

# *Better Care Starts Here:* **A JOURNEY WITH PGLO**

**Episode 5 with Dr. Kelly Kay**

## **PGLO:**

### A Roadmap for Aging Well in Ontario

PGLO (Provincial Geriatrics Leadership Ontario) coordinates and strengthens specialized geriatric services across Ontario.

#### **PGLO improves care by:**

Supporting planning & policy for older adult care

Developing standards and evidence-based guidelines

Training the health and social care workforce

Creating indicators that assess the needs of older adults

## **Tools for Caregivers: Practical Help, Right Now**

PGLO doesn't just plan care—it empowers those providing it.

**Caregiving Strategies program co-developed with caregivers**

**Free resources: multilingual handbooks, online courses, and facilitated workshops**

**100% of users would recommend it; boosts caregiver confidence**



## **Rethinking Tech: Innovation With, Not Just For, Older Adults**



- Calls for tech that's intentionally designed with older adults in mind
- From smart mirrors to robotic pets—implementation matters
- Focus on utility, dignity, and balancing the caregiver burden

## **Redesigning the System: What Good Geriatric Care Looks Like**

Multidisciplinary teams that extend across sectors

Shared care plans focused on continuity and goals of care

System design that anticipates progressive conditions like dementia

Continuous evaluation and feedback from local to provincial levels