

May 2025



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OARC in Action is designed to keep residents, Residents' Councils and their supporters informed, inspired and connected. Consider printing copies of this issue to share at your LTC home or use it to spark some conversation.

Stay in the Know with OARC's Webinar Wednesdays

Did you know that OARC hosts free monthly webinars on topics of interest for residents, Residents' Councils and long-term care teams? OARC's #WebinarWednesdays are scheduled on the third Wednesday of every month, and each session is hosted on OARC's Zoom webinar platform.

Mark your calendars for Wednesday, June 18th from 2pm -3pm EST
Your medications, your choice: making informed decisions about medications in long-term care

When it comes to making decisions about the medications you take, your preferences and opinions matter. Join OARC for a webinar with special guest presenters from the deprescribing.org initiative, where we will empower residents with an informative session exploring:

- How medication needs evolve over time
- Who is involved in managing and reviewing your medications
- The shared responsibility of making decisions about medications
- Practical steps to feel more confident in discussing medication use with your care team

We look forward to your participation and encourage you to pose questions in advance and during the presentation

Webinar Registration:

https://us06web.zoom.us/webinar/register/WN_VLv9016SRuiar2olnBZKTQ#/registration

May Webinar Recording

Miss our May webinar? We've got you covered!

Better Experiences, Better Health Care: Updates from Patient Ombudsman
[Tune into our webinar recording](#), and [access the presentation slides](#).

OARC Seasons Spring/Summer Magazine



We hope that Residents' Council leadership teams across Ontario been sharing and enjoying their complimentary copy of OARC's Seasons magazine.

Published in both English and French, Seasons can be enjoyed in hardcopy, or in a digital format: [English](#) | [French](#)

Reminder: Seasons contest deadline is fast approaching on May 30th!

Tell us what you'd like to see for Residents' Council Week, September 15 – 21, 2025.

Monthly Forums for Residents' Council Assistants

Is supporting Residents' Councils part of your role within your LTC home? If so, OARC hosts a Forum just for you, on the last Tuesday of every month.

Join other Residents' Council Assistants from across Ontario for an hour of sharing, problem-solving, and staying in the loop with OARC and other relevant sector news.

If you haven't had a chance to check out our RCA Forums, consider joining us June 24th:

<https://us06web.zoom.us/join/9tZMuf-GhrDooHdX2JWAltDMNSZaFWJr7Q1fY>

New Residents' Bill of Rights French Resource

OARC would like to extend our sincere thanks to Martine Moreau, Officer, Residents Experience and Programs, and the team at Saint-Louis Long-Term Care, Bruyère Health for sharing their newly created [French language audio-visual recording of the Residents' Bill of Rights](#).

Developed to meet the needs of their predominately francophone community when updating their bilingual Essential Care Partners training, this new resource can now be accessed on [OARC's website](#), thanks to the kind consideration of Bruyère Health.



Updates from Our Ministry of Long-Term Care

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

May 23, 2025: LTC Home Accommodation Charges Effective July 1, 2025

Last week, Kelly McAslan, Assistant Deputy Minister, Long-Term Care Operations Division, released a letter and accompanying bulletin announcing long-term care home accommodation changes that will come into effect July 1st, 2025.

ADM Letter – [English](#) | [French](#)

Co-payment 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.

Bulletin to Residents of Long-Term Care Homes: Important News Regarding Long-Term Care Home Accommodations Charges

Ministry of Long-Term Care
SPRING 2025
Renseignements aussi disponibles en français

Basic Accommodation Rates

On July 1, 2025, the maximum co-payment that residents pay for basic accommodation in Long-Term Care (LTC) homes will increase by **\$1.61 per day from \$66.95 per day to \$68.56 per day**, consistent with recent inflationary increases. This will help cover the rising costs of meals and accommodation.

Preferred Accommodation Rates

The maximum charges will also be increasing for residents in preferred accommodation beds as of July 1, 2025. The premium charged for a newer bed in semi-private accommodation will increase by \$0.33 from \$13.77 to \$14.10 per day, and the premium for a newer bed in private accommodation will increase by \$0.69 from \$28.70 to \$29.39 per day.

The table below provides the new rates that will apply as of July 1, 2025 to all types of accommodation based on a resident's date of admission to the bed.

