

# Your feedback matters...

*“The balance between hearing from the room and hearing from online, having cameras set up so we could see speakers as well as hear them - all of that really helped with inclusion. Thank you. It makes a difference.”* feedback from FoCF #2

Feedback like this helps us improve the experience for us all. Thank you!



# Haliburton Highlands Health Services

## Future of Care Forum #4: Green Care Farms as Long-Term Care



**This session is being recorded.**



# Housekeeping Items

**Washrooms** are located just outside the hall.

There are **fire exits** on either side of the stage.

Please put your **phones on vibrate**.

We have **reserved seats** close to the speakers for those with hearing impairments.



# Traditional Land Acknowledgement

We gather on ancestral lands, the traditional territory of the Mississauga Anishinaabe and the traditional unceded territory of the Algonquin Anishinaabe people and in the territory covered by the Williams Treaties which have been inhabited for thousands of years – as territories for hunting, fishing, gathering and growing food. The intent and spirit of the treaties that form the legal basis of Canada bind us to share the land “for as long as the sun shines, the grass grows and the rivers flow.”





# Help Shape the Future of Healthcare in our Community!

We hosted a **Future of Care Forum** Town Hall series at our Minden site auditorium and virtually, where the community was invited to learn more about HHHS' plans and ask their important questions.

## FORUM #1



### What's on the Go at HHHS

February 19, 2025  
6 pm to 7:30 pm

## FORUM #2



### The Future of Long-Term Care

March 5, 2025  
6 pm to 8 pm

## FORUM #3



### The Future of Acute Care

March 26, 2025  
6 pm to 8 pm

## FORUM #4



### Green Care Farms as Long-Term Care

June 5, 2025  
5 pm to 6:30pm



Learn more: [www.hhhs.ca/Master-Planning](http://www.hhhs.ca/Master-Planning)  
Share your input: [MasterPlanning@hhhs.ca](mailto:MasterPlanning@hhhs.ca)



# The Goal for Tonight's Meeting

HHHS is at the beginning of our 10+ year Master Planning journey that will adapt to the evolving needs and feedback of the community.

## Our aim is to:

1. Share experiences, learnings and ideas from the recent trip to Green Care Farms in the Netherlands
2. Update the community on our Master Plans



# Meeting Agenda

- |    |                               |                |
|----|-------------------------------|----------------|
| #1 | Welcome & Introductions       | 5:00 – 5:10 pm |
| #2 | Challenging the Status Quo    | 5:10 – 5:25 pm |
| #3 | What's Art Got to Do With It? | 5:25 – 5:40 pm |
| #4 | Green Care Farms: Netherlands | 5:40 – 5:55 pm |
| #5 | HHHS & GCF: What's Next       | 5:55 – 6:10 pm |
| #6 | Your Thoughts...              | 6:10 – 6:30 pm |





# Gratitude

**Special thank you to our sponsor McMaster University.**

**Thank you to our colleagues who shared this experience:**

Maastricht University, Netherlands

Zuyd University of Applied Sciences, Netherlands

University College Cork, Ireland

Simon Fraser University, BC

University of Saskatchewan

University of Manitoba

Trent University, Ontario

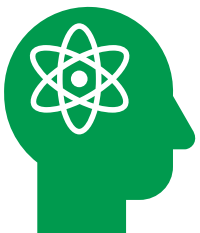




# Dr. Sharon Kaasalainen, RN, PhD



**Challenging the Status Quo:  
Implementing Green Care  
Farms to Improve Quality of  
Living in Long Term Care**





# Implementing Green Care Farms to Improve Quality of Living in Long Term Care





# Green Care Farms

- Innovative, small home-like care designs
- Provide 24-hour care or day programs
- Combine agricultural with care activities
- Provide meaningful activities including having residents being involved in cooking, cleaning and farm activities
- Studies have found that residents were more physically active than individuals at more traditional care homes during the day



