

Central East LHIN appoints Dr. K. Jennifer Ingram as Seniors Physician Lead

NEWS

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The Central East Local Health Integration Network (Central East LHIN) is pleased to announce the appointment of Dr. K. Jennifer Ingram as the Seniors Physician Lead for the Central East LHIN.

Dr. Ingram will work with other Central East LHIN physician leads, the LHIN's [Seniors Care Network](#), regional and local health service providers and other partners involved in caring for older adults. She will be providing leadership to increase the involvement of primary care physicians in supporting seniors, ensuring the use of best practices for seniors care and participating in provincial initiatives that focus on seniors care.

[Dr. Ingram](#) is a specialist in internal and geriatric medicine, practicing in Peterborough and surrounding communities. She is the geriatric medicine chair at the Peterborough Regional Health Centre, founder and principal investigator of the Kawartha Regional Memory Clinic, and founding chair of the Peterborough Council on Aging. Dr. Ingram is also the geriatric medicine lead for the College of Physicians and Surgeons of Ontario. In 2016, Dr. Ingram was awarded the Irma M. Parhad Award for outstanding contributions to the understanding and treatment of patients suffering from cognitive disorders from the Consortium of Canadian Centres for Clinical Cognitive Research. She also received the Glenn Sawyer Service Award from the Ontario Medical Association for her outstanding contributions to the medical profession and community.

The appointment of Dr. Ingram as the Seniors Physician Lead for the Central East LHIN supports the [Ministry of Health and Long-Term Care's Patients First: Action Plan for Health Care](#), the Central East LHIN's goal to support frail, older adults to live healthier at home as described in the [2016-19 Integrated Health Service Plan](#), and the Seniors Care Network's 2016/17 Service Plan.

Quotes

"Dr. Jennifer Ingram's leadership will be integral to achieving Central East LHIN's goal to support frail seniors in avoiding hospitalization and safely transitioning home following a necessary hospital stay."

- Louis O'Brien, Chair, Central East LHIN Board of Directors

"Dr. Jennifer Ingram brings a wealth of knowledge and expertise in caring for geriatric and dementia patients, and will help us strengthen integrated health care so older adults can live healthier at home."

- Deborah Hammons, Chief Executive Officer, Central East LHIN

Quick facts

- As stated in its 2016-19 Integrated Health Service Plan, Central East LHIN aims to support frail older adults to live healthier at home by spending 20,000 fewer days in hospital and reducing alternate level of care days for people age 75+ by 20 per cent by 2019.
- More than 16 per cent of Central East LHIN's population are seniors aged 65+.
- By 2021, seniors will account for 18 per cent of the Central East LHIN's population.
- Central East LHIN has the highest waitlist and the second highest long-term care demand rate in Ontario: 118 of every 1,000 seniors aged 75+ are living in or waiting for long-term care.
- Since 2010, the supply of long-term care beds has decreased for the 75+ population from 90.1/1,000 to 82.9/1,000.
- More than 40 per cent of the 85+ population live alone in the community.
- As of 2016, more than 1,000 community-dwelling people with dementia will experience alternate-level-of-care hospitalization in the Central East LHIN.
- By 2020, an estimated 32,700 Central East LHIN residents will be living with dementia, the second highest in Ontario. (Source: Alzheimer Society of Canada)

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