

# 2022-23 YEAR IN REVIEW HIGHLIGHTS

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Empowering Older Adults to Age Fearlessly

**Baycrest**

FEAR NO AGE™

## 2022-23 YEAR IN REVIEW HIGHLIGHTS

Baycrest is a global leader in aging and brain health with a vision of *a world where every older adult enjoys a life of purpose, inspiration and fulfilment*. We have continued to expand our leadership in the provision of care, education, innovation and research in brain health and aging. We have declared our bold intention and commitment to defeating dementia and giving everyone the tools they need to make their later years the best years of their lives. In short, Baycrest wants to help everyone *Fear No Age™*.

Together, we are creating a future where older adults discover their possibilities at every age and stage of life, wherever they are on their cognitive journey. It's a future where growing older fuels hope, with the start of a new beginning. Our staff have worked tirelessly to not only safeguard our resident and patient population but to continue building for tomorrow. Below are a few highlights of the collective efforts achieved by our committed and passionate staff determined to change the journey of aging.



### Baycrest Achieves Exemplary Accreditation Status

Baycrest successfully completed its Accreditation Canada survey, achieving the highest level of performance: Accredited with Exemplary Standing. This means that Baycrest has met or exceeded the national standards of quality and safety in health care, and has demonstrated excellence in leadership, governance, clinical programs and services.

The surveyors praised Baycrest for its culture of innovation, collaboration and compassion, as well as its commitment to continuous improvement and learning. The accreditation process is a rigorous and comprehensive evaluation that occurs every four years, and it involves input from staff, clients, families and partners.

### Baycrest Expands Online Therapy Program for People With Dementia

Baycrest received a \$2.6M investment from the Ministry of Long-Term Care to grow its Virtual Behavioural Medicine program (VBM), which provides specialized care for dementia patients with severe behavioural symptoms. The funding enables the program to serve up to 300 patients per year, supporting Ontario's plan to improve access to behavioural support services across the province.

Baycrest's VBM program, led by Dr. Morris Freedman, helps dementia patients who are experiencing behaviours such as aggression, agitation and hallucinations. The program offers virtual assessment and management through a secure network and works with the patient's existing care team in their current location. The program also involves family caregivers and provides education and support. VBM is a collaboration between Baycrest's Sam and Ida Ross Memory Clinic and the Toronto Central Behavioural Support for Seniors Program.

The program's team of experts includes behavioural neurologists, neuropsychologists, nurses, pharmacists, mental health professionals and the Behaviour Support Outreach team. Together, they provide a rapid and comprehensive response to help dementia patients and their families.

## New Centre for Behavioural Neurology

Baycrest launched the Pamela & Paul Austin Centre for Behavioural Neurology, led by Dr. Morris Freedman. This centre advances research and care for patients with complex neurological and psychiatric disorders, allowing Baycrest to provide better care by coordinating assessment, diagnosis and care for individuals who experience cognitive decline, movement disorders, behavioural challenges or general neurological problems such as muscle weakness.

The centre also offers education and training opportunities for health professionals and students, and fosters collaboration with national and international partners. The centre is supported by a generous donation from the Austin family and a \$2.6 million investment from the Government of Canada

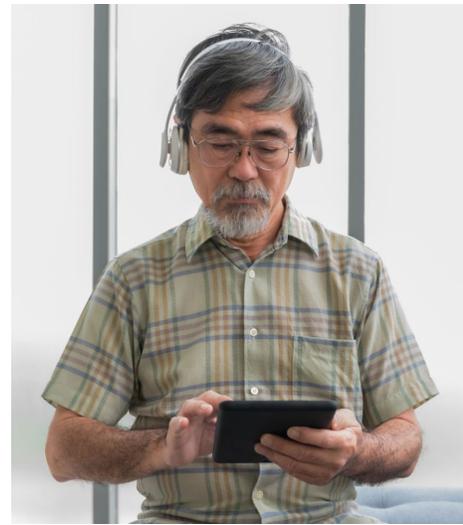


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## Online Screening Tool for Hearing Loss and Dementia Prevention

Hearing loss is a major risk factor for dementia, but many older adults don't get tested or treated for it. Baycrest has developed a new online screening tool that can help detect hearing loss and offer personalized solutions. The tool is free, easy, and takes only 10 minutes to complete.

Baycrest's new screening tool has the potential to slow cognitive decline and prevent dementia by identifying early risk factors for hearing loss. By using the tool, you can help protect your brain health and improve your quality of life. The Baycrest website provides access to the tool and information about how hearing loss affects cognition.



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## Falls Prevention Program Supports Aging in Place

Preventing falls is one of the most important things in supporting aging in place. Baycrest's Community Falls Prevention Program runs currently on the Baycrest campus and at several Toronto Seniors Housing Corporation (TSHC) properties.

The course teaches participants to build the skills and body awareness needed to prevent falls and provides education on what causes falls. Each week, a registered kinesiologist demonstrates how different muscles are engaged as participants do core exercises and strength repetitions, which are specifically focused on replicating motions they encounter in their daily lives.





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