

What is Wellness Hub?

A research and support program
for long-term care 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) have been through a lot during the pandemic. In response to some of the challenges shared by our partners in LTC, we want to work with LTCHs to answer our two research questions:

1. What resources and supports are most useful to individuals engaged with, living or working in LTCHs 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 LTCHs?



We are recruiting homes in the Greater Toronto Area; Hamilton, Niagara, Haldimand, Brant Region; and the Ottawa and Champlain Area to participate in this study.

At the LTCH level, we want to understand 1) the barriers and facilitators to implementing support in LTCHs and 2) factors associated with the spread of infectious diseases in LTCHs.

We are asking 1 member of the LTCH leadership team to complete a quick questionnaire about characteristics of the LTCH, **and asking up to 2-3 staff members to participate** in:

- Initial 20-minute needs assessment interviews to discuss any challenges your home might be facing, and 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 LTCHs:

Through the support component of this program, we aim to provide LTCHs 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 (<https://www.wellness-hub.ca>)
- **Access to an implementation facilitator** who can help to tailor supports for staff, staff's household members, residents, and their family members
- **Diagnostic COVID-19 saliva testing** with rapid results for symptomatic or high-risk exposure LTCH staff, their household members, and essential care partners
- **\$10,000 in seed funding for your LTCH** from the Healthcare Excellence Canada's LTC+ Program and supports for pandemic preparedness initiatives

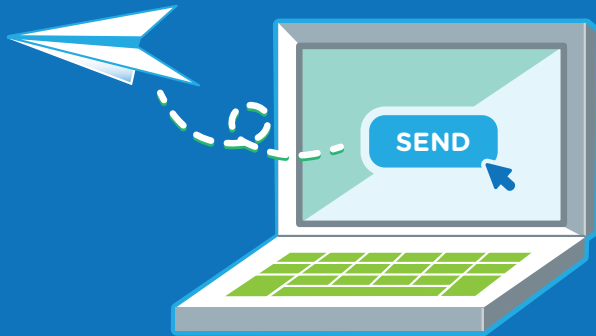
LTCHs can select which supports they would like to engage with based on their needs.



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 LTCHs.

We are asking staff and their household members, as well as residents and their family members to participate in:

- Completing a 15-minute 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 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 email the Wellness Hub study team at wellnesshub@unityhealth.to** or call (416) 360-4000 ext. 77491.

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!

