groups is \$20 per 1½ hr session.