



The effectiveness of alternatives to institutional care for older people with on-going complex care needs: A systematic review

Despite advances in health and social care, many older people continue to experience changes in their health and function in later years of their life, necessitating a range of supports and services to enable them to maintain safe, healthy, and fulfilling lives. Nursing homes and other long-term care facilities provide such care in a residential setting. However, they are often costly and older people generally prefer to remain at home in their communities as they age. There are a growing number of programs being developed to provide comprehensive, on-going supports and services to people with complex health and social circumstances that have been situated as alternatives to long-term care facilities. This review will synthesize the literature reporting on the effectiveness of alternatives to institutional care for older people with on-going health and social care needs, on quality of life and health system outcomes, such as physician visits and admissions to hospital. Results will support health system leaders and policy makers to identify and evaluate programs that can support older people to live in the places that are most appropriate for them and support the sustainability of health and social care systems.



Elliot PausJenssen
Patient Partner, SPOR Evidence Alliance

Elliot PausJenssen is a retired social worker and an advocate for older adults and age-friendly communities. She is a longtime volunteer with the Saskatoon Council on Aging, presently engaged in research on the effects of COVID-19 on Saskatoon's older adults and on patient-oriented strategies addressing loneliness and social isolation among Canadian seniors.

A patient partner with the SPOR Evidence Alliance since 2017, she serves as co-chair of the Knowledge Translation Committee and a member of the Steering Committee, has participated in projects on patient engagement, seed grant reviews, two rapid reviews, and is excited to co-lead a project with real potential for seniors.



Elaine Moody, PhD, RN
Assistant Professor, Dalhousie University
Associate Scientist, Maritime SPOR SUPPORT Unit

Elaine Moody is an assistant professor in the School of Nursing at Dalhousie University, affiliate scientist with Nova Scotia Health, and associate scientist with Maritime SPOR Support Unit. Her scholarship is focused on better understanding the context of health and health care for older people, particularly those with complex health and social care needs, such as those with frailty, multimorbidity, and dementia. Elaine has expertise in qualitative research methods, including conducting interviews and focus groups with older people with dementia and healthcare providers, and in conducting various types of systematic reviews.