



Long Term Care: Lessons learned and the way forward

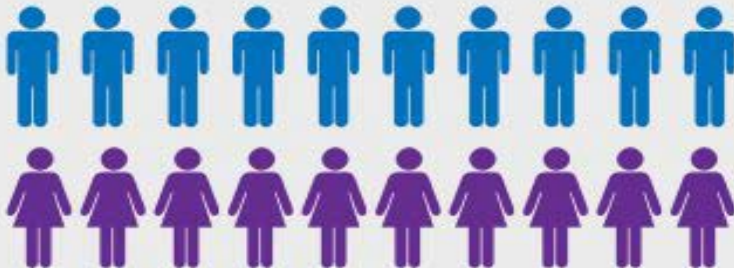
Ix-Chel Poot
Executive Director
National Council on Ageing
Belize

+ Belize Population

POPULATION OF BELIZE

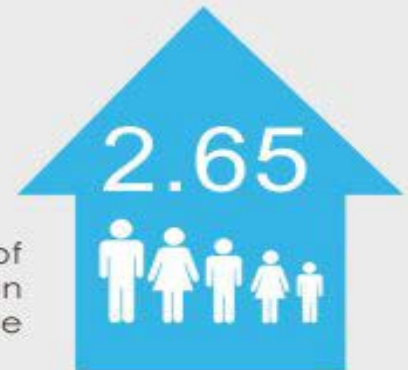


The Population of Belize doubles every **25** years. In **2040** our population will be over **720,000**.



There are as many **Males** as **Females** in Belize

The Population of Belize grows at an annual average rate of **2.65%**



As of **2010**, the life expectancy for persons living in Belize was **73.7**



On average, women live about **5** years longer than men:

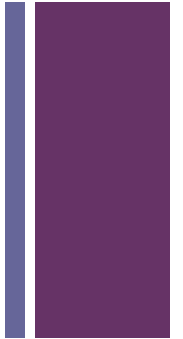


Ageing in Belize



- ❖ Population Estimate 2016: 377,968
- ❖ Approximately 6.1% (19,808) of our population is older persons. This figure increases by approximately 1,200 annually.
- ❖ Diabetes (14.4%) and Hypertension(18.3%) (high blood pressure) are the two most common chronic illness experienced by older people in Belize
- ❖ 34% of older persons are living in poverty (2010 CPA)
- ❖ 61% of older persons in Belize do not receive a pension or monthly income from a pension scheme. (2010 Study towards a Universal Pension)
- ❖ The NCP remains at \$100BZD a month for women 65+ and men 67+

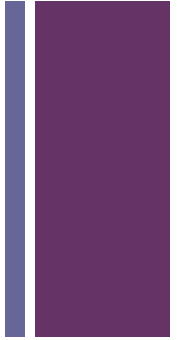
+ Support for Older Persons



- Social Support Min. Human Development, Social Transformation & Poverty Alleviation
- Non-Contributory Pension
- National Health Insurance (NHI)
- Mercy Care Clinic
- Community based group – HelpAGe, HOPE, LIFE, PLOW
- Palliative Care Foundation – focus primarily on end term Cancer.



Residential Care: Golden Haven



- Full operated by the Government of Belize through the Department of Human Services
- Upgraded in 2012 to a full concrete structure
- Maximum capacity 26 residents
- All female staff
- NO fees are charged to residents

+ Residential Homes: HelpAge

- 2 facilities run jointly by HelpAge Belize and the Government
- Residents approximately 55
- Mixed staff
- Fees range between \$400 - \$700 BZD monthly
- Residents must apply for placement





Residential Facilities: Private Institutions



- 3 Facilities known to the council
- Average cost \$1,000-\$1,500 BZD Monthly
- Staff size varies and is not regulated
- Prices are not regulated as well





Other Residential Facilities



- 1 Night shelter run by the Salvation Army that has permanent older men as residents
- 2 homes in Mennonite communities exclusively for members of those communities
- 1 Family operated facility for homeless men in Corozal
- No regulations on staff size or qualifications

BELIZE

MEXICO

GUATEMALA



Location of Residential Facilities



Older Persons in the Community



- Community based groups provide – home support, basic care services;
- Ministry of Health through HECOPAB provide medical support of older persons in rural communities
- Church based groups provide basic support mainly through provision of food supplies and religious visits .

+ Creating a Care Standard



- Development of Basics in Home Health Care Certification Course. Through Belize Training for Employment Center (BTEC)
- Recognized by Ministry of Human Development, Social Transformation & Poverty Alleviation; Ministry of Health, National Council on Ageing and supported by PAHO/WHO Belize
- Certification is the first recognized by all entities and is being piloted to be used as the official standard for caregiver training.



Basic Caregiver Training Course

The duration of the course is 5 weeks:

Course components

- Week one Customer Service skills
- Understanding the ageing process
- Traditional caregiver techniques
- First Aid and CPR Certified
- Alzheimer's module
- 2 week internship at residential facility



The poster features logos for BTEC (Transforming Belize, Transforming Lives), Belize Natural Energy Charitable Trust, and the National Council on Ageing Belize. The central image shows a caregiver assisting an elderly person with a stethoscope, surrounded by a group of smiling caregivers. The text on the poster provides details about the training program, including its duration, venue, and contact information.

**Home Health Care-Giver Training
Belmopan Cohort**

The art of growing old is the art of being regarded by the oncoming generations as a support and not a stumbling-block. --Andre Maurois, *An Art of Living*

BTEC in collaboration with the National Council on Ageing and Sister Cecilia's Home for the Elderly and with financial support from BNE Charitable Trust will be conducting Home-Health Care-giver Training for persons who will be working for and on behalf of older persons.

The objectives of the trainings are to promote a safe environment that will enhance health and wellness for older persons, develop skills to care for older persons and to create a cadre of trained care givers. The training has three components: Theory, First Aid and CPR Certification + Internship.

Date: March 20th - April 28th, 2017* [5 weeks]
Venue: George Price Centre for Peace and Development

*Pre-testing is required and can be done on February 24th, March 2nd, 8th, 9th, 15th and 16th at the National Council on Ageing Office in Belmopan. Internship will be at Sister Cecilia's Home for the Elderly in Belize City. All participants will have to complete internship at the designated home. Internship will run from April 10th - April 28th (excluding days in Holy Week).

BTEC
ITVET Compound
Freetown Rd
Belize City

Ph: 223-0322
Email: btec@belizeinvest.org.bz
Web: www.belizeinvest.org.bz

A unit of
Belize Trade & Investment Development Service
Beltraide



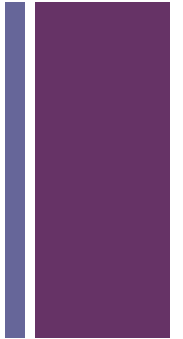
Implementation – First Phase



- Approximate cost per caregiver \$365.00 BZD
- Cost paid by participant \$150.00
- Training only available in Belize City
- Participants must have completed at least two years of high school
- Participants must pass a basic pre-test to be accepted registered into the course.
- 30 persons completed in two years

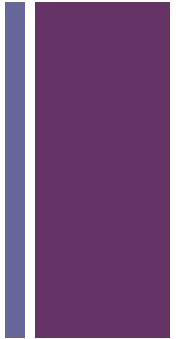


Implementation: Second Phase



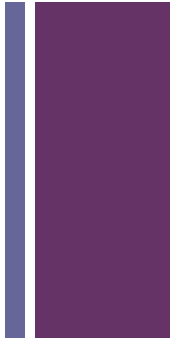
- Successful application for training of 80 Caregivers by the National Council on Ageing with support from BNE Trust
- Training available free of cost targeted personnel from residential facilities and community based organizations working with older persons.
- Training made available in two locations but reach of recruitment included southern and northern districts and government hospital personnel.
- Total of 82 Caregivers trained and certified, referral system created by the NCA and Btec, creation of Independent Caregiver's Association.

+ Lessons Learned



- The value of Customer service training
- Restriction in the academic background of personnel working in the caregiving field.
- Integration of health care personnel in training sessions – expanding awareness about ageing
- Interest in geriatric care training by nursing students
- Value of certification for employment opportunities

+ Impact



- Availability of trained certified caregivers for private and public employment
- Involvement of new stakeholders in ageing issues
- Trained personnel in residential facilities.
- Generation of public interest in the safe guarding of quality of life of older person.
- Opportunities for data collection.



Opportunities for Expansion



- Need for creation of a training curriculum that will enhance skills of those care workers in the field who have limited academic background.
- Need for availability of training course nation wide with culturally relevant information.
- Need for creation of an advanced course that will incorporate palliative care and geriatric nursing protocols.
- Expressed interest in elder care by nursing students and other health professionals