

May 2024

IN THIS ISSUE

- Devora Receives Volunteer Award
- OARC Webinars
- Conference Highlights
- Quality Corner
- Welcome Molly!
- May Reflections
- Updates from Ministry of LTC
- Engagement Opportunities
- Dave's Monthly Musing
- Home Support Highlights

OARC Resident Leader Devora Receives Voluntarism Award

Earlier this month, Resident Leader and REAL Group Co-Chair, Devora Greenspon was presented with the prestigious June Callwood Outstanding Achievement Award for Voluntarism at a special awards ceremony in Ottawa.

The June Callwood Award recognizes the leadership, innovation and contributions of individuals and groups from across the province. Read the official [News Release](#).



OARC's #WebinarWednesday Recap

On May 8th, OARC was pleased to welcome guests from the Ministry of Long-Term Care to provide a Spring Update for residents, which included discussion about regulatory amendments, spring vaccinations, changes to respiratory illness guidance, and other Ministry updates.

This webinar recording can be accessed on OARC's YouTube Channel here: <https://youtu.be/0ps77Tm9Hil>

Webinar slides: [English](#) | [French](#)

Join us June 12th at 2pm EST for our next webinar: Setting Up Your Residents' Council for Success - Part 3

OARC's resource "Understanding Our Law and Residents' Councils: Fixing Long-Term Care Act (FLTCA), 2021" was developed to support Councils in understanding their full scope of influence as outlined in the legislation governing all long-term care homes in Ontario.

Join our team on June 12th as we review this resource and build upon our previous learnings from our [December 2023](#) and [January 2024](#) webinars! Register [here](#) to save your spot.

Spring Conference Engagement Highlights



The OARC team kicked off the month of May with a memorable trip to Ottawa where we participated in the [Walk With Me](#) conference, hosted by the [Research Institute for Aging](#). Together with the impactful contributions of Resident Leaders, Gale Ramsden, Leslie Froats and Devora Greenspon, we facilitated a 75-minute workshop about barriers and enablers to resident engagement in LTC home operations. Our session incorporated preliminary learnings from an ongoing OARC [research project](#), *Empowering Long-Term Care Residents to Shape the Place They Call Home*, and generated lots of great discussion amongst the 100+ delegates in attendance.

Thanks to everyone who expressed interest in our forthcoming Resident Engagement toolkit. We invite you to read our *Quality Corner* update to get involved in next steps.

Quality Corner: Research Study Opportunity for Residents and LTC Teams

We are excited to move forward with the next phase of our research project, including 30-minute interviews with residents, Administrators and LTC team members like **you!**

Our research team is looking to speak with people who live or work in LTC (minimum 6 months) to share their experiences and provide examples of how their LTC homes involve residents in home operations and decision-making.

Details about this research opportunity were circulated in our [May 17th bulletin](#) and summarized in a promotional poster insert included with your Residents' Council's complimentary copy of Seasons Magazine. Access our research recruitment poster [here](#).

Interviews will help inform the creation of a co-designed toolkit to facilitate meaningful resident engagement in LTC.

If you are interested in participating or would like to learn more, please reach out to Chloe Lee at chloe.lee@uhn.ca or call +1 (437) 872-7450.

OARC Welcomes Public Health Practicum Student as Qualitative Specialist



OARC is pleased to welcome Molly Hutchinson in the capacity of practicum student/Qualitative Specialist. Molly is currently completing her Master of Public Health in Health Promotion and Women’s Health at the University of Toronto. She holds a Bachelor’s degree in Global and International Studies with a minor in Neuroscience and Mental Health from Carleton University.

During her undergraduate studies, Molly explored the intersection of politics, law, and health, and developed passion for interdisciplinary patient-centred care. Molly hopes to bring her knowledge and skills from her range of equity-focused health research to OARC’s research with long-term care residents. Her desire to advocate for older adults was sparked by her recent experience with supporting her grandmother with navigating independent living in older age, and from doing her own research about long-term care homes and geriatric care.

May Reflections: Celebrating Caregivers and Supporting Mental Health

As the month of May draws to a close, we wanted to take a moment to reflect on some of the [awareness weeks and themes](#) that helped to make this month special.

In Canada, May is recognized as National Caregiver Month—a time to celebrate caregivers and team members across health care settings. At OARC, we are especially grateful for those working in long-term care! Many Councils in Ontario were involved in activities and events to demonstrate appreciation for nurses, personal support workers and other partners in care.

This year, the theme of “healing through compassion” set the tone for [Mental Health Week in Canada \(May 6-12\)](#). The social media hashtag #CompassionConnects was widely embraced during this awareness week, as an important reminder to practice self-compassion and compassion for others as part of a commitment to supporting mental health and wellbeing.

- Catch OARC’s recorded webinar “[A Conversation About Mental Health](#),” featuring Resident Leaders and Psychogeriatric Resource Consultant, Jennifer Blaik, speaking candidly about mental health.
- Our [Resident Wellness Fact Sheet](#) is a helpful tool to guide discussions year round.

Updates from Our Ministry of Long-Term Care (LTC)

OARC encourages LTC teams to share the following updates (and supporting documents) with Residents' Councils and their supportive partners.

May 6, 2024: LTC Home Accommodation Charges Effective July 1, 2024

Earlier this month, Kelly McAslan, Assistant Deputy Minister, Long-Term Care Operations Division, released a letter and accompanying bulletin announcing co-payment increases that will come into effect July 1st.

ADM Letter – [English](#) | [French](#) Co-pay Bulletin – [English](#) | [French](#)

Did you know? In Ontario, all residents living in LTC homes contribute towards the cost of their accommodations and meals. This is called a co-payment fee. Our Ministry of Long-Term Care sets a maximum for the co-payment fees each year, and the amount you pay is based on the type of room you live in (private, semi-private or basic). Regardless of room type, all residents are entitled to receive the same level of care. Source: [Paying for long-term care](#).

Residents and their substitute decision makers can expect to receive at least 30 days' written notice when there are anticipated changes to services and associated fees.

May 6th, 2024: Level of Care (LOC) Increase for 2024-25

The Ministry of Long-Term Care announced level of care increases for the 2024-25 fiscal year. Residents may be interested to know that the Ministry provides funding to long-term care homes in various 'envelopes' – with dedicated funds for nursing and personal care; programs and support services; nutritional support, and other key areas to support home operations.

The table below (included as Appendix A in the [slide deck](#) that accompanied the [Ministry's May 8th Spring Update Webinar for Residents](#)) provides a snapshot of funding increases for the 2024-25 fiscal year, which runs April 1, 2024 to March 31, 2025.

Appendix A: 2024-25 LOC Funding Summary



- The following table shows the LOC per diem increase for the 2024-25 fiscal year by envelope:

General Envelope	2023-24 Per Diem (\$)	2024-25 Incremental Increase (\$)	2024-25 Per diem (\$)	% increase
Nursing and Personal Care (NPC)	105.96	4.45	110.41	4.2%
Program and Support Services (PSS)	12.48	0.42	12.90	3.4%
Nutritional Support (NS)	12.07	1.00	13.07	8.3%
Other Accommodations (OA)*	57.65	6.83	64.48	11.8%
Global Per Diem	7.53	0.26	7.79	3.4%
Total LOC Per Diem	195.69	12.96	208.65	6.6%
Convalescent Care Beds	98.28	3.33	101.61	3.4%

* Additional funding for Other Accommodations should be prioritized for sprinklers for homes without sprinklers.

Note:

The topic of LTC funding generated lots of questions following our May webinar. OARC will explore opportunities for future learning with our Ministry partners. Stay tuned!

May 9, 2024: Spring 2024 COVID-19 Vaccine Campaign

Dr. Kieran Michael Moore, Chief Medical Officer of Health and Assistant Deputy Minister, Public Health, shared a memo announcing the Spring 2024 COVID-19 Vaccine Campaign. OARC recommends that residents with questions related to vaccines speak with a trusted member of their care team for more information.

ADM Memo – [English](#) | [French](#)

Engagement Opportunities Shared by OARC’s Sector Partners

Family Councils Ontario (FCO) Presents: Connecting Through Care Virtual Conference June 11th – 13th, 2024

Join Family Councils Ontario for their annual conference event! This year’s theme is navigating challenging conversations in long-term care. Experts in the field will share their knowledge and provide attendees with tools to navigate these

discussions. Join caregivers, Family Council members, long-term care home staff, researchers, and policymakers from across Ontario for three days of entertaining, engaging, and educational sessions! **Register now at <https://fco.ngo/ctc2024>**



New CLRI eLearning Course – Caregivers as Partners

The Ontario CLRI at Bruyere and the Ontario Caregiver Organization are pleased to be launching a [new one-hour eLearning Course: Caregivers as Partners in Long-Term Care](#).

Co-designed with residents, caregivers, LTC team members and leaders, and informed by research, this interactive course aims to enhance team members’ knowledge and understanding of how to include, support and empower caregivers as partners in the team. This

course is available at no cost, and is aligned with the *Fixing Long-Term Care Act, 2021*, and Health Standards Organization’s National Long-Term Care Services Standard.



The Ontario CLRI at the Research Institute for Aging is Hiring!

Looking to join an amazing team? Our friends at the Ontario CLRI at the Research Institute for Aging are inviting applications for 2 vacant positions: [Director](#) and [Education Manager](#). Please share these opportunities within your networks!

Dave's Monthly Musing: *Technology*

I often think about the technology that will be available to my children and my children's children in the future. I recently attended a seminar on the use of Artificial Intelligence and Virtual Reality and how it can be used to enhance the lives of seniors in long-term care... so it is coming!

Greater minds than mine are busy working out the bugs in the software and dreaming up the wonderful applications that you and I can't even imagine at this point.

But then I think about all of the 'technology' that we have experienced, and I marvel at the changes.

Things we take for granted now, but at one time didn't exist... like television! Growing up with kid's shows like Howdy Doody and Captain Kangaroo, and my mother's constant rejoinder, "Don't sit too close, you'll ruin your eyes!" It opened up our eyes to a whole new world. I remember watching the Rose Bowl Parade for the first time in colour. Wow, what a difference! Dick Tracy wristwatch TV? It's a thing now!

And hand-held calculators! I was in university when they first came on the market, making my 'slide rule' a throwback to an older time overnight like the 'buggy whip' with the advent of cars! (and no, I'm not that old). The really good ones that did stuff like square roots or trig functions were pricey...like \$299 dollars. Today they go on sale at Canadian Tire for \$3.99!

When I was growing up my '[Google](#)' was the bricks and mortar library with and rows and rows of drawers with cards in them. My version of '[Wikipedia](#)' was the *Book of Knowledge* my parents acquired from some nice and well-intentioned door-to-door encyclopedia salesman.

And the music! I remember listening to my parents' 78 RPM discs on the Victrola... soon to be replaced by long playing 33 1/3 albums and finally my 45's! But technology caught up with music too. 8 track tapes, cassettes, CD's, MP3 players, iPod Shuffles and now iTunes and streaming services on your phone and computers!

My entire music collection. The soundtrack to my life...on my phone!

Don't let anybody tell you that you haven't lived a life full of miracles!

Shared by: [David Stanyon](#), Resident Leader, Kensington Gardens & OARC REAL member.



Author Dave Stanyon posing with his Alexa Echo Dot technology device.

Home Support Highlights

OARC's Education Manager, Mel Matheson, was on the move once again—this time with memorable home visits in Guelph, Brockville, Ottawa and London, Ontario. This month, Residents' Councils were keen to learn more about fundraising, long-term care legislation, and tips to enhance Council operations and leadership structures.

Mel would like to extend special thanks to the following long-term care homes for the warm welcome she received during home visits and Residents' Council education sessions:

Village of Riverside Glen, Guelph
Extendicare Haliburton, Haliburton (virtual presentation)
St. Lawrence Lodge, Brockville
Hillel Lodge, Ottawa
Meadow Park Long-Term Care, London
Kensington Village Long-Term Care Home, London
Southbridge London, London
Henley Place, London



Mel delivering an education session to an engaged group of residents at Hillel Lodge, Ottawa.



Thank you to [Java Group Programs](#), [Extendicare](#), [Schlegel Villages Inc.](#) and [Sienna Senior Living](#) for supporting OARC's Culture Change products and education programs. To find out more about how you can support OARC, please contact Dee Tripp, Executive Director dtripp@ontarc.com 1-800-532-0201 x 240.

We encourage you to share this information with residents in your home. We love to hear from you - call, write or email us with your questions, suggestions and stories.



Tel 905-731-3710 | Toll-free 1-800-532-0201 | Fax 905-731-1755

www.ontarc.com | info@ontarc.com

©2016 OARC | 4261 Highway 7 East, Suite #A14-360, Markham, ON L3R 9W6



OARC is funded by the Ministry of Long-Term Care, with additional support received through Membership and OARC's Confidence in Culture Change Supporter Program.

The views expressed in this publication are the views of OARC and do not necessarily reflect those of the province.