# Impacts of Living at a Green Care Farm

- Increase **cognitive functioning** and slow cognitive decline
- Enhance **physical activity** and reduce fall incidents
- Promote **emotional and psychological well being**, and reduce depression, stress and agitation
- Decrease social isolation and promote a **sense of belonging** and satisfaction





# Research in Canada about GCFs

## ***Challenging the Status Quo: Implementing Green Care Farms in Canada to Improve Quality of Living in Long Term Care***

- We firmly believe that the choice of a higher risk, higher reward activity, such as participating in a GCF, should lie with the person and/or family carer, not our system or the policies that govern them.
- Aim of this study is to explore how GCFs can be implemented in Canada considering our policy, our 'risk-averse' culture, and highly regulated LTC environment.

Funded by the New Frontiers in Research Fund – Exploration, 2024-2026.

# Initial Study Findings – Stakeholder Analysis

GCFs can  
Improve  
Quality of Life  
for Residents

**"How much more comforting and charming and pleasant his last 5 years could have been** if he could have been hanging out with chickens running around his wheelchair as opposed to nothing running around his wheelchair."

"I really believe that **giving people a sense of purpose and a sense of meaning** is huge in long-term care. And that's true for people with dementia as well."

GCFs can  
Facilitate  
More Social  
Connection

"It's an opportunity for **social inclusion, social connection**. Be it with the staff, with volunteers or with the family members."

"Being outdoors being with nature, being with plants is good for everybody's physical and mental health. I think if people with dementia who grew up on a farm or worked on a farm, I mean **it's helping to keep them connected with things that are familiar to them and comforting to them.**"

# Initial Study Findings – Stakeholder Analysis

## Designing GCFs to Optimize Safety and Autonomy

“The challenge is being able to provide an environment where we can address that **balance of safety and autonomy**. Which is a difficult balance to strike with people living with dementia, with families. That's a struggle in long term care.”

“...one part of it is the environment and definitely we need to make it as safe as possible. But another part of it is, expecting the reality that we live within risk all the time and it's okay. **Just because someone has dementia doesn't mean that we should fully shield them, because that might actually take away from their quality of life as well**”

# What We Hear...

Their rules are different. Our rules won't allow it.

We don't have enough money.

The unions will prevent change.

We don't have enough staff.

**Advice from a GCF Operator in the Netherlands:**

*"You can either keep complaining, or you can do something about it"*

*"Shoot the bears"*

**McMaster**  
University





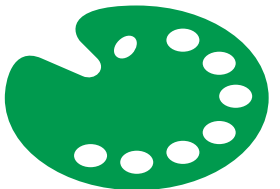


# H. Fay Wilkinson

Registered Expressive Arts Practitioner, Storycatcher



**Green Care Farms –  
What's Art Got to Do  
With It?!**





# Green Care Farms



## What's Art Got to Do With It?

H. Fay Wilkinson, REACE  
[fay@thecreativecocoon.com](mailto:fay@thecreativecocoon.com)



# Engaging with artmaking - both creating and experiencing it:



- reduction of cortisol levels
- enhanced cognitive function
- improved emotional regulation
- increased empathy, communication & social connection
- alleviates pain
- improves frailty, depression, medication dependency