Type of Accommodation	Daily Rate	Monthly
Long-Stay Resident:		
Basic	\$68.56	\$2,085.37
Semi-Private		
Residents admitted to newer beds on or after July 1, 2015.	\$82.66	\$2,514.24
Residents admitted to newer beds on or after September 1, 2014, but prior to July 1, 2015.	\$81.48	\$2,478.35
Residents admitted to newer beds on or after July 1, 2013, but prior to September 1, 2014.	\$80.31	\$2,442.77
Residents admitted to newer beds on or after July 1, 2012, but prior to July 1, 2013.	\$79.11	\$2,406.27
Residents occupying older beds, or residents admitted to newer beds prior to July 1, 2012.	\$77.97	\$2,371.59

Ontario 

Conference and Events Corner

Mark your calendars OARC's most anticipated upcoming conferences:

Connecting Through Care: Family Councils Ontario Conference June 11-12, 2025

Don't miss this upcoming event hosted by our friends at Family Councils Ontario! With flexible options to participate in-person or online, this event has a focus on empowering family council members to become champions of change and will equip delegates with the tools they need to make a lasting impact. **Register today:** <https://www.zeffy.com/en-CA/ticketing/creating-champions-connecting-through-care--2025>



This is Long-Term Care, hosted by the Ontario Long Term Care Association Oct 26-28, 2025 Beanfield Centre and Hotel X, Toronto

Registration is now open for OLTCA's flagship conference, *This is Long Term Care* (TiLTC). This signature event brings together leaders, care providers, and innovators from across the sector for three days of collaboration, knowledge exchange, and forward-thinking dialogue.

This year's dynamic program will address the sector's most pressing challenges, offering actionable solutions and showcasing innovations shaping the future of long-term care.

Attendee registration is officially open! Visit: <https://thisisltc.com/registration-2025/>

Sharron Cooke Annual Legacy Award – Launching June 2nd, 2025

Has your long-term care (LTC) home been involved in a collaborative project or initiative (with residents!) that has had a positive impact on the resident experience and overall culture of your home? Consider applying for OARC's [Sharron Cooke Annual Legacy Award](#).

The Sharron Cooke Annual Legacy Award was created to memorialize the vision and collaborative spirit of the late [Sharron Cooke](#), former OARC President. This award recognizes LTC homes that foster open, authentic communication and collaboration between residents, home leadership and teams, embracing the principles of **culture change**—a transformative approach defined by the [Pioneer Network](#) as "...the transformation of older adult services, based on person-directed values and practices where the voices of elders and those working most closely with them are solicited, respected and honored."

More about the Award: Every award submission is carefully reviewed by OARC Resident Leaders prior to selecting one lucky recipient, who will receive a prize item (valued up to \$500) that helps to bring people together to build community in their home.

Read about our inspiring Award Recipients: [Kensington Village](#) (2024) and [Glen Rouge Community](#) (2023).

Learn more and apply today: <https://www.ontarc.com/residents-council-week/sharron-cooke-legacy-award.html>

Application deadline: August 22, 2025



May Reflections: Celebrating Caregivers, Supporting Mental Health and more!

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. We would also like to celebrate two very special retired nurses, [Joan Devine](#) and Carol Burke, who serve on OARC's Board and Resident Advisory Group respectively, and give so much of their time and expertise to enrich our organization.



This month, many Residents' Councils in Ontario have been involved in activities and events to demonstrate their appreciation for nurses, personal support workers and other partners in care.

At Royal Terrace in Palmerston, OARC Resident Leader Wanda Jensch and Residents' Council Assistant Brianne Bell shared some highlights from their home's Nursing Week celebrations, during which each day had its own theme, special meal and activity to recognize dedicated team members. Residents and nursing teams worked together to decorate doors with upbeat messages, and to create posters with expressions of gratitude (pictured above).



"Thank you to the nurses and PSW's for the wonderful week we had at Royal Terrace. We enjoyed the displays and decorations...[and] we appreciate the care that you all provide us with, with kindness and feeling— you are awesome!"

– Wanda, Resident Leader

Mental Health Week – May 5th to 11th, 2025

At the beginning of the month, we recognized National Mental Health Week. The [Canadian Mental Health Association \(CMHA\)](#) promoted the theme of ‘unmasking mental health’ in their 2025 awareness efforts with supportive handouts including [this one](#) to address the stigma associated with mental health and introduce ‘masking’ as a common coping strategy.

OARC encourages Residents’ Councils to work with their homes to keep the topic of mental health and well-being a priority year-round. Consider exploring some of our past webinars such as [A Conversation about Resident Mental Health](#) and our [Resident Wellness Fact Sheet](#).

May is Speech and Hearing Month

Speech-language pathologists (S-LPs) and audiologists play a critical role in supporting older adults with speech, language, and hearing challenges. At a future Council meeting or discussion group, consider highlighting the topic of communication health, which affects many people living in long-term care. Speech-Language & Audiology Canada has developed an informative brochure, [Communication Health and Aging](#), which can assist LTC homes in raising awareness.



Thank you to [AdvantAge Ontario](#), [Extendicare](#), [Java Group Programs](#), [Schlegel Villages Inc.](#), [Sienna Senior Living](#) and [S&R Group](#) for supporting OARC’s Confidence in Culture Change Program. 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.

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