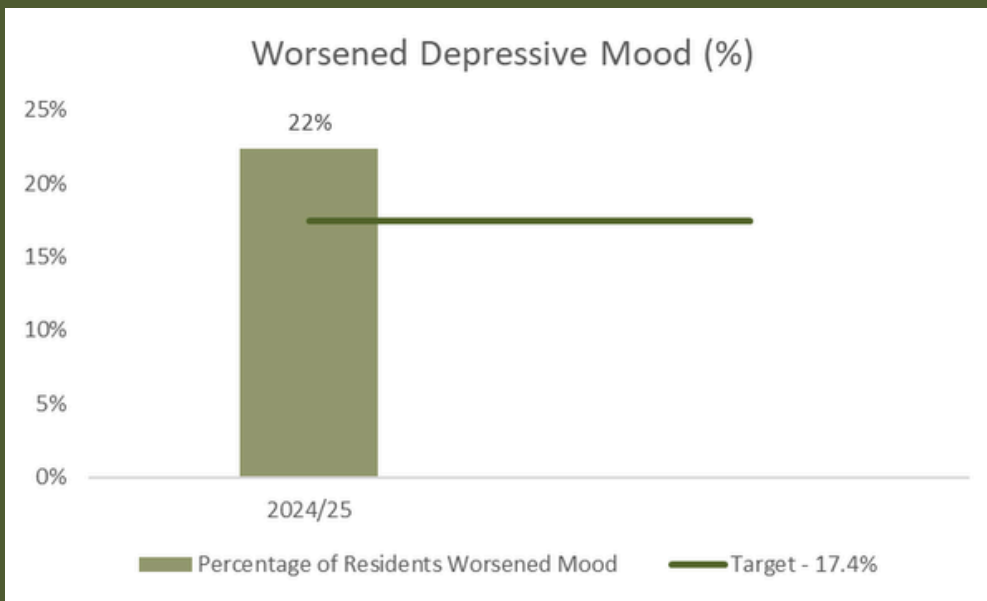


LONG-TERM CARE WORSENER DEPRESSIVE MOOD

Northwood began tracking the Canadian Institute for Health Information's (CIHI) Worsened Depressive Mood indicator in 2024. This measure reflects the percentage of long-term care residents whose symptoms of depression have worsened, based on valid assessments.

Northwood monitors this indicator because it helps staff track emotional well-being and identifies trends in mood deterioration. It supports timely interventions to improve residents' quality of life, and helps evaluate and improve mental health strategies in care settings.

Northwood was above the 17.4 CIHI industry target. The target is based off the average percent of residents with worsening depressive mood in all long-term care facilities across Nova Scotia.



Northwood had 22% of residents who had worsened depressive moods in 2024-25, above the Nova Scotia target.

How Northwood will improve in 2025-26:

In 2025–26, Northwood is focusing on improving mental health support through regular screenings and assessments for depressive symptoms. Care plans will be updated, including thorough medication reviews and access to therapeutic support. Staff will receive enhanced training to help them recognize and respond to early signs of depression. Finally, data audits will be used to spot gaps and guide meaningful improvements.