

# 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.**

**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 2-3 staff members to participate** in:

- Initial needs assessment interviews to discuss any challenges your home might be facing; these interviews will help us to tailor some of the supports at your home
- 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, including, but not limited to, supports for staff wellness, infection prevention and control, and COVID-19 vaccine uptake.

Examples of support available include:

- **Access to resources and supports** to address **wellness, infection prevention and control, vaccine confidence**, and other pressing needs
- **Access to an implementation facilitator** who can help to tailor supports and support with individual-level study recruitment
- (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 your LTCH/RH** from the Healthcare Excellence Canada's LTC+ Program and supports for pandemic preparedness initiatives

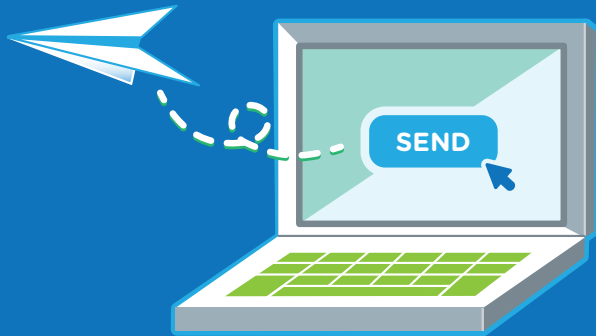
LTCH/RHs can select which supports they would like to engage with based on their needs.



**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 in 12-months
  - Participants have the opportunity to receive their individual antibody results with interpretation and supports
- Staff and their household members, as well as residents' family members/caregivers/essential care partners can also participate in a weekly symptom tracker to monitor symptoms and track infections



## How do I register?

To participate in the Wellness Hub research study, gain access to available supports, or BOTH, please send an email to [wellnesshub@unityhealth.to](mailto:wellnesshub@unityhealth.to)

## 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 20 partner organizations, including Public Health Ontario, the Ministry of Long-Term Care, the Ontario Personal Support Workers Association, and more!

