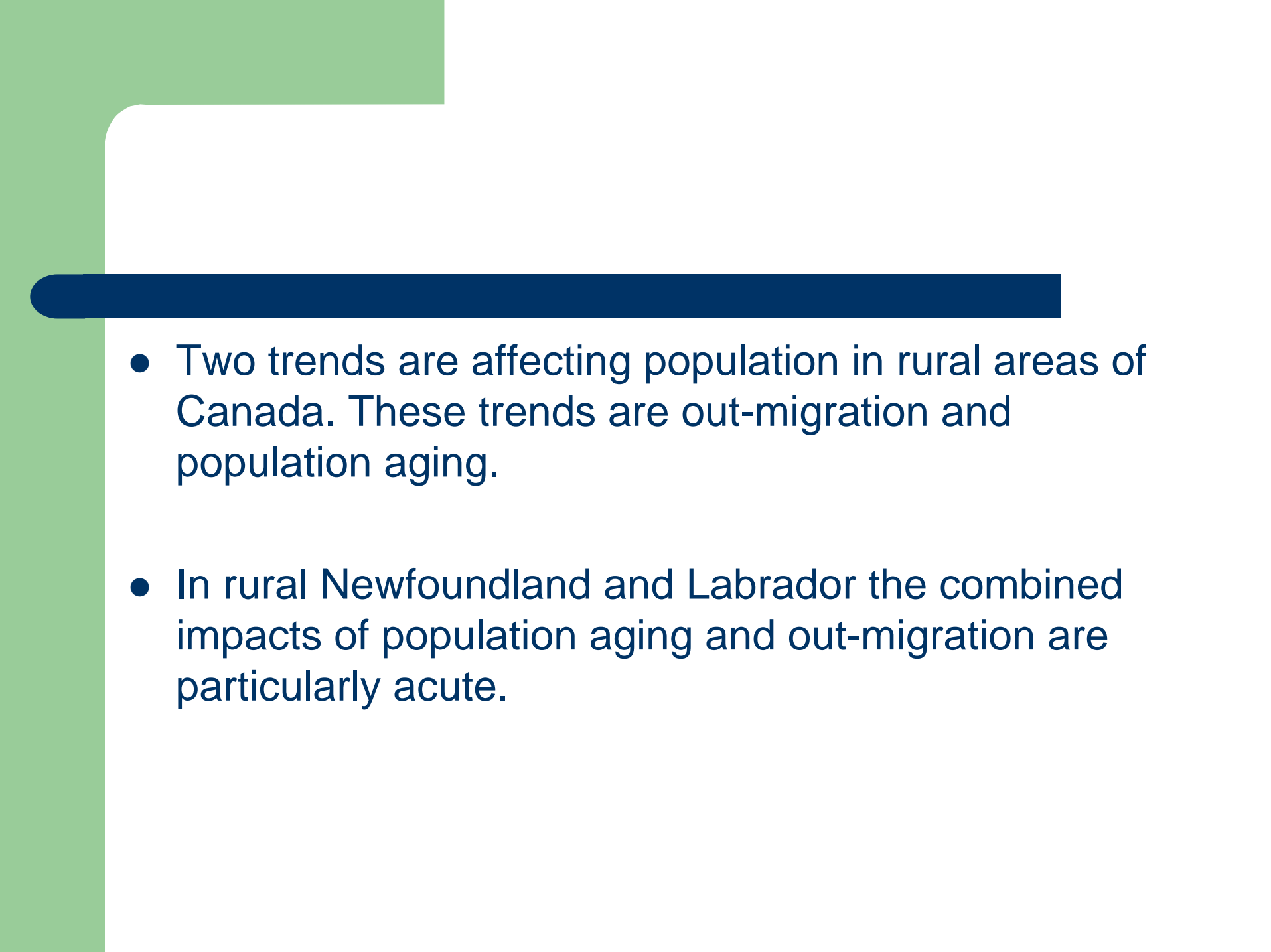


Strengthening rural social work practice:



The relevance of intermediate resources in a Newfoundland community

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- Two trends are affecting population in rural areas of Canada. These trends are out-migration and population aging.
 - In rural Newfoundland and Labrador the combined impacts of population aging and out-migration are particularly acute.

What is population aging?

