

# What is the Wellness Hub Program?

## A research and support program for long-term care homes/retirement homes



## What is the objective of the Wellness Hub Program?

We know that people working in, living in, and supporting long-term care homes (LTCHs)/retirement homes (RH) have been through a lot during the pandemic. In response to some of the challenges shared by our partners in LTC/RH, we want to work with LTCH/RHs to answer our two research questions:

1. What resources and supports are most useful to individuals engaged with, living or working in LTCH/RHs during and beyond the pandemic, and how can we implement them effectively and sustainably?
2. What are the factors associated with COVID-19 spread in LTCH/RHs?



### We are recruiting homes in Ontario to participate in this study.

72 LTCH/RHs in Ontario will be invited to participate. 48 LTCH/RHs will be able to enroll in the Facilitated Access arm and 24 LTCH/RHs will be able to enroll in the Self-Directed Access arm of the Wellness Hub Research and Support Program. Arm allocation is based on preference, needs, and capacity.

**At the LTCH/RH level**, we want to understand

1) the barriers and facilitators to implementing support in LTCH/RHs and 2) factors associated with the spread of infectious diseases in LTCH/RHs.

**We are asking 1 member of the LTCH/RH leadership team** to complete a quick questionnaire about characteristics of the LTCH/RH, **and asking up to 1-3 staff members to participate** in:

- Initial needs assessment interviews to discuss any challenges your home might be facing; these interviews will help inform the supports offered through the Wellness Hub program
- Exit interviews to evaluate the impact of the supports

### Supports available for LTCH/RHs:

Through the support component of this program we aim to provide LTCH/RHs with supports to address key challenges they have been experiencing in the areas of staff wellness (CARE+), infection prevention and control (IPAC+), and COVID-19 vaccine uptake (Vaccine+).

Examples of support available include:

- **Access to general educational resources and supports** to address needs related to IPAC (IPAC+ branch), staff wellness (CARE+ branch), and vaccine confidence (Vaccine+ branch).



- (Depending on geographic region) **PCR saliva testing for COVID-19 diagnosis** with rapid results for symptomatic or high-risk exposure LTCH/RH staff, their household members, and essential care partners
- **\$10,000 in seed funding for or pandemic preparedness initiatives at your LTCH/RH** from the Healthcare Excellence Canada's LTC+ Program, as well as additional educational supports
- A Weekly Wellness Hub **Support Program newsletter**

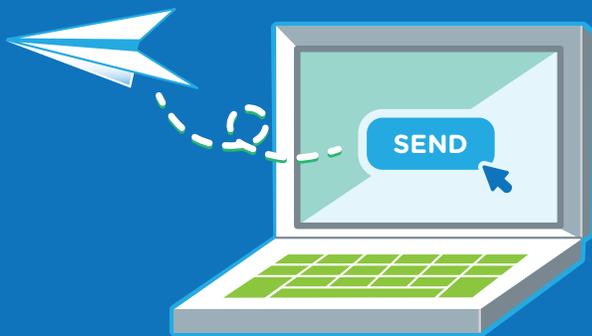
The homes in the Facilitated Access arm will additionally have access to:

1. A **monthly Wellness Hub Community of Practice (CoP)** meeting.
2. Option of **additional 1:1 support with goal setting and tailoring and implementation of Wellness Hub program resources** from a trained Wellness Hub facilitator.

**On an individual level**, we are looking to understand factors associated with COVID-19 infections in individuals working in, living in, or supporting individuals in LTCH/RHs.

**We are asking staff and their household members, as well as residents and their family members/ caregivers to participate in:**

- Completing a demographic questionnaire
- Providing dried blood spot samples for COVID-19 antibody testing, now and at a follow-up time point (depending on recruitment timelines).
  - Participants have the opportunity to receive their individual antibody results with interpretation and supports



## How do I register?

To participate in the Wellness Hub Research and Support Program please send an email to [wellnesshub@unityhealth.to](mailto:wellnesshub@unityhealth.to) or leave a message for the Wellness Hub team at 416-864-5697.

## Who is leading the Wellness Hub program?

Funded by the COVID-19 Immunity Task Force, The Wellness Hub Program is led by the Knowledge Translation Program at St. Michael's Hospital of Unity Health Toronto and over 30 individuals and partner organizations, including Public Health Ontario, the Ministry of Long-Term Care, the Ontario Long-term Care Association (OLTCA), and more!

