

# Glacier View Lodge

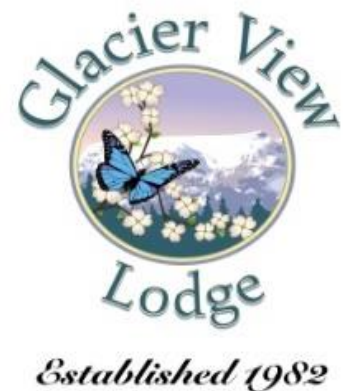


## A CASE FOR SUPPORT OUTDOOR ACTIVITY CENTER

### DEVELOPMENT LEAD

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## SUMMARY

Please consider a partnership with Glacier View Lodge (GVL) to purchase outdoor equipment to enhance the overall well-being for our residents and those who attend our day programs. With installation of “elastic” flooring, specialized exercise equipment, and awnings, GVL will be in a position to deliver safe, enhanced, therapeutic, physical, and social activities in a safe, dry outdoor setting.

**Financial Support Requested- \$42,000**

## GLACIER VIEW LODGE

Glacier View Lodge is an accredited complex care facility and the primary provider of residential and day program services for individuals living with complex health concerns, Alzheimer’s disease, and dementia on Northern Vancouver Island. Incorporated in 1979, GVL presently serves 102 frail and elderly residents of whom, 85 live with degenerative cognitive ability and motor impairment.

## PURPOSE OF PROPOSAL

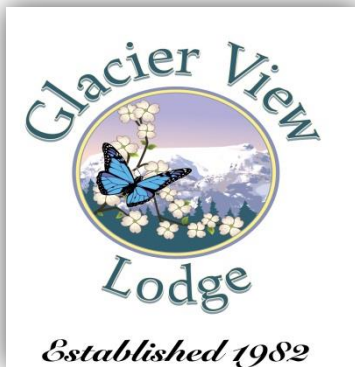
To secure financial support to purchase and install equipment in a new, onsite, outdoor patio:

1. Elastic flooring to prevent injury from falls
2. Specialized outdoor exercise equipment
3. Awnings and all weather shelter

## ANTICIPATED OUTCOMES OF PROPOSAL

1. Reduced injury from falls onsite
2. Increased willingness by residents to go outside in all weather
3. Increased incentive for residents to use the patio and equipment
4. Increased visitation by family and friends to GVL
5. Increased satisfaction by visitors to GVL
6. Overall patient care improvement including cognitive and mental health

## INTRODUCTION TO GLACIER VIEW LODGE



Glacier View Lodge traces its roots to an initiative by the Women’s Institute of Northern Vancouver Island who in 1946, resolved that a “Home for Senior Citizens be established somewhere in the north end of the island, preferably the Comox Valley.” In 1955 they opened the doors to Marsland House, a new community residence for 28 elderly Comox Valley pioneers.

Glacier View Lodge Society became incorporated in 1979 and in 1982 opened a 75-bed, intermediate care facility to address community need. In 1991 a 27-bed Special Care Unit addition was opened to care for special needs of residents with dementia. Presently, 85 of 102 rooms are occupied by individuals who live with severe dementia or Alzheimer’s disease.

An Adult Day Program for seniors, who are still living at home, offers medical care and monitoring, assisted bathing, socialization, and recreation activities supported by clinical specialists. The program reaches beyond direct care; caregivers benefit from reduced stress and increased personal time, knowing their family member is securely supported at GVL.

Over the years, Glacier View Lodge has evolved into the largest, exclusively complex, care facility serving the populations of Northern Vancouver Island including:

- Alert Bay
- Campbell River
- Comox
- Courtenay
- Cumberland
- Gold River
- Northern Islands
- Port Hardy
- Port McNeill
- Sayward
- Sointula
- Tahsis

## HISTORY OF THIS PROJECT



In 2014, Glacier View Lodge was awarded \$40,000 from the Employment and Social Development Canada, Enabling Accessibility Grant to build an active outdoor area called Marsland Centre for the use of residents and their families. This grant allowed GVL to complete phase one of the projects with a 2800 square foot glassed in courtyard. Here you can see it under construction.

