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**B.C. Seniors Advocate Releases Updated Long-Term Care Directory**

VICTORIA –Seniors Advocate Isobel Mackenzie has released the 2021 update of the Long-Term Care Directory (formerly known as the Long-Term Care Facilities Quick Facts Directory). The Directory provides information on all publicly funded long-term care homes in British Columbia.

“As we compare year over year performance, we see continued improvement in direct care hours. However, we also see a troubling trend developing in the use of antipsychotic medications,” noted Mackenzie. “The proportion of residents using antipsychotics without a diagnosis of psychosis increased by 8% over the previous year.”

“We saw a measurable decrease in facilities that received one or more inspections in the previous year (73% compared to 83%). However, this is expected to be a COVID-19 specific occurrence as we are advised inspections have returned to their regular pace” stated Mackenzie.

Overall, the directory highlights:

- 90% of the rooms in long term care are single occupancy, 7% are double occupancy and 4% are multi-bed (3 or more beds) and 77% of residents live in a single room.
- 32% of residents are totally dependent on staff for their activities of daily living such as toileting, bathing and getting in and out of bed.
- 50% of residents were assessed as “low” on the index of social engagement.
- The average length of stay in long term care was 2.5 years (900 days), a 7% increase over the previous year, while the median length of stay at 555 days increased by 14%.
- On average, care facilities were funded to deliver 3.37 hours of direct care per resident per day and the number of facilities meeting the 3.36 guideline increased from 50% to 83%.
- The average food cost increased by 6% (range \$5.79-\$18.75 per resident/day, average \$8.87), while the per diem rate paid to facilities increased by 5% on average (range \$206.60-\$309.89 per resident/day, average \$242.90).
- An overall five-year trend of decreased rates of physical, occupational, and recreational therapy continued.
- The rate of falls at 13% of residents and pressure ulcers at 2% of residents remained relatively unchanged year over year.

- Compared to 2019/20, the rate of substantiated complaints per 1,000 beds decreased 25% and the reportable incidents per 100 beds (49.0) decreased by 26% from the previous year. These reductions may be related in large part to the decrease in inspections and the focus on COVID-19 pandemic measures.

The release of the Directory also corresponds with the launch of the new website for the Office of the Seniors Advocate. The new website includes the updated Long-Term Care Directory, featuring an interactive map of all publicly funded long-term care facilities in British Columbia. The interactive map and updated directory include information such as the address, phone number, health authority, room configuration, total number of beds, and quality indicators. This updated directory and webpage will allow seniors, their family members, their caregivers, and key stakeholders to efficiently navigate the long-term care facilities in British Columbia.

“With the updated website and the latest Long-Term Care Directory, seniors and their loved ones will be able to access vital information to help them make informed decisions; and advocates and stakeholders will be able to monitor developing trends and areas of improvement in long-term care,” concluded Mackenzie.

The complete Long-Term Care Facilities Directory is available at <https://www.seniorsadvocatebc.ca/long-term-care-directory/>.

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