# Freedom – Safety





# Evidence of creativity / making everywhere







Smooth &  
seamless  
transitions





Do *with* rather than *for*...with passion







Find purpose and joy in  
every day - meaningful  
activities





# Non-medical Approaches





# Engage with Nature



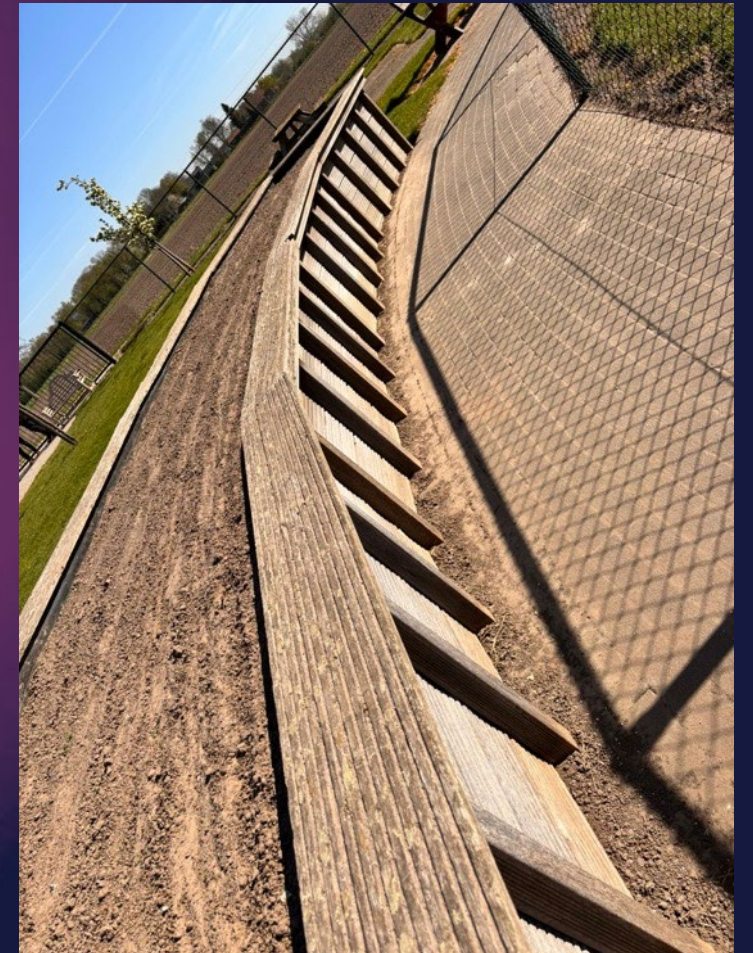


Live life until you  
die



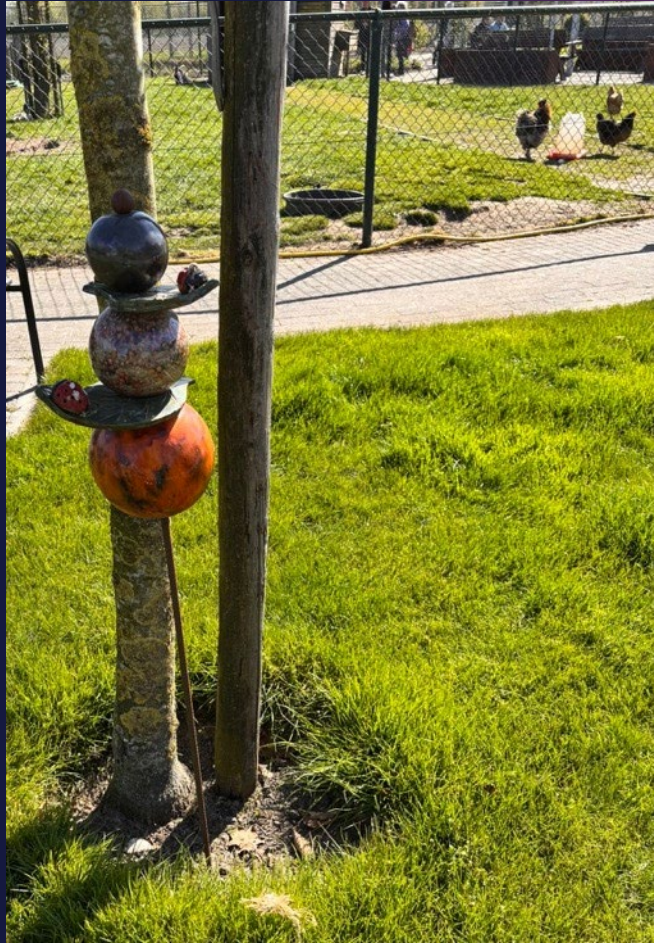


No matter your role, if you see something needs doing – do it!





can do until shown otherwise





Reminders for me in my work:



- watch out for assumptions
- demonstrate intersubjectivity
- show up & be present
- tell the truth & be playful
- it's OK to pivot
- don't be attached to an outcome/  
be open to results





**We cannot hold a torch to light  
another's path without brightening  
our own.**

**~ Ben Sweetland**

**H. Fay Wilkinson**

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[vimeo.com/channels/1672695/videos](https://vimeo.com/channels/1672695/videos)



# Jennifer Burns West, RN, BScN

Chief Nursing Executive & Vice President Clinical and  
Community Programs

**Green Care Farms:  
Learnings from the  
Netherlands**





# What is a Green Care Farm?

## Key Stakeholder Perceptions of Implementing Green Care Farms for Dementia Care in Canada

J. Harris, M-L. Yous, A. Smith, T. Ling, and S. Kaasalainen

Person-centred farm- and nature-based care services aiming to increase social participation, quality of life and physical activity.

European studies show that people with dementia have increased participation in domestic and nature-related activities as compared to regular small-scale and traditional nursing homes.





# Distinct & Unique Homes

- ★ **Renovated Dairy Farm:**  
Zorghoeve de Port
- ★ **Rustic and Rural:**  
Ouderenlandgoed Grootenhout  
Mariahout
- ★ **Urban and Modern:**  
Parc Glana Zuyderland Geleen



# Green Care Farm Homes

We visited 3 very different models of GCFs.

## Grootenhout



## Parc Glana



## de Port





# Background on Green Care Farms in the Netherlands

- In the early years, care was provided during the day.
- In the past 15 years, expanded to include residential care programs.
- Since 2005, there are over 1,000 Green Care Farms (GCF) with 250 providing day care activities for people with dementia.
- Admission to a GCF or traditional LTC home is determined by a government standardized assessment procedure.





# LTC in the Netherlands



Fees covered by the government, based on income

## Care Options:

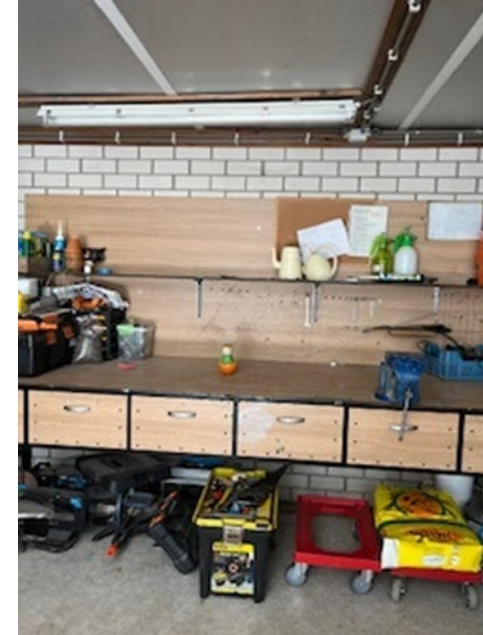
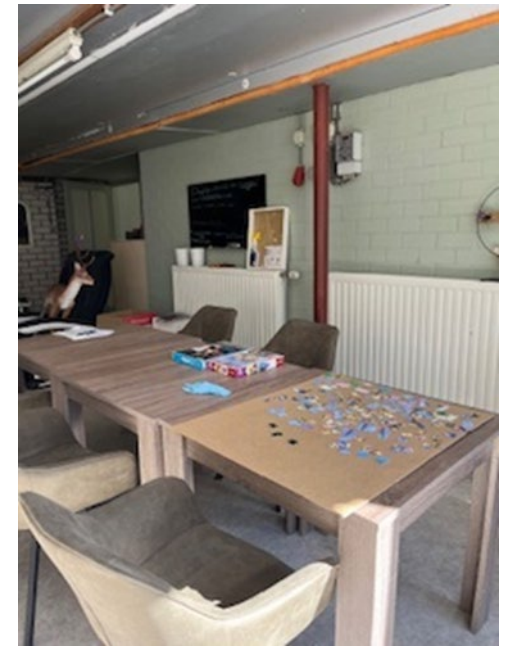
- Family paid to provide care
- 10 weeks of respite care/person/year
- Very short wait list

People with dementia are encouraged to attend day care programs, to provide stimulation and a sense of purpose.



# Day Experience

- Open 7 days a week
- Have a sense of purpose and live life to the fullest
- Day residents attend with overnight residents
- This allows residents to “go home” at the end of the day
- Develop friendships and the transition to an overnight resident is easier
- Programming allows to a better night's sleep, prevents reversing their day and night rhythm during the day.







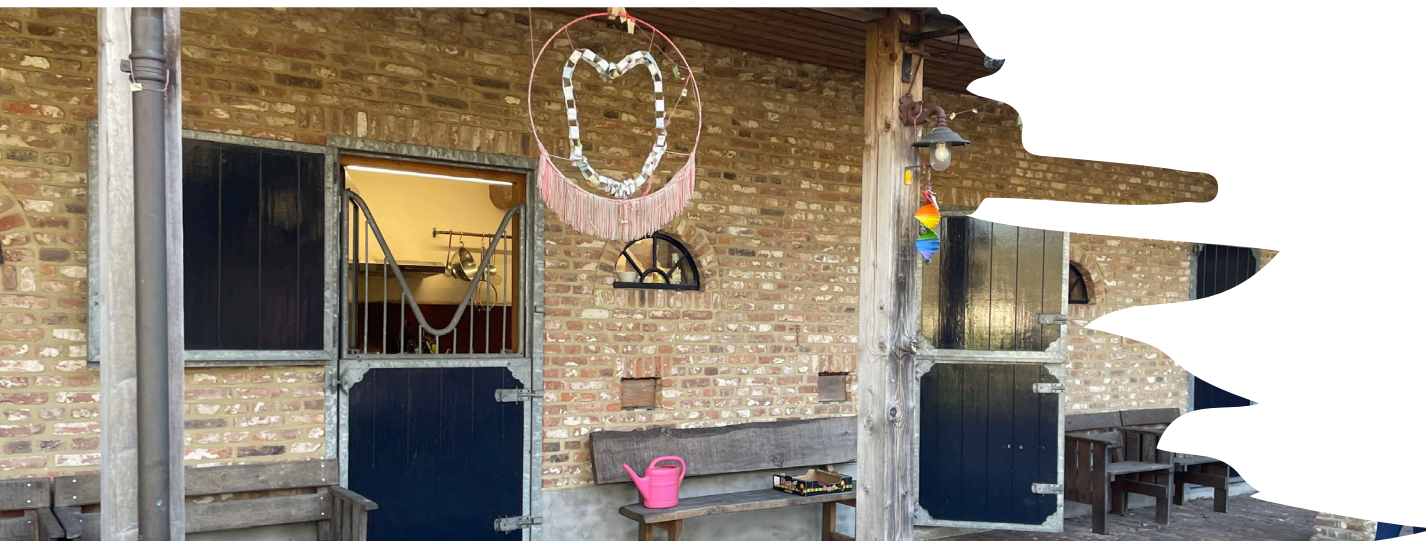
Ouderenlandgoed Grootenhout Mariahout





Grootenhout

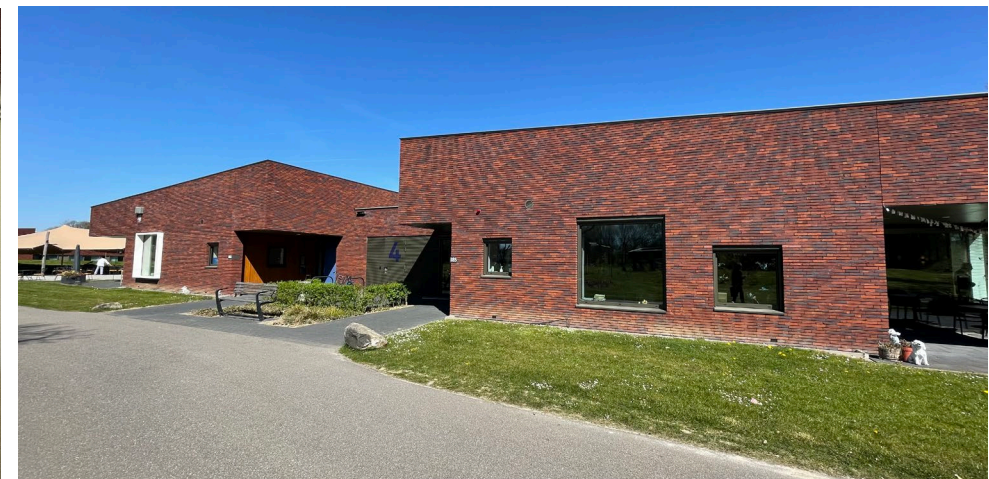
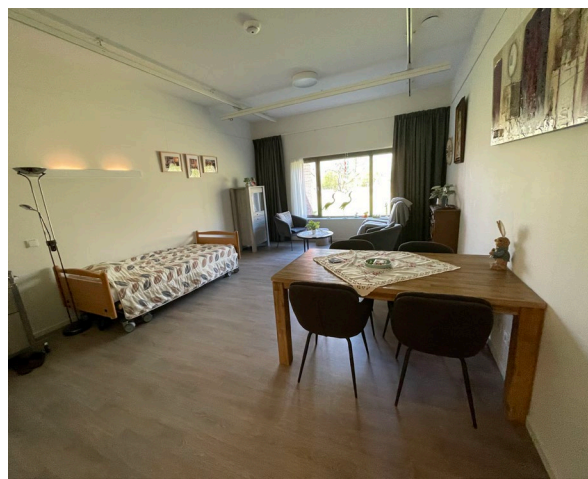




Grootenhout



# Parc Glana Pavilions







de Port



# Small & Home-like

Shared Living Rooms – Personal Space – Fireplace Dining Room

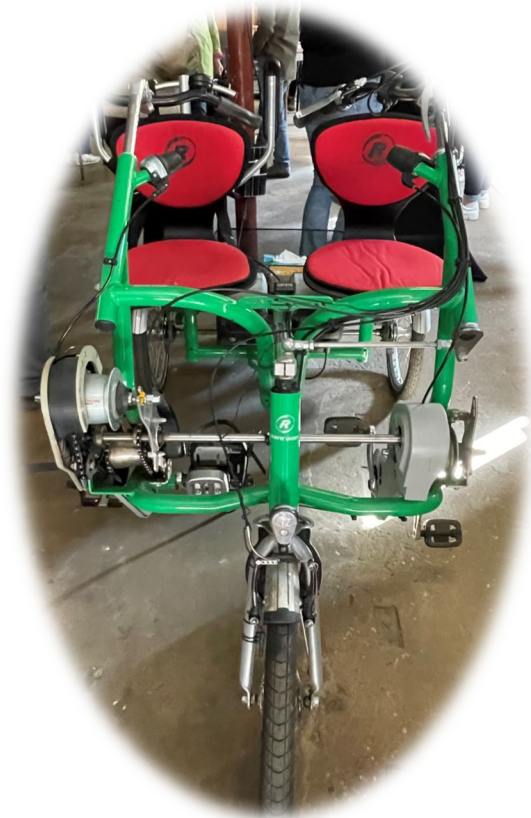






# Active & Outdoors

- Biking
- Walking
- Gardening

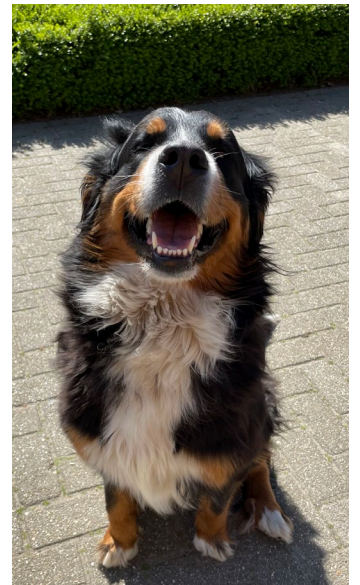




# Animals



Horses  
Dogs  
Goats  
Chickens  
Ducks







# Sense of Purpose

Gardening  
Workshops  
Theatre  
Daily Activities







# Living with Risk

- Open doors/gates policy
- Use of GPS to track location of wandering residents
- Encouraged to walk and ride bikes
- Staff sleep during the night and are responsible for residents in multiple buildings







# Veronica Nelson

## President & Chief Executive Officer

### HHHS & Green Care Farms: What's Next?







# Who are Our Elders?

1929-1939 The Great Depression  
1939-1945 World War II  
1945-1950 Post-War Immigration

Let's create the environment to  
support our peoples' preferences  
and pasts.







# What Can We Do Now?



- ✓ Strengthen **Adult Day Program**
- ✓ Open the **Dining Rooms**
- ✓ Eliminate Barriers to **Outdoor Access**
- ✓ Living with **Pets**





# Community Adult Day Program

*Haliburton, Minden and  
Wilberforce*



Haliburton Highlands Health Services  
[www.hhhs.ca](http://www.hhhs.ca)

**Tel: 705 457 2941**

- ✓ Expand program to **Haliburton**
- ✓ Actively **invite** people who have selected Highland Wood or Hyland Crest as their LTC Home to participate in ADP





# LTC Home Dining Rooms

Open dining  
room  
spaces







# Outside Access



Maintain outdoor space through **all** seasons





# Living with Pets



Invite **foster animals** to live with  
us





# What can we Plan for?



- ✓ **Open Doors for Dementia**
- ✓ **Let's go Home**
- ✓ **Design to Move**
- ✓ **Intergenerational Care**





# Open Doors for Dementia



Technology to  
**open doors** for our  
Dementia  
population.





# Let's go Home

Outings to get a sense  
of **returning Home**





# Design to Move

Intentional design to **promote movement**







# Intergenerational Care in Rural Communities

“As rural communities consider innovative ways to meet their aging population and encourage the retention of young families, intergenerational care facilities may need to be an option.”

<https://www.communitypsychology.com/intergenerational-care-programs/>







# Green Care Farms

meet

# Haliburton Highlands Health Services!







# Hospital Master Plan: Three Stages

10+ year span

## Stage 1: Early Planning

1.1  
Pre-Capital  
Submission

1.2  
Proposal  
Develop-  
ment

1.3  
Functional  
Program\*

## Stage 2: Detailed Planning

2.1  
Preliminary  
Design\*

2.2  
Detailed  
Drawings\*

2.3  
Contract  
Documents

## Stage 3: Construction

3.1  
Award of  
Contract

3.2  
Construc-  
tion

3.3  
Settlement

We Are Here

Community  
engagement

Community  
engagement

Community  
engagement

Community  
engagement

Community  
engagement

Government Approval  
Required

Government Approval  
Required





# LTC Master Planning Key Dates

- Development of the LTC Master Plan with the community
- Plan submitted to the Ministry of Long-Term Care
- Ministry of Long-Term Care review
- Ministry of Long-Term Care approval (*Estimated 12 to 18 months*)
- HHHS retains design teams to create the plans
- HHHS' community consulted on the draft design plans
- Final plans refined
- Construction begins (*Estimated 18 to 24 months*)

**CURRENT STATE**





# Help Shape the Future of Healthcare in our Community!



Thank you for joining us at the **Future of Care Forum** Town Hall series. Updates will be posted on our website.

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Share your input: [MasterPlanning@hhhs.ca](mailto:MasterPlanning@hhhs.ca)



# Let's hear from you!



**Sharon K.**



**H. Fay W.**



**Jen BW**



HALIBURTON HIGHLANDS  
HEALTH SERVICES





# Stay in touch with us!

Don't miss a moment of our Master Planning journey. Please scan the QR code to register for our Subscription list.



# Green Care Farms

## Thank you!

