

ACE: IMPROVING HOSPITAL CARE FOR OLDER ADULTS

Episode 4 with Dr. Roger Wong



Changing the Way Hospitals Care for Older Adults

Acute Care for Elders (ACE) units were designed to meet the unique needs of hospitalized older adults.

Preserve function during hospital stays, not just treat illness

Reduce risk of delirium, falls, and hospital-acquired disability

Shown to shorten hospital stays and improve outcomes

Grounded in evidence-based design and team-based care

Practical Tips for Patients & Caregivers in Hospital

Small actions can prevent big complications. Dr. Wong's recommendations:

Bring glasses, hearing aids, and mobility devices to the hospital

Keep an updated medication list & health records on hand

Engage with the full care team



Encourage safe mobility to preserve strength & independence

Ask about discharge early—planning begins on day one



What Makes ACE Units Work? A 5-Part Formula



1 Person-centred care: See the person, not just the condition

2 Early rehab: Walk, move & engage safely

3 Elder-friendly environment: Lighting, noise & layout matter

4 Frequent med reviews: Avoid polypharmacy

5 Early discharge planning: Focus on smooth transitions home

Looking Ahead: Tech, Teams & Teaching

Digital tools that integrate with care delivery—not just records

Generative AI to save clinician time and enhance compassionate care



Build a sustainable workforce through lifelong learning

Advocate for system-wide change — better elder care benefits everyone