



OCC Newsletter August 2018

What is happening at OCC?

Since our last OCC General Members' Meeting in late June, things have been a little quiet and many of you who are employed have been taking a well-deserved summer break. As always, we remain aware that for many family caregivers, a 'break' is a much-needed but elusive possibility. This is especially true for those caregivers who are trying to juggle work and caregiving and for those who have limited financial resources.

OCC is committed to raising awareness about key caregiver issues like the need for more flexible respite options and improved financial support. We continue advocating for policies which address these. OCC has now been in existence for ***nearly a decade*** and each year our voice is becoming stronger. Caregiving is increasingly 'on the public agenda' with a growing recognition of the value caregivers bring to the system. To advocate successfully, we need to be prepared to demonstrate that there is ***good evidence*** that unpaid caregivers bring tangible benefits to society and that supporting them in this role is cost-effective.

Recently, we were approached by a researcher at McMaster University to participate in a project that is designed to gather just this sort of evidence. See below:

"I am contacting you on behalf of our cross-provincial research team through the Aging, Community and Health Research Unit at McMaster University and the Schools of Nursing and Occupational Therapy at Dalhousie University in Nova Scotia. We were recently successful with a grant application to the CIHR Primary and Integrated Health Care Network's Knowledge Synthesis grant competition. I am the Ontario Co-Lead of the project. The purpose of our study is to conduct a systematic literature search to identify existing research studies and policy papers to:

- Identify the needs of older people to remain in their homes as they face health and functional changes
- Map the societal costs of meeting those needs (including those faced by families and health care systems).

- Identify resources needed to enable older people to live well at home and support informed decision making by individuals/families related to aging-in-place.

Throughout the year-long project, our study team will engage with key partners (e.g., older adults facing major functional changes, family/friend caregivers, health care providers, policy makers) in each province to: