

## Growing Demand for Long-Term Health Care



British Columbia has one of the most rapidly aging populations in all of Canada. Population growth of this sector has outpaced the rate of increase of publicly funded long-term care beds resulting in significant waitlists and limited access to specialized care. Between 2014 and 2018, the number of publicly funded beds increased by only 2% while the seniors' population grew by 14%. Elders have to wait to access affordable and quality long-term care. In 2020, the number of seniors on the waitlist to long-term care in BC increased 27%. The average time for a senior on the waitlist, is 133 days. The average wait time to Villa Cathay Care Home as posted by Vancouver Coastal Health on March 2021 is 365 to 547 days.

As individuals age, their need for specialized health care increases. A change in health care needs may be brought on suddenly with the occurrence of a heart attack or stroke or it can occur gradually as a person ages, experiencing the onset of dementia or the deterioration of physical vitality. An individual who is no longer able to live alone with home care assistance or supported by family members requires more complex care, like that offered in a long-term care facility.

But the move to long-term care can be daunting for both seniors and their families. Many seniors have limited

income once they retire and the cost of private home care or a private long-term care facility can be exorbitant, quickly depleting meager savings. Publicly-funded care homes are an alternative, provided space is available.

Added to the financial burden of long-term care is the loss of familiar surroundings. Although British Columbia is a culturally diverse province, there are very limited options available for those wishing to reside in a publicly-funded, culturally-sensitive long-term care facility.

The Villa Cathay Care Home is one of only two non-profit long-term care facilities in the Vancouver area offering culturally-sensitive care specific to those in the Chinese community. Staff are fluent in Cantonese and Mandarin and speak to residents in their home language ensuring that the elders feel able to have their needs understood and met. Supplementary services through the in-house dental clinic, exercise facility and hair salon are also provided in Cantonese and Mandarin, adding to the warm and welcoming ambience of the facility. In addition to being able to effectively communicate with staff and neighbours, residents also enjoy the daily pleasure of familiar traditional Chinese cuisine, rather than receiving Western-style fare. Overall, a culturally sensitive long-term care home honours its residents, fostering a sense of home and belonging and allowing them to live a life of dignity and respect.

## A New Model of Care at Villa Cathay

Villa Cathay believes in a person-centered approach to care that supports residents' independence, promotes positive well-being, improves quality of life, and overall, enhances the dignity of all its residents.

The traditional medical approach was, in the past, widely adopted as it was considered efficient in treating disease symptoms and addressing basic needs of elders. This approach led to the creation of institutional settings focused on treating diseases, disabilities and physical deficits. The approach to care was provider-driven and task-oriented – a philosophy that achieved efficiencies and economies of scale but resulted in impersonal, elder care “factories”.

A “person-centered” care model emphasizes the philosophy that every elder is a human being with emotional, social, and intellectual needs in addition to their physical, medical conditions. This holistic approach stresses that the diagnosis of a medical condition should not wholly define an elder. While an elder might have a disease-triggered inability, it is only one of the characteristics that makes up that individual.

At Villa Cathay, we like to see our residents thrive by helping them live the remaining years of their lives to the fullest. Our person-centered care approach focuses on finding the unique preferences, abilities and values of each resident so they can enjoy life rather than simply sustaining existence.





## The Villa Cathay Rejuvenation Project

Seniors today live longer, often well into their 80s and 90s resulting in care needs that are more diverse and much more complex. As a simple example, in 1978, only eight Villa Cathay residents required the use of a wheelchair to address mobility issues whereas today 98 residents rely on wheelchairs as well as more comprehensive transfer systems. The existing failing infrastructure was unable to accommodate these modern transfer systems nor was it able to utilize other technological advances in health care necessary for today's aging population. A modern, updated and expanded facility is required to address the evolving needs of seniors today and in the years to come.

In order to provide high quality service to current and future residents and reduce wait times for Chinese seniors in need of culturally focused long-term care, Villa Cathay Care Home embarked on a \$72.9 million Rejuvenation Project to build a 224-bed complex care facility on its existing site. Phase 1 of the project opened in November 2019: a new 10-storey tower housing 127 rooms and supplementary service areas. The adjoining three-storey pavilion, housing an additional 97 beds is due to be completed by the end of 2021.

The new Villa Cathay design focuses on improving residents' quality of life and creating a sense of home while enhancing the residents' positive well-being, sense of autonomy, and dignity. Included in the new Villa Cathay Care Home is a special dementia unit, a seniors wellness centre, a hair salon, dental clinic, exercise facilities, a wheelchair-accessible courtyard, a gift shop and an auditorium.



## Special Design Features

### RESIDENT SINGLE ENSUITE ROOMS

All resident rooms are individual single rooms including a private washroom and shower thereby maximizing the privacy of residents. Each room has floor-to-ceiling windows that draw in natural light. Each room is equipped with a fully electric bed, ceiling lift, nurse call system, and senior-friendly furniture. Four rooms are double occupancy, allowing for couples to remain with one another. Residents can rearrange the furniture or otherwise personalize their own rooms to suit their own preferences, evoking a stronger feeling of “home”.

### HOUSEHOLD DESIGN

Villa Cathay has adopted a “household design” (also known as a “Neighbourhood”) so that each floor feels less institutional and functions like an at-home environment. Residents have easy access to common living spaces such as the dining room and lounge which are set up for commonly-shared meals and activities. Large, shared balconies allow residents to step outside for fresh air and overall, the home-like environment throughout the Villa Cathay Care Home cultivates social interaction and inclusion – promoting a feeling of “community”.





## CHINESE-STYLED KITCHEN

Mealtimes are a highlight of residents' day and it is Villa Cathay's goal to give each resident a pleasurable dining experience. The daily Chinese menu is carefully curated by our Clinical Dietitian and can include home-inspired menus including dishes like congee, marinated chicken wings or steamed fish with ginger and green onion. Customized diets are also prepared to suit the individual resident's dietary requirements for low-salt, minced or pureed meals.

## EXERCISE & REHABILITATION CENTRE

Seniors benefit from continued physical activity and residents at Villa Cathay Care Home have access to multiple types of exercise equipment and tailored exercise plans designed by the registered Physiotherapist. This helps residents improve physical functions, maintain mobility and optimize wellness.

## DENTAL CLINIC

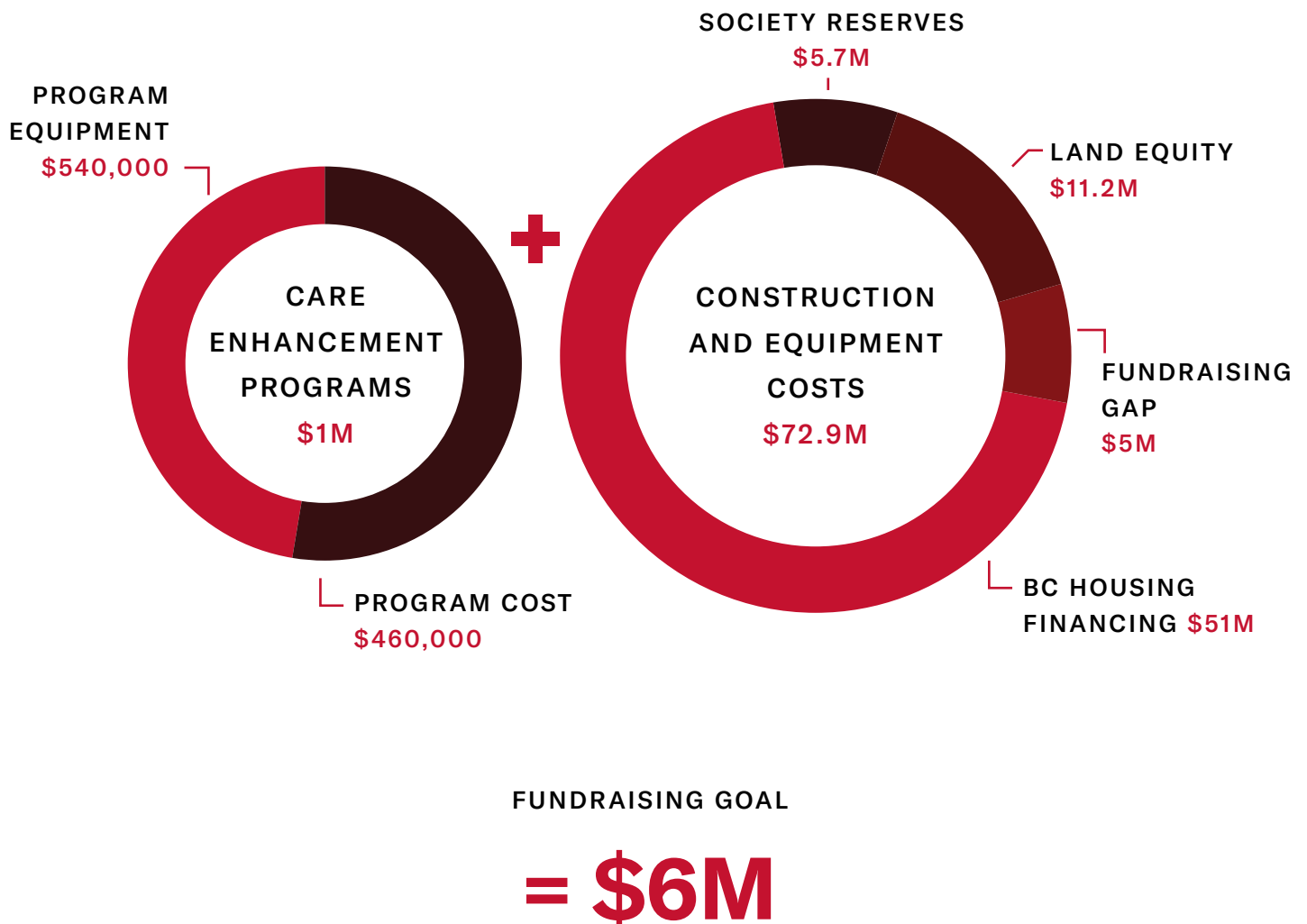
With support from the UBC Geriatric Dentistry Program, Villa Cathay Care Home residents receive free in-house dental care. The dental clinic is now equipped with a ceiling transfer lift so that wheelchair bound residents can also receive service.



## Project Costs and Fundraising Goal

Villa Cathay Rejuvenation Project requires \$72.9M for the construction and equipment costs plus \$1M for Care Enhancement Programs. Funding for the \$72.9M has come in the form of a construction loan of \$51M from BC Housing and land equity and cash reserves from the Villa Cathay Care Home Society totalling \$16.9M.

A \$6M fundraising campaign has been launched to raise the \$5M gap for the remaining construction and equipment costs and the \$1M that is needed to implement care enhancement programs for the residents.



# Villa Cathay will be a LEED gold certified home

## AVAILABLE BEDS

Single-bed Rooms: **216**

Double-bed Rooms: **4**

Total Number of rooms: **220**

Total Number of Beds: **224**

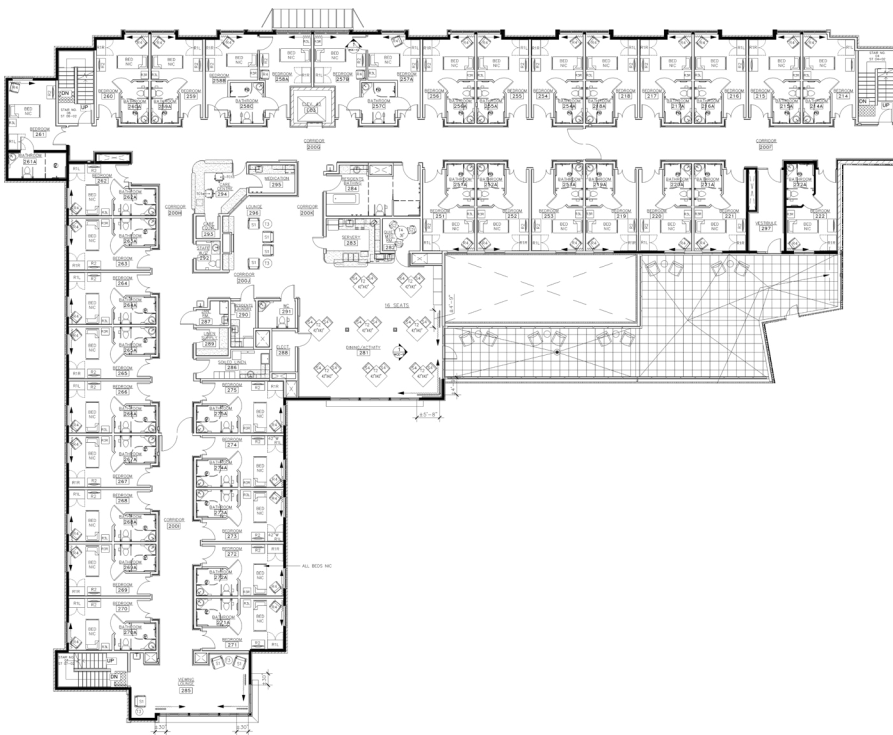
Funded Beds: **192**

Private-Pay Beds: **32**

Room Footage: **245-270 SQ.FT.**

Outdoor Space: **10,955 SQ.FT.**

Indoor Space: **143,330 SQ.FT.**



- ▲ **PHASE 1:** 10-storey East Tower  
Completed in Winter 2019  
127 beds total
- ◀ **PHASE 2:** 3-storey West Tower  
To be completed in Winter 2021  
97 beds total



## Enhancing Care for Generations

The Villa Cathay Care Home Rejuvenation Project aims to create a long-term care home that reimagines health care for the elderly, promoting a person-centered care philosophy in every aspect of our care.

The Villa Cathay Rejuvenation Project would not be complete without integrating two fundamental building blocks: the physical environment and the care programs.

The new Villa Cathay physical environment is designed to promote privacy, independence, and autonomy for seniors. Re-imagining the physical environment is a start to be followed by the implementation of rejuvenated human resources and the addition of new equipment to elevate residents' holistic wellness and to honour their unique abilities and interests.

Delivering a positive experience for our elders through enhancements to care will give residents the opportunity to live their lives with dignity at Villa Cathay.



## **RESIDENT EXPERIENCE ENHANCEMENT**

A ‘person-centered’ philosophy of care is the current best practice in long-term care and is the intrinsic approach to care at Villa Cathay Care Home. Villa Cathay prides itself on meeting its residents’ needs. Embodying a person-centered care model, they support the elders by ensuring a life of enhanced autonomy, where every value is respected and each choice honoured.

To deepen the person-centered care, Villa Cathay is seeking financial support to hire two additional health care educators (RNs or related health care professionals) to act as coaches for point of care staff. These two coaches will observe care in real time and provide “at the moment coaching” to help staff imprint the acts of promoting residents’ independence, facilitate decision making, and honour individual choices in every aspect of the daily practice. The health care educators will act as Resident Experience Enhancement Supervisors to coach current and new staff as well as health care students, transferring the person-centered care philosophy to tangible action according to each resident’s needs. Through this transformation, we root the person-centered philosophy in the culture of Villa Cathay to sustain for generations.

## **RESIDENTS’ WELLNESS PROGRAM**

Currently we partner with the UBC Geriatric Dentistry Program to provide complimentary dental service for our residents. In the future we would like to introduce traditional Chinese acupuncture and registered massage therapy as alternate pain management options for our residents. These on-site choices will improve quality of life for residents and promote positive physical and mental well-being, which are key pillars upholding person-centered care.

## **RESIDENT-COOKING PROGRAM**

Once the Phase 2 building is complete, our residents will have access to a wheel-chair accessible kitchen where they can re-create childhood snacks or favourite entrees in a kitchen that is equipped with accessible countertops, stovetop and oven. Using a kitchen that is designed to meet the residents’ needs and abilities directly supports their independence while stimulating fond memories that are connected to the shared experiences and joy of creating and indulging in food. Villa Cathay requires a Food and Nutritional Manager and activity staff to help deliver this program.

## **MUSIC THERAPY**

It has been well-documented that music therapy can manifest positive changes in individuals, particularly in those suffering cognitive challenges such as dementia. It is an additional outlet for communication and can stimulate memory. Music therapy can even function as a non-pharmacological management of pain and discomfort for some residents, improving their overall quality of life. An additional music therapist will be needed to assist the increased number of residents joining the Villa Cathay community.