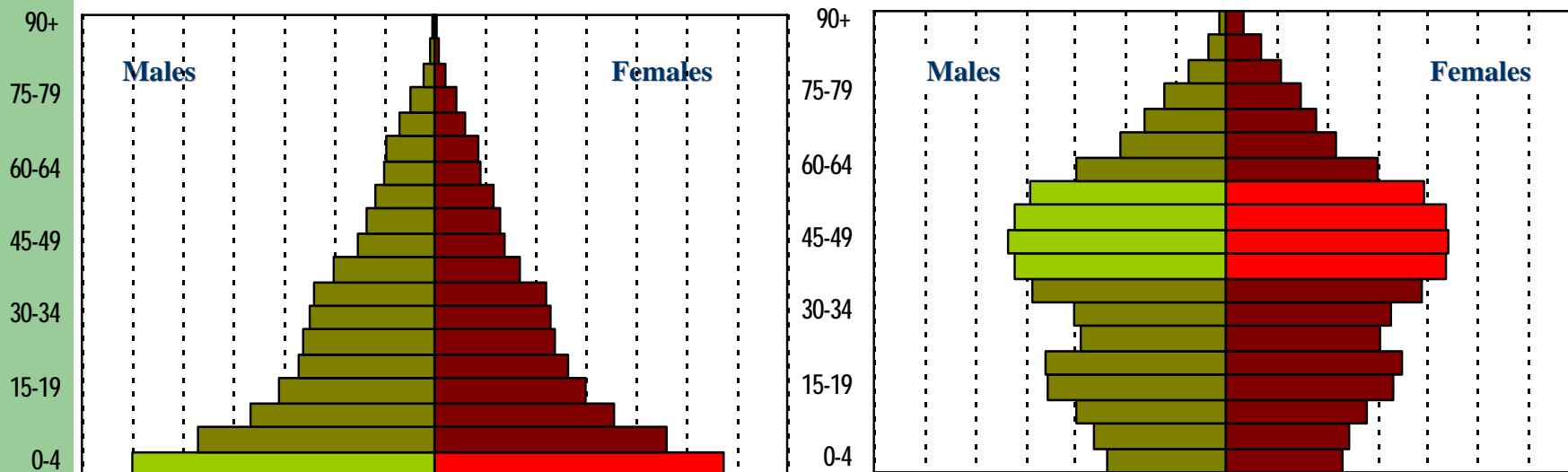
	1996			2011			2036		
	0-20	65+	80+	0-20	65+	80+	0-20	65+	80+
NF	29.0	10.6	2.3	20.1	14.9	3.3	14.6	31.6	8.6
PEI	30.0	13.0	3.7	24.9	15.2	4.2	20.6	26.6	8.3
NS	27.5	12.8	3.2	22.3	15.6	4.4	18.6	28.3	9.0
NB	27.7	12.6	3.0	21.5	15.9	4.6	16.5	31.2	10.0
Region	28.5	12.3	3.0	22.2	15.4	4.1	17.6	29.4	9.0

Table 2: Atlantic Region Projected Percentages of Population 20 and Under, 65 and Over, and 80 and Over. *Source: P-MEDS*

