

HOMEFIRST

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Home First is a three-year strategy that will help seniors in New Brunswick maintain their independence and remain in their homes and communities for as long as possible.

This strategy represents a fundamental change in philosophy and practice whereby hospital admissions, lengthy hospital stays, and transfers directly from hospital to residential facilities are considered last resort options, only after all other community-based options have been fully explored.

The goal is to provide a new direction for healthy aging and care in New Brunswick. This direction is based on what has been heard from seniors, families, health care professionals and care providers; and is also informed by national and international leading practices.

The *Home First* vision is supported by three pillars:

1. **Healthy Aging**
2. **Appropriate Supports and Care**
3. **Responsive, Integrated and Sustainable System**

The plan outlines a series of innovative approaches, strategies and initiatives to support seniors to live in their own homes and continue to be part of their communities.

Developed in collaboration with the departments of Social Development, Health, Healthy and Inclusive Communities, and both the Horizon and Vitalité health networks, *Home First* addresses the full continuum of care with a focus on better integration across the health and social service systems. The strategy builds on a foundation of health and wellness promotion, support for families and assistance to help seniors live independently for as long as possible.

The underlying principle of *Home First* is that by providing enhanced supports at the community level now, the need for more costly forms of care services can be delayed or avoided in the future.

The *Home First* strategy is an opportunity to change the landscape of wellness, healthy aging and maintaining independence throughout New Brunswick. This strategy will allow the provincial government to plan and work together with community partners and stakeholders to meet the current and future needs of the senior population in New Brunswick.