## **HORTICULTURE PROGRAM AND ROOF TOP GARDEN**

Not only does a green landscape offer a calm oasis for our residents, but “garden therapy” has also been shown to be effective at improving muscle strength, coordination, and fine motor skills. Different gardening tasks are adaptable to varying strength levels and overall, gardening builds a strong sense of independence and self-confidence in our residents.

### **EQUIPPING VILLA CATHAY CARE HOME TO IMPROVE SAFETY AND INFECTION CONTROL**

Many seniors have weak torsos causing a tendency to lean to one side. This creates an uneven distribution of pressure which is not only uncomfortable but can increase the risk of developing pressure ulcers or pain points.

Tilt wheelchairs allow a senior to easily sit upright, helping them to go about their day with less pain and more comfort. Most importantly, seniors can eat better when they can sit straight. We are seeking support to purchase 11 tilt wheelchairs.

With the expansion of our home to 97 more residents, we require additional infection control equipment such as sneezeguards plus additional designated safety equipment such as transfer poles and floors mats.

### **ADDITIONAL EXERCISE EQUIPMENT**

One of the important learnings from the COVID-19 pandemic is that we need to have a mini exercise area in each resident “neighbourhood” so that residents can maintain their exercise regime should larger common areas (such as our Rehab centre) be required to close due to infection control reasons. We are seeking investments to purchase additional rehabilitative exercise equipment for each neighborhood so that we can increase the amount of physical therapy for our residents.



## Our Formative Years

The original St. Joseph's Oriental Hospital was erected almost 100 years ago in 1928 at 236 Campbell Avenue in Vancouver. In 1946, the Missionary Sisters of the Immaculate Conception of Montreal transformed St. Joseph's Oriental Hospital to become the Immaculate Conception Oriental Home. This faith-based institution became the first nursing home for Chinese elders in Vancouver and operated from 1946 until 1975 when the Campbell Avenue land lease expired.



In 1973, five Chinese philanthropists joined together: lawyer, Dr. Harry Fan, dentist Dr. Edward Yeung; businessman Mr. Henry Loh, printer and publisher, Mr. Lam Fong and medical doctor, Dr. S.H Hsu. These five men were eager to make a difference for the Chinese community and understood that by combining their skills and uniting together, they could have a long-term impact on elder care in Vancouver.



Together, they formed the non-profit Villa Cathay Care Home Society to maintain the operations of the Immaculate Conception Oriental Home while negotiating with the City of Vancouver to purchase a new property on which to build a new care home. After extensive planning and fundraising, the construction of a new care home began and on March 1, 1978 Villa Cathay Care Home opened its doors at 970 Union Street.

Five individuals shared a vision for the future and enabled culturally-sensitive long-term care for our loved ones for years to come.

Since 1978 Villa Cathay Care Home has been home to over 1,600 seniors who require 24-hour professional nursing care and who would otherwise face cultural and language barriers in English-speaking care homes.

Today, your help is needed more than ever to give our elders the comfort and services they deserve while living in a long-term care environment.



*We urgently need help* to raise the final \$3 million to complete the Villa Cathay Care Home Rejuvenation project that will not only benefit Chinese seniors today, but in the years to come.

Please make a donation today.

If you would like more information or to schedule a virtual tour, please contact Joey Cheung, Director, Donor and Community Engagement, Villa Cathay Care Home, at 604-215-3548 or [Joey@villacathay.ca](mailto:Joey@villacathay.ca).

## How to Make a Donation

Online at <https://villacathay.ca/donate/match-a-million/>. A tax receipt will be issued instantly.

Mail a cheque payable to the Villa Cathay Care Home Society, 970 Union Street, Vancouver, BC, V6A 3V1. A tax receipt will be mailed directly to donors.

Donate securities.

Naming opportunities are available for donations of \$30,000 or more and donations of \$1,000 or above will be acknowledged on the Villa Cathay Rejuvenation Project Donor Wall.

*Thank you so much for considering the needs of our elders.*

*Thank you for making a donation to the Villa Cathay Rejuvenation Project!*