

Ministry of Health and Long-Term Care Invests in OARC!



“Together, this funding will support the OARC's ongoing efforts to provide assistance to residents' councils in long-term care (LTC) homes across the province. Thank-you for your continued commitment to ensure that the voice of long-term care home residents is at the centre of health care policy decision making.”

~ Dr. Eric Hoskins, Minister of Health and Long-Term Care

Through Our Eyes: Bringing the Residents' Bill of Rights Alive



OARC is pleased to announce that we have received special project funding from the Ministry of Health and Long-Term Care to provide one copy of the “Through Our Eyes” program to ALL long-term care homes in Ontario! The Ministry's investment in this program demonstrates a commitment to residents' rights and the value of OARC's innovative approach to educating the long-term care community about the Residents' Bill of Rights. See the program video [here](#).

All long-term care homes will have a copy of this program by March 31st. Those homes that have already purchased the program will be offered a reimbursement. Reimbursement details will be sent in February to those who have purchased the programs.

OARC will hold a live webinar to review the program and support long-term care homes as they work through the “Through Our Eyes” program on June 13, 2018 from 2:30 to 3:30 pm. Follow the link to register for the webinar <https://attendee.gototraining.com/r/8520380974352612865>

Full Time Education and Home Support Position Added to the OARC Team



We are THRILLED to announce that the Ministry of Health and Long-Term has increased OARC's base funding to add another educator to our team! Our new Education and Home Support team member will assist in providing Residents' Council support and assist in the planning and delivery of education sessions across Ontario. A posting for the position will be available on our website and on Charity Village shortly.

OARC Releases Module 5 of 6 – [“The Voice of Residents' Council”](#)

OARC is developing 6 web-based education modules as part of a series of principal Residents' Council education for Council leaders and supporters. The latest in the series, “Module 5: The Voice of Residents' Council”, was released on January 16th and provides information on how to cultivate and share the Voice of Residents' Councils. Modules 1 to 5 are available, free of charge, on OARC's website <http://www.ontarc.com/education-events.html> The final module, “Module 6: Development of Bylaws” will be released in March.



LIVE WEBINAR - Conflict, Respect and Resolution - Residents' Councils Managing Conflict

Conflict is an unavoidable and natural part of most environments. Although there is no single best way to deal with conflict, understanding your negotiation style is helpful to successfully handle conflict and respectfully reach solutions. Join OARC and conflict management expert, [Edwin Greenfield](#), Manager ADR & Mediation Services, March of Dimes Canada, as we examine the roots of conflict, negotiation styles and offer tips and tools to manage and resolve conflicts.

Date: Wednesday, February 7, 2018 **Time:** 2:30 PM - 3:30 PM

Register here: <https://attendee.gototraining.com/r/2788803879668041473>

LIVE WEBINAR - Keeping It Together – Supporting Osteoporosis Knowledge in Long-Term Care Homes



OARC and the Ontario Osteoporosis Strategy for Long-Term Care have teamed up to help strengthen and advance residents' awareness and knowledge of osteoporosis and fracture prevention in long-term care homes.

Join resident leaders, Sharron Cooke and Devora Greenspon, as they share their experiences using the newly developed "Keeping it Together" Resident Conversation Sheet about osteoporosis.

"Keeping it Together" is designed specifically for residents to facilitate understanding of the importance of fracture prevention practice within their

Long-Term Care Homes, thereby helping to promote good bone health among LTC residents, with a view to improving the quality of life for all residents.

Date: Wednesday, March 14, 2018 - 2:30 PM to 3:30 PM

Register here: <https://attendee.gototraining.com/r/4573267271543443713>

Banwell Gardens raises the bar for other local long-term care homes with the Yuletide gift of Wi-Fi for their residents

Media Release by Kim Kelly, Writer and Resident and Tanya Adams, Administrator of Banwell Gardens, December 2017



Many individuals who reside in long-term care homes have their pension income paid directly to the home to cover their accommodation and care costs, and are then left with a comfort allowance of about \$146 per month as stipulated by the Ministry of Health and Long-Term Care.

In most facilities, residents arrange their own internet and cable services. The average cost of internet alone is some \$50 per month, taking a large portion of the resident's comfort allowance.

Responsive Management Inc., who operates Banwell Gardens Care Centre in Tecumseh, made the decision to do something about this, and has now provided window wireless internet in the home.

By providing this service, they are not only freeing up the cost that residents would have previously incurred, but are also providing a virtual world at the resident's fingertips. Instructional tutorials for residents began in January. For more information about this initiative please contact Kim Kelly or Tanya Adams at 519-735-3205.

Non-Stigmatizing Language (dementia focus) Expert Panel



OARC's Executive Director, Dee Lender, and Vice President, David Kent, attended the November 15th, meeting of the Non-Stigmatizing Language (dementia focused) Expert Panel, brought together by Behavioural Supports Ontario Provincial Coordinating office. Members of this group are from diverse experiences including those with lived experience, care partners, health care providers, long-term care providers, researchers etc. This working group was formed following earlier discussions exploring the challenges associated with communication and language use around dementia. During the first in-person meeting, group members came together to create and inform on a set of guiding principles to promote the consistent use of person-centred language. The meeting allowed for facilitated conversation and key next steps were identified in moving this work forward. The work of this group will continue in 2018. Leadership of this group is provided by Kate Ducak (Schlegel Centre) and Gagan Gill (Alzheimer Society of Ontario). Stay tuned for updates on the work of this group! For more information, contact Gagan Gill at ggill@alzheimeront.org This article was reprinted by permission from the publishers of the "[brainXchange News](#)" were invited and attended the Expert Panel.

Leaving Hospital and Recovering at Home - Health Quality Ontario

Health Quality Ontario (HQO) is looking to better understand the experiences of patients who are leaving the hospital to recover at home (**home also includes supportive housing, shelters, long-term care facilities and nursing homes**).

HQO wants to hear from residents/patients and their families who have been admitted to an Ontario hospital overnight sometime in the last three years. Your input will help HQO identify ways to improve support and services for patients across Ontario after they have been discharged from the hospital to recover at home.

There are several different ways to participate in this first phase of the project:

- Participate in an online survey at <http://www.surveygizmo.com/s3/4062128/Transitions-Concept-Mapping>
- Help spread the word about this opportunity using communications toolkit we have prepared here www.hqontario.ca/transitions - click on "Help to Spread the Word"

- Host a group discussion with their local Patient and Family Advisory Council, Residents Council or peer support group, and send the group's feedback to us by March 15, 2015

Please note that all this information can also be found on Health Quality Ontario's website www.HQOntario.ca/Transitions. If you have any questions or want more information about this project, please contact transitions@hqontario.ca

Join OARC at Therapeutic Recreation Ontario's 19th Annual Conference



The Therapeutic Recreation Ontario will hold their 19th Annual Conference at the [Brookstreet Hotel](#) in Ottawa, Ontario from May 30th to June 1st, 2018. OARC will present a hands-on workshop designed to celebrate our "Through Our Eyes: Bringing the Residents' Bill of Rights Alive" program. Participants will learn through hands-on exercises, experiencing a variety of the program components, hearing from program participants about their success and impact of the program in their homes and leave the workshop feeling prepared to share in a new way of facilitation! Check [TRO's website](#) for registration and program details.

Walk with Me Conference March 5-6, 2018: EARLY BIRD RATES END JAN 31



Walk with Me, Canada's only national conference dedicated to changing the culture of aging, will take place in Niagara Falls, Ontario on March 5-6, 2018. The full program has just been released and

includes a great line up of keynote speakers and 24 concurrent sessions. [Ashton Applewhite](#) - anti-ageism activist, author of *This Chair Rocks: A manifesto against ageism*, and a TED2017 mainstage speaker - will open the conference. Delegates will be inspired by forward-thinking ideas and learn practical strategies, tools and resources that can be used in day-to-day life across the continuum of care. Learn more at www.the-ria.ca/walkwithme

Ontario Long Term Care Association & Ontario Retirement Communities Association's Together We Care Convention & Trade Show

April 9-11, 2018 - Toronto Congress Centre, Toronto



[Together We Care 2018](#) is Canada's largest gathering of long-term care and retirement home professionals. With more than 1,200 delegates and over 250 exhibitors, this year's event will feature exceptional keynote speakers and educational sessions that cover a range of hot topics in both the long-term care and retirement community sectors.

Registration is now open. For more information, please visit the conference website <https://together-we-care.com/convention-and-trade-show-information/>

AdvantAge Ontario Annual General Meeting and Convention

April 16-18, 2018 - The Westin Harbour Castle Hotel, Toronto

Advancing Senior Care

Annual General Meeting and Convention
April 16-18, 2018 – The Westin Harbour Castle

[AdvantAge Ontario's Annual General Meeting and Convention](#) provides outstanding education and networking opportunities to professionals who provide care for seniors in Ontario. With over 100 speakers, 37 tailored education sessions and 75 exhibitors, this event is designed to advance the success and care for seniors.

For more information visit the convention website <http://advancingseniorcare.ca/>

OARC Representing Residents' Councils

Working with our Ministry of Health and Long-Term Care (MOHLTC) and Stakeholder Groups as members of various committees, residents attend and provide their lived experience to government and sector leaders through:

- Ministry of Health and Long-Term Care:
 - Enhanced Strategy Stakeholder Advisory Committee
 - Enhanced Strategy Design Variance Committee
 - Enhanced Strategy Issues Working Group
 - Long-Term Care Stakeholder Liaison Committee
 - Long-Term Care Quality Improvement Program
- Behaviour Supports Ontario:
 - Advisory Group
 - Integrated Teams Collaborative
 - Lived Experience Advisory Group
 - Non-Stigmatizing Language Expert Panel
- Partnerships for Health Systems Improvement (PHSI) Advisory Boards for the Strengthening a Palliative Approach in Long-term Care
- Bruyère CLRI Steering Committee
- Health Quality Ontario:
 - Resource Development Advisory Group
 - Long-Term Care Practice Report Advisory Committee
 - Transitions from Hospital to Home Advisory Group

We encourage you to bring this information to the next Residents' Council meeting in your home. We love to hear from you... Call, write or email us with your questions, suggestions and stories.



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