The community stepped forward in force to supply the finishing touches such as outdoor furniture, a barbeque, and other space enhancements beyond the grant allocation. Marsland Centre opened the doors to our community in October 2015.

## NEEDS/PROBLEMS

1. Seniors with complex health issues, mobility concerns, and memory challenges may not easily, nor safely, join physical activities in the larger community because they are unable to safely use standard exercise equipment. People impacted by cognitive functioning cannot cope with excess stimulation within public areas. Creating accessible activity spaces within our facility is essential to the emotional physical being of GVL clients and residents.
2. GVL engages clinical restorative care/ activity teams who report vast patient improvement for the residents who do join in prescribed programs. The team has determined that a new outdoor physical activity center space (within the new patio), requires elastic flooring to prevent injuries from a fall. Visual points of reference are needed to ensure safe orientation and mobility.
3. In the face of rapidly growing demand, enhancing frail elderly care is a top priority for Glacier View Lodge. On average, our population in the Comox Valley is older and this trend is expected to continue: by 2033, our general population is anticipated to grow 29 per cent while the percentage of those aged 75 and older is expected to jump by 94 per cent.
4. Visiting a complex care facility is sometimes difficult for families and friends. The activity centre will offer features that can be enjoyed by all.

## FACTORS CONSIDERED



1. Hip fractures from falls in the elderly represent a significant public health cost due to their frequency (admissions in BC were 3,885 in 2011/2012) with a cost of 75 million dollars a year.
2. There is no enclosed outdoor activity area fitted with resilient safety flooring to meet the regional needs of local therapists who provide assistance to people with special and complex needs.
3. GVL aims to support families and friends of our residents, our residents present with barriers to communication; by creating enriching and safe activity spaces, visitors can connect with their loved ones in meaningful ways beyond language and in a shared activity.

## GOALS

Goal 1-Reduce GVL resident and outpatient injuries

Goal 2-Improve the physical , social emotional health of GVL Residents

Goal 3-Improve the satisfaction of visitors and families to GVL

## OBJECTIVE BY MARCH 31, 2016

1. Frail seniors will be able to be able to access a modern and safe outdoor recreation space to allow them to focus on abilities, not on disabilities in a safe, equipped sheltered activity area.

## PROCEDURES/SCOPE OF WORK

1. Develop a project charter and steering committee
2. Oversee project development to completion
3. Consult with Neurophysiology and Occupational Therapy to guide selection of fitness equipment
4. Trial evaluation of equipment with staff, residents/clients and families
5. Develop clear, specific and measurable evaluation tools
6. Select qualified vendors
7. Install elastic/ ground surface that will reduce harm to seniors in a fall
8. Create a shade weather structure/awning
9. Install outdoor fitness and recreation equipment

## TIMETABLE

	Description of Work	Start and End Dates
Phase 1	Outdoor Patio completed	July 2015
Phase 2	Procure activity equipment	Dec. 2015-Mar.2016
	Installation and testing	April 2016
Phase 3	Implement program activity	May-Sept. 2016
	Evaluation and reporting	Oct.2016
Follow up	Acknowledgements	Nov. 2016

## BUDGET

### Revenue

Enabling Accessibility Grant	\$40,000
Investor's Group	\$2,500
Lodge & Community contribution	\$19,000
<b>Total Revenue</b>	<b>\$61,500</b>

### Expenditures

Outdoor Patio	\$40,000.00
Outdoor Physical Equipment	\$15,000
Misc. Game Equipment balls, goal posts, etc.	\$2,000
Shade awnings	\$7,000
Injury prevention safety flooring	\$39,500.00
<b>Total Expense</b>	<b>\$103,500.00</b>

**Total Expense less Revenue** **\$42,000.00**

**Request for Funding** **\$42,000.00**



## KEY PERSONNEL

Michael Akins, Executive Director



<https://player.vimeo.com/video/119502021>

The GVL leadership team has strong expertise to manage the proposed activity; the GVL Plant Services Engineer will manage project installation. GVL has reciprocal partnerships with St. Joseph's General Hospital and may access their expertise with building and procurement.