Population Pyramids for NL 1951 versus 2006

1951

2006

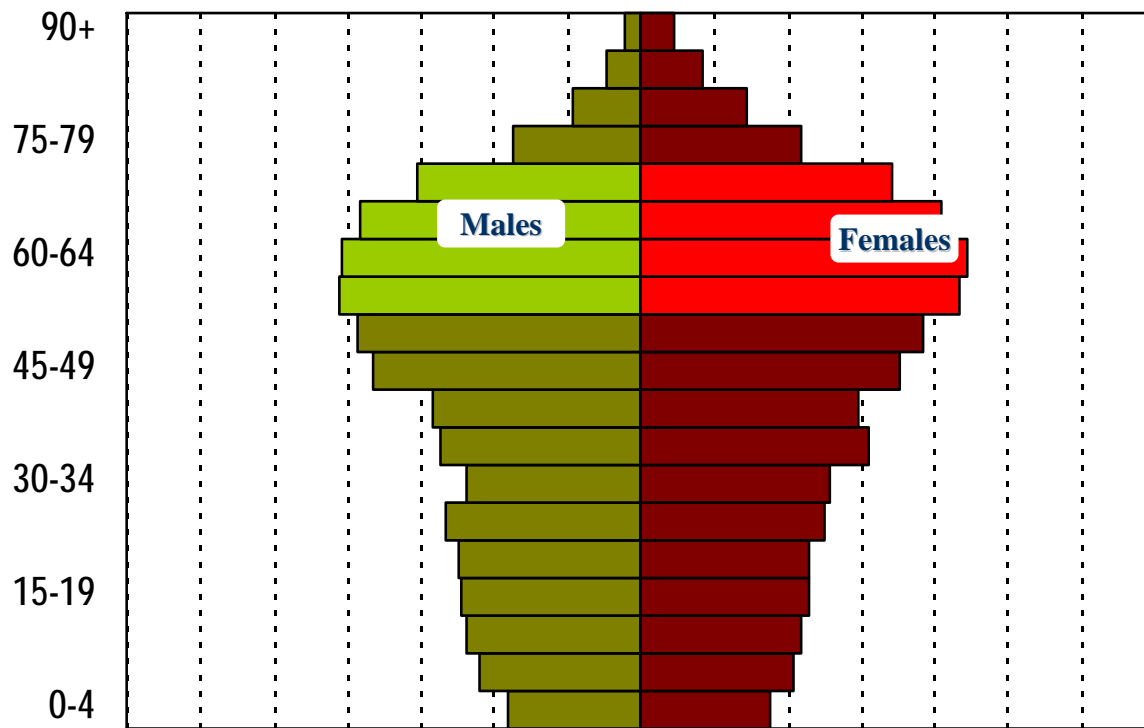


361,400 people in 1951 (513,510 in 2006)

39.1% of the population was aged 0-14 in 1951 (15.1% in 2006)

6.5% was aged 65 and over (13.4% in 2006)

In 2020



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- These demographics have an important impact on health and social planning – especially in rural communities.
 - Older persons comprise more than 50% of the rural population in NL compared to 20% in non-urban centres in the rest of Canada (7% in Ontario) largely due to out-migration

What is Out-migration?

The moratorium on the cod fishery in 1992 eliminated approximately 40,000 jobs. Many rural residents found themselves in the position of having to leave their communities in search of employment. From 1992-2002 the province experienced a net loss of approximately 56,000 people.

What are intermediate resources?

- Typically we think of support in terms of formal or informal helping.
- Intermediate resources are an emerging construct that expands theory and thinking about support beyond these bounds.

Definition of Intermediate Resources

Intermediate resources involve an organization e.g church, service club, seniors group

Intermediate resources emphasize choice and control by the user

Intermediate resources are measurable, that is using standard functional assessment tools, they would include “Instrumental” and “Advanced” levels of Daily Living

Levels of functional assessment:

- Basic Activities of Daily Living (ADLs)
 - Feeding, Toileting, Dressing, Bathing, Transferring
- Instrumental Activities of Daily Living (IADLs)
 - Cooking, Cleaning, Laundry, Shopping, Transportation, Managing money, Managing medication
- Advanced Activities of Daily Living (AADLs)
 - Socialization, Recreation

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Examples of intermediate resources...

- Churches organizing meals on wheels or wheels to meals program
- Service clubs providing transportation to medical appointments
- 50+ clubs developing a volunteer visiting program
- Schools developing volunteer home maintenance program using student volunteers
- Expansion of outreach of agencies like CNIB and CHHA using trained local volunteers

My research question...

- What can we learn from residents in one rural community in Newfoundland about intermediate resources, that will strengthen rural social work practice and policy with older persons

More specifically the study will seek to describe:

- **the intermediate resources that are identified as necessary to age in place**
- **the development and maintenance of intermediate resources in the context of depopulation**
- **the relationship of the presence and organization of intermediate resources to social work policy and practice**

Benefits of intermediate resources...

- Practical – are developed from existing local community assets
- Adaptable – are flexible in program design and criteria, can adapt to individual and community needs and resources
- Proximity – are able to provide timely and relevant assistance
- Partnerships – associations of resources contribute to community capacity building and resilience

Costs of intermediate resources...

- Administration and overhead
- Liability issues (volunteer driving)
- Human resources (volunteer and leadership development)
- Accountability (oversight and reporting, flexible measurement tools)
- Assumptions re horizontal associations – who might be excluded
- Collaboration vs sense of place

Methodology...

- Case study
- Five sub units
 - older seniors 75+
 - informal, formal and intermediate providers of care
 - young seniors 55 - 74
- Five focus groups
- Twenty individual interviews

Interview guide outline...

- How do older residents in rural Newfoundland manage aging in place?
- How has their access to (and use of) informal and formal support been changed by out-migration?
- How are they negotiating access to intermediate services? What resources are they finding difficult to negotiate access to?
- What do informal, formal and intermediate care providers say about their capacity to ensure that residents can age in place

In conclusion... is research in rural communities just palliative care??

Two reasons why not...

- Practical – watershed analogy (Ivan Emke)
- Philosophical – aging in place