

# Healthy Connections Conference 2010



## Self-Managing Care: From Ideas to Solutions

**FEBRUARY 17, 2010 • 8:30am – 4:30pm**

George Vari Engineering Centre, 245 Church Street, Room ENG 103, Ryerson University, Toronto

### Conference Background

The rise in chronic illness, particularly among older persons, is transforming healthcare landscapes nationally and internationally. These changes present policy-makers, planners, practitioners and front-line workers with the challenge to identify better ways to meet emerging population needs. Evidence of chronic disease prevention and management emphasizes the importance of self-management in achieving improved health outcomes, health system sustainability, and enhanced quality of care for persons living with one or more chronic conditions. However, in spite of considerable support and enthusiasm in principle, there are concerns that if not properly done, such a framework could also lead to a greater burden of care on vulnerable individuals, and their families and caregivers.

Self-management initiatives are well established in jurisdictions across the European Union, the United Kingdom, the United States, and regions in Canada. This rich know-how offers tremendous opportunity to inform the continued evolution of self-management across mainstream healthcare in Ontario. It also raises important questions around policies and best practices to increase self-management support for individuals, families, and healthcare providers and how best to reach and engage persons (and their caregivers) most vulnerable and at-risk of hospitalization and/or admission into long-term care.

In this connection, there is considerable interest in Ontario in evidence which can inform planning, implementation and evaluation of ongoing self-management policy and practice when reaching vulnerable populations across a wide range of care settings.

### Conference Overview

This one day conference is presented by Solutions: East Toronto Health Collaborative and the Canadian Research Network for Care in the Community ([www.crncc.ca](http://www.crncc.ca)) in partnership with the Toronto Central Local Health Integration Network (TC LHIN), Ryerson University, the West End Urban Health Alliance (W.E.U.H.A.), the South East Toronto Organization (SETO), and Planning for North East Toronto Seniors' Services (PLANTSS).

Our morning session will open with a keynote address from renowned Canadian author, Wayson Choy, followed by our feature speaker, Judith Schaefer, from the MacColl Institute for Healthcare Innovation (Seattle, USA) and a dynamic panel of local leaders from across Ontario's care continuum. Panelists will share insights, evidence, and transferable lessons that highlight key challenges and promising solutions to increase support for self-management at the community, organization, policy and systems-level.

In the afternoon we will move from theory to practice. Our afternoon sessions feature a series of skills-building workshops that offer conference delegates a rich opportunity to engage in knowledge translation and exchange with other front-line practitioners, health administrators, policy makers, and consumers.

For more information please visit: [www.solutionshealthcollaborative.ca](http://www.solutionshealthcollaborative.ca) and [www.crncc.ca](http://www.crncc.ca)

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