

# COWICHAN VALLEY

## HEALTH & CARE

EXCEPTIONAL CARE ~ EXCEPTIONAL PEOPLE

photo by Cindy Lise

## Let's talk about

## Health & Care in the Cowichan Valley

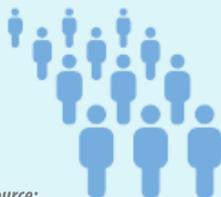
It's no secret—the Cowichan Valley is an incredible place to live, work and play. As the population in the region continues to grow, the healthcare system must evolve to support those who enjoy all that Cowichan has to offer.

Today's session is about finding out how we can work together to build a service model and business plan to replace **Cowichan District Hospital**, and seizing the unique opportunity to look at how our hospital fits within a vast network of community-based health care, where

80% of services and supports are delivered. This is the **Cowichan Valley Health & Care Plan**.

Let's think differently and find innovative solutions that will ensure we're able to meet the community's health and care needs for the next 50 years. We want to know what's important to you, what challenges you face, and how we can become better partners in your health and wellness journey.

### POPULATION:



Source:  
BC Stats P.E.O.P.L.E. Sept. 2018

**Cowichan's population is 86,211** and makes up **11%** of Island Health's total service population.

*Island Health's total population: 800,132*

| LIFE EXPECTANCY AT BIRTH: | WOMEN            | MEN              |
|---------------------------|------------------|------------------|
| <b>COWICHAN VALLEY</b>    | <b>82.9-87.1</b> | <b>78.5-80.6</b> |
| Island Health             | 84.1             | 80.2             |
| BC                        | 84.6             | 80.6             |

### HEALTH STATUS:

**34-38%** are staying healthy and are non or low users of health care services.

*Island Health: 38%*

**46-52%** are living with illness and chronic conditions, ranging from low to complex chronic conditions and severe mental health and cancer. *Island Health: 45%*

**1.8-3.3%** are towards end of life, and are high users of health care services.

*Island Health: 2.9%*

### The most prevalent conditions are:

- Mood and Anxiety Disorders
- Depression
- Hypertension

### PROJECTED GROWTH:



|                                 | Population Growth:<br>2012-2017 | Projected Population Growth:<br>10 Years                   |
|---------------------------------|---------------------------------|--|
| <b>Area Population</b>          | 4%                              | <b>Cowichan: 10%, Lake Cowichan: 2%<br/>Ladysmith: 11%</b> |
| <b>Area Population, age 75+</b> | 12%                             | 70%  |
| Island Health                   | 5%                              | 22%  |
| British Columbia                | 6%                              | 28%  |

Visit us online at [www.islandhealth.ca/newcdh](http://www.islandhealth.ca/newcdh) for more information.

To receive updates or provide feedback about the Cowichan District Hospital Redevelopment Project or the Cowichan Valley Health & Care Plan, sign-up for our mailing list at a community event or email us at [newcdh@viha.ca](mailto:newcdh@viha.ca).



# Cowichan District Hospital Replacement Project: Draft Vision & Principles

Strong guiding principles will ensure that our decisions are made towards common objectives which reflect the needs of the people we serve.

The following principles describe how we want the broader health system in the Cowichan region to look in the future and will guide our decision-making within the Cowichan District Hospital Replacement Project.

Along the bottom are our four Facility Design Principles which describe the elements that are key to the success of a new hospital.

Please let us know your thoughts. We're interested in learning what's most important to you for the future of health services in the Cowichan Valley and for a new CDH.

## Evidence Informed & Quality Driven Care

Best current evidence guides decisions and provides accountability. Access to high quality and safe care and services is equitable for all in the Cowichan Valley.

## Community of Care

Strengthen services to better support health and wellness through an integrated continuum of care that ensures the right care is provided in the right place to meet the community's changing needs.

## Great Place to Work & Learn

Create workspaces that not only foster excellence in service delivery but create an environment that supports recruitment and retention of an engaged workforce.



## Patient, Family, & Community

Design facilities and services that support a seamless and positive patient journey and enhance patient, family, and community experience.

## Cultural Safety

Recognize and respect differences, while striving to address inherent power imbalances

## Cultural Humility

Self-reflect to understand personal and systemic biases and develop relationships.

## Facility Design Principles

### Collaboration

Ensure the hospital design supports and strengthens the community partnerships that already exist in the Cowichan Valley.

### Flexible Design

Design the facility to be flexible and have surge capacity to meet the (sometimes unpredictable) future needs of the population and to be able to adapt to new technological solutions as they evolve.

### Sustainability

Create efficient patient flow and design concepts that support operational cost efficiency and ensure long term sustainability of services provided at CDH.

### Innovation

Explore innovative options for care, be curious, ask questions.

## The Cowichan Valley Health & Care Plan

A hospital is a critical component of health and care services within a community – but it is only one part. Did you know 80% of health services and supports are delivered in the community, and not in hospitals?

As we plan for a new CDH, we're thinking about the wide range of primary care, community care, health promotion and long-term care services available to support your health and wellness, and looking at the overall system of health and care, both now, and into the future.

We know there is more that can be done to help keep people healthy in their homes and with family. **The Cowichan Valley Health & Care Plan** is about strengthening our community-based health supports so you and your loved ones can avoid a hospital stay whenever possible, and planning a hospital that is integrated into the entire system of health and care.