Specific to the project, GVL will work with regional Occupational Therapy and Neurophysiology clinicians to assess the medical needs of residents to determine the equipment required to meet specific resident and program needs.

## ACCREDITATION

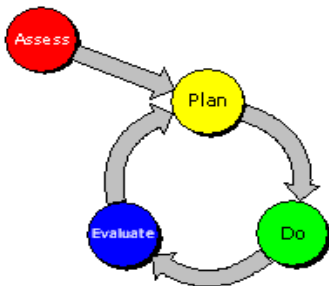


Accreditation Canada is an independent, not-for-profit organization that has been accrediting health care and social services organizations in Canada for more than 55 years. Its comprehensive accreditation programs foster ongoing quality improvement through evidence-based standards and rigorous external peer review.

## EXPECTED OUTCOMES

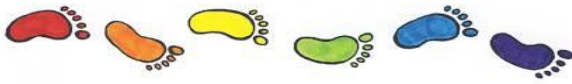
1. Increased individual resident strength, measured by reduction in falls or ability to self-transfer
2. Increased participation in restorative care activities (current participation is 50% of the GVL population, 0% from community outreach programs)
3. Increased satisfaction for residents living in our facility (as measured by a facility survey)
4. Increased engagement of residents with family and/or friends in the recreation area (measure against usage of space in summer 2014)
5. Increased number of restorative/physical recreation activities (measured by program attendance statistics)
6. Increased interactions with other community groups (i.e. sports teams, intergenerational programs)

## EVALUATION



1. Conduct annual Family and Resident Satisfaction Surveys
2. Quantify number of increased recreational opportunities
3. Monitor for increased resident participation in restorative care programs
4. Monitor for increased participation by community clients
5. Quantify new community connections developed
6. Monitor reduction in falls, as residents increase strengthening and fitness
7. Monitor reduction in use of anti-psychotic medication
8. Monitor for decrease in depressive symptoms for residents

## NEXT STEPS - YOUR PARTNERSHIP IS NEEDED



Glacier View Lodge is sharing this worthy project with you to invite exploration of a partnership. We ask that you consider a donation to fund all, or part of this project; we are grateful for any contribution.

GVL donors have invested considerable resources to date by raising funds for the new adjacent day program building. GVL is already committed to providing support to this project in partnership with existing community supporters and donors like you.

Your financial support will be acknowledged through opportunities to recognize you publically online, with photo and publication credit, in production and promotional material, programs, poster, and online. Recognition for your support (if desired), will reach GVL's internal audience of over 300 staff and volunteers and through media and Facebook.

Your investment in creating an all-weather, safe, equipped, outdoor sport and physical activity center will bring lasting, positive outcomes. GVL will be able tell the stories of resident well-being and gratitude expressed beyond words. Your donation will truly enrich the lives of our residents at Glacier View Lodge.

We can't do it alone, your help is needed. GVL is a non-profit organization that relies on the generosity of donors like you to ensure that our residents and day program participants receive the services and equipment they need.

Give today to help us provide quality of life for the residents at Glacier View Lodge.

*Thank you.*



## PROJECT SUMMARY AND CONTACTS

**Case:** Activity Centre

**Funding area:** seniors, hospitals, community

**Benefiting:**

102 Residents (future resident growth is expected to be 130 to 150 + by 2020)

45 Day program participants 3 times a week

100 Family visitors visiting per month

20 college practicum students per year

**Total Request:** \$42,000

**Charitable Registration Number:** 107434235RR0001

**Website:** [www.glacierviewlodge.ca](http://www.glacierviewlodge.ca)

**Development Lead**

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## ENDORSEMENTS

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