



OCC Newsletter – December 2017



Tips for the Holidays

Here we are, once again, at the end of the year and for many caregivers, the anticipation of a joyful holiday season shared with family and friends is often mixed with apprehension about how to survive the additional stress that can also be a part of the holiday.

The following “Caregiver Tips for the Holidays” was written in collaboration with the **Alzheimer Society of Canada**, the **Multiple Sclerosis Society of Canada** and **Parkinson Canada**.

Follow the link for some very helpful suggestions. And, remember that *taking care of yourself* is the most essential step in preserving your ability to care for someone else. As well, never be afraid to ask for help – and be specific. Sometimes, others really want to help but cannot know what will mean the most to you to alleviate stress.

Let us know what has meant the most to you after the holiday. Small things count!

<http://alzheimersocietyblog.ca/caregiver-tips-holidays/>

Advocacy Efforts Continue on Behalf of Caregivers

Since our last newsletter in October, the OCC Research & Advocacy Committee has been busy preparing and submitting an ***In-Depth Brief*** to all provincial political parties as they work on their platforms for next year’s election. The Brief can be viewed on the OCC website – www.ontariocaregivercoalition.ca. In early 2018, work will continue to use the Brief to develop

a Pre-Budget Submission, highlighting some of the priorities outlined by OCC in this document (and any others that may be agreed upon) to advance the cause of caregivers in Ontario. We also plan to prepare some concise and clear **key messages and questions** that all members can use when meeting candidates at the door or when communicating with them by phone or electronically. This will help OCC members determine where the different parties and candidates stand in terms of supporting caregiver issues.

OCC Presents to Standing Committee at Queen's Park



On November 15, 2017, Cheryl Perera, Chair, OCC and Abidah Shamji, OCC Research & Advocacy Committee (see photo above) represented OCC to speak about an amendment to Bill 160, Strengthening Quality and Accountability for Patients Act, 2017 to include a declaration of Family Caregiver Day. The presentation was made to the Standing Committee on General Government that was meeting to discuss various amendments to the Bill.

Last April, OCC *self-declared* the first Tuesday in April as Family Caregiver Day (FCD) to raise awareness about the importance of family caregivers in Ontario. The City of Toronto held a special event at City Hall to commemorate the day and Mayor John Tory issued a proclamation. This date is recognized nationally as FCD by some other provinces and by the Federal government. It would be a positive step in the right direction should the province choose to recognize it in legislation as well.

The purpose of the amendment is recognize "family caregivers", which is the term used for a family member, friend or person of choice who gives unpaid care to someone who has care needs due to a disability, a physical, neurological or mental condition, a chronic illness, frailty or age, in the belief that recognition and awareness of these caregivers should be increased, and their valuable social and economic contribution to society should be acknowledged and supported.

At some point in our lives everyone will either be a caregiver, or be a care recipient and the OCC believes it is important that we do not underestimate or forget how integral family caregivers are to our province. The Research and Advocacy group will continue to monitor and report on any developments with respect to the amendment.

Private Member's Bill Introduced by MPP, Sam Oosterhoff – submitted by Crystal Mason, Executive Assistant to Sam Oosterhoff

On Monday, MPP Sam Oosterhoff, MPP for Niagara West Glanbrook, held a press conference and introduced his Private Member's Bill, which is now known as Bill 182, the Compassionate Care Act.

His office also launched the website: www.ontariopalliativecare.ca which has all of the details about the bill, the issue and its supporters. The Ontario Caregiver Coalition has been asked to offer support for this Bill.

The first debate and vote on the bill will take place on Dec. 14th and it is hoped that many people all over Ontario will write to their MPPs in support of the bill before then. Mr. Oosterhoff's office is also asking supporters to share the website with their contacts so that many people can easily write - or Tweet - their own MPPs and encourage them to vote for Bill 182.

Member News

Mosaic Home Care Services & Community Resource Centre Wins International Award



Congratulations to Mosaic Home Care Services & Community Resource Centre for winning a **gold award** presented at the European Society for Person-Centred Care at their conference held last month in the UK. Jane Teasdale (centre), Director Business Development/Owner and her business partner, Nathalie Anderson (left) were presented with the award by Professor Sir

Jonathan Ashbridge, President and Chairman of the Council, European Society for Person-Centred Care.

Jane hosted a meeting of the OCC general membership this past year at Mosaic and gave a brief tour of their site. She is also hoping to make a presentation on the topic of 'person-centred care' at a future meeting of the OCC in 2018.

Exciting News for Alzheimer Society 'First Link' Program

On November 28th, Dipika Damerla, Minister of Seniors Affairs, announced on behalf of the Minister of Health and Long-Term Care, Dr. Eric Hoskins, the government's commitment of more than \$8 million over 3 years to enhance the Alzheimer Societies First Link® program. This will allow for 46 new First Link Care Navigators to be hired by year 3, to more proactively connect people living with dementia and care partners to the services and support they need.

First Link® will help people living with dementia and care partners better navigate the health care system and to facilitate coordinated connection to supports, services and education as soon as possible following diagnosis. Through support and expertise from their First Link Care Navigator, individuals and families will be better able to make informed choices about their lives and their care and to access the supports they need, when they need them.

Resources of Interest for Caregivers

Several recent publications will be of interest to all OCC members. The following two are attached:

Inside the Mind of a Caregiver - Sinai Health – Autumn/Winter 2017

Making Privacy and Consent Rules Work for Family Caregivers – Report - The Change Foundation – Fall 2017

These are excellent reading!

You many also want to check out a new site, sponsored by Telus, that shares caregiver stories. See link below.

<https://www.storiesforcaregivers.com>

Welcome to new members

Alison Nevett – Caregiver – Orangeville

Angela McLeod – Caregiver – Blenheim

Save the date!

The next OCC General Members' Meeting will be held on **Thursday, January 18, 2018 – 10:00 a.m. to 12:00 p.m.** The location will be announced. An agenda will go out early in the new year.

OCC member submissions for this newsletter are always welcome – especially caregiver comments and/or stories. Just email to – Joanne Bertrand – jbertrand@alzheimeront.org

Disclaimer: This newsletter is for information purposes only.