

# Long Range Planning

## Central Zone Highlights

People in Central Zone participated in workshops, think tanks and coffee chats to help plan the future of healthcare in our communities.



**135** people in Central Zone who participated  
**300+** comments collected

### Three key themes:

- Transforming care into the community
- Focusing on preventative care
- Empowering people in their own healthcare

### Central Zone key priorities:

- Seniors Care
- Addiction & Mental Health
- Community focus – primary health care, public health, and prevention

*Key themes and resulting priorities were similar in Calgary Zone*

### Sample of what we heard in Central Zone:

*Albertans need to become more empowered to manage their own health, and have improved access to care, flow and ultimately, an improved experience.*

*We need to focus more on wellness than illness, and shift resources from acute care to communities, closer to people.*

*We need to work collectively towards improving the health of our communities, and one way to do this is through enhanced partnerships.*

# Long Range Planning

## What We Heard Summary

### Central Zone

#### Introduction

Albertans, community health partners, Alberta Health Services (AHS) and Alberta Health (AH) are working together to plan the future of healthcare in our communities. The goal is to co-design a sustainable, quality health system that promotes healthy communities and provides access to services, programs and facilities across the province. By working together, we can explore new, innovative ways of delivering care and preventing illness and injury.

Long range planning for AHS Central Zone began in September 2016. AHS, in partnership with Alberta Health, hosted a variety of meetings with community members, health partners and healthcare professionals. The collaborative sessions were extremely valuable and productive, as participants shared their ideas and thoughts to help inform planning. Together, we made great progress exploring a vision for health and healthcare 15 years from now. We reviewed what works well today and can be built on, as well as how we can partner to share accountability for new approaches.

The insightful information that was collected from those activities has been analyzed, themed, and summarized, and will form the foundation of the long range plan for the Central Zone going forward. It will also be an input to overarching provincial planning. As this process proceeds, AHS and AH will continue to provide multiple opportunities for people to share their perspectives.

While there were many rich and valuable comments from all of the sessions, for the purposes of this summary a representative sampling is provided.

#### Central and Calgary Zones scope of engagement

- Engagement was broad, and sessions were held in both Central and Calgary Zones.
- Over 800 comments were collected from over 360 people
- Outcomes for both zones were very similar

## Central Zone engagement activities

**Think Tank:** November 28, Camrose Golf Club

**Workshop:** December 1, Red Deer – Michener Bend

**Workshop:** December 6, Lloydminster Hospital, SK

**Workshop:** December 7, Innisfail Health Centre

**Workshop:** December 8, Vegreville Emergency Services Centre

**Workshop:** December 12, Wetaskiwin Hospital & Care Centre

**Workshop:** December 15, Innisfail Health Centre

**Coffee Chats:** December 7, Horizons Centre, Pine Haven Hutterite Colony,  
Neighbourhood Outreach Wetaskiwin (NOW)



## Central Zone Participants

To meet timelines and also ensure diverse perspectives, all efforts were made to ensure invitees were representative of broader community groups and views. More than 440 people were invited with 135 stakeholders participating in workshops, a think tank and coffee chats held across the [Central Zone](#).

| Category  | Attendees  |
|-----------|--|
| Community | <p>Representatives from the communities of:</p> <ul style="list-style-type: none"><li>• Camrose</li><li>• Coronation</li><li>• Daysland</li><li>• Elk Point, North Zone</li><li>• Hardisty</li><li>• Innisfail</li><li>• Lamont</li><li>• Lloydminster</li><li>• Millet</li><li>• Olds</li><li>• Ponoka</li><li>• Red Deer</li><li>• Rimbey</li><li>• Rocky Mountain House</li><li>• Smokey Lake, North Zone</li><li>• Sundre</li><li>• Sylvan Lake</li><li>• Three Hills</li><li>• Tofield</li><li>• Trochu</li><li>• Two Hills</li><li>• Vegreville</li><li>• Vermilion</li><li>• Viking-Beaver</li><li>• Wainwright</li><li>• Westerosse</li><li>• Wetaskiwin</li></ul> |

| Category   | Attendees   |
|--|---|
| <b>Local businesses and business organizations</b>             | <ul style="list-style-type: none"> <li>• Agriculture and independent business representatives</li> <li>• Alberta Treasury Branch</li> <li>• Elk Point Chamber of Commerce</li> <li>• Hear in Red Deer</li> <li>• Imagine Alberta</li> <li>• Smokey Lake Chamber of Commerce</li> </ul>                                    |
| <b>Senior leadership of key partner groups</b>                 | <ul style="list-style-type: none"> <li>• Family and Community Support Services (FCSS)</li> <li>• Wolf Creek Public School</li> </ul>  |
| <b>Advisory Council Members (work in partnership with AHS)</b> | <ul style="list-style-type: none"> <li>• David Thompson Health Advisory Council</li> <li>• Yellowhead East Health Advisory Council</li> <li>• Greater Edmonton Health Advisory Council</li> </ul>   |
| <b>Health community</b>  | <ul style="list-style-type: none"> <li>• AHS staff and contracted services</li> <li>• Patient and family representatives</li> <li>• Physicians and clinical community</li> <li>• Strategic Clinical Networks and system-wide health programs i.e. Cancer</li> </ul>   |
| <b>Health partners</b>   | <ul style="list-style-type: none"> <li>• Continuing Care: Extendicare, Chantelle Grp.</li> <li>• Covenant Health</li> <li>• Local physicians</li> <li>• Local Primary Care Networks</li> <li>• Prairie North Regional Health Authority, Saskatchewan</li> </ul>   |
| <b>Government</b>  | <ul style="list-style-type: none"> <li>• Alberta Health</li> <li>• Deputy Mayor of Hardisty</li> <li>• Deputy Mayor of Rocky Mountain House</li> <li>• Mayor of Trochu</li> </ul> <p>Town Councilors from:</p> <ul style="list-style-type: none"> <li>• Vegreville</li> <li>• Wainwright</li> <li>• Wetaskiwin</li> </ul> |
| <b>Academic</b>  | <ul style="list-style-type: none"> <li>• Lakeland College, Dean of Arts, Science &amp; Business, Health, Wellness</li> <li>• Red Deer College, Dean of Health Sciences</li> </ul>   |

| Category                         | Attendees   |
|----------------------------------|---|
| <b>Labour groups</b>             | <ul style="list-style-type: none"> <li>• Health Sciences Association of Alberta (HSAA)</li> <li>• United Nurses Association (UNA)</li> </ul>  |
| <b>Professional Associations</b> | <ul style="list-style-type: none"> <li>• College and Association of Registered Nurses of Alberta (CARNA)</li> <li>• Professional Association of Resident Physicians of Alberta (PARA)</li> <li>• Zone Medical Staff Association (ZMSA)</li> </ul> |
| <b>Foundations/Charities</b>     | <ul style="list-style-type: none"> <li>• Coronation Health Centre Foundation</li> <li>• Lloydminster Regional Health Foundation</li> <li>• Olds Foundation</li> <li>• Wetaskiwin Health Foundation</li> </ul>                                     |
| <b>Indigenous groups</b>         | <ul style="list-style-type: none"> <li>• Local Friendship Centres</li> </ul>  |
| <b>Hard to reach populations</b> | <ul style="list-style-type: none"> <li>• Horizon Centre</li> <li>• Neighbor Outreach Wetaskiwin</li> <li>• Pine Haven Hutterite Colony</li> </ul>   |

## What We Talked About

During discussions, participants talked about why and how they access services, what's currently working well in the zone, what their vision of a healthier population would look like 15 years from now, top priorities, and the roles various groups represented in the sessions could play to achieve the vision. Innovative ideas regarding healthcare planning and service delivery were encouraged. Below is 'What We Heard' grouped into three categories – Healthy Albertans, Healthy Communities, and Healthy Together.

### Healthy Albertans

Participants engaged in discussion on the value of Albertans becoming more empowered to manage their own health, and have improved access to care, flow and ultimately, an improved experience. Albertans would receive care that is culturally safe and appropriate, focused on the whole person, team-based, and coordinated, and they would have equitable access to:

- health information and resources
- personal health records
- physical activity and nutrition options
- timely health services – right place, right time, right provider
- someone to help them navigate through the system

*Individuals with developmental disabilities need to be welcomed and a part of society. Communities and human services need to support fundraising for meeting needs of individuals with developmental disabilities.*

## Healthy Communities

Participants talked about the need to work collectively towards improving the health of our communities. This included enhanced partnerships:

- with various community organizations (including geriatrics, home care, long-term care, primary care and populations vulnerable to poor health outcomes)
- across government portfolios (i.e. Education, Social Services, etc.)
- across sectors
- with police services, physicians and private employers

Also, gaining efficiencies through better use of resources, support for caregivers, and focusing on community based care.

Discussions focused on how to enable and ensure healthy and sustainable communities, by moving from a focus on healthcare facilities (i.e. hospital or walk-in clinic) to health that is viewed as woven into a community. In 2031:

- Communities in Alberta actively promote a culture of health and wellness through:
  - Healthy spaces
  - Physical infrastructure as well as social and mental well-being
- Communities have a greater sense of:
  - Belonging, connectedness, cultural awareness, reduced stigma
- Communities help address the determinants of health

## Healthy, Together

During the various engagement sessions, participants discussed how the focus of healthcare needs to shift from illness to wellness, resulting in a more sustainable system because:

- Resources would be positioned to transform care into the community, closer to people
- We would be more effective and efficient at:
  - sharing information
  - partnering
  - timely and appropriate access to services
- AHS staff would be further engaged, empowered, supported

*In the future individuals are health literate & understand health needs, and are a true partner in their health care.*

*We need to take accountability for healthy behavior for ourselves, and our extended circle, collectively.*

*Help for First nations on the Reserves is needed; Federal levels and bands are not working together, and provincial mandates are unclear. We need to track use of funds so funding goes to where it's needed.*

*Individuals with chronic illnesses need to be empowered to understand their health realities, and focus on prevention and monitoring to prevent exacerbation and the need for acute care.*

*Communities and municipalities need to take responsibility for some of the issues (financial and collaborative) to manage social determinants of health.*

## Next Steps

Over the coming months, we will use these valuable learnings to develop a roadmap for health in Alberta. The roadmap will be focused on three key priority areas, each of which encompasses a vast array of input from the engagement sessions:

- Seniors Care
- Addiction & Mental Health
- Community - primary care, public health, and prevention

Teams will work on detailing exactly how we'll achieve the vision, and the steps we'll need to take to get there. Along the way, we'll be working with community partners to co-design and determine what is required from all perspectives.

The work will be prioritized and evaluated, and aligned to resources that are available. We will also provide regular updates on progress. There will be further community engagement activities, and a variety of ways to get involved.

In addition, to encourage ongoing dialogue, [a blog](#) is available that provides a forum for Albertans to bring forward further ideas and concerns, that will help gather feedback on progress and solutions. Please visit the [blog](#) often and participate.

In fall 2017, a plan for reaching the 15-year goals will be submitted to Alberta Health. We're committed to working with and sharing information with Albertans, who know their communities best, to build a sustainable, quality health system that enables access to services, programs and facilities. Together, we look forward to developing the best long-range plans possible that will serve your community in the years to come.

Thank you for giving your time and ideas, and for being part of this exciting journey! If you have questions about long range planning engagement or involvement, please contact [community.engagement@ahs.ca](mailto:community.engagement@ahs.ca).

*Community leaders should all meet to discuss community issues to co-design a plan. Proactive planning within the communities and bringing all ministries to the table is important.*

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*Education about nutrition and physical education needs to be taught in the schools and continued at home. Prevention should start at early ages to grow healthier generations.*

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*Improved and accessible technology for all is needed, both in the home and the community. Technology would make it easier for people to take responsibility for their own health.*

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*We need to identify and use voluntary organizations in collaboration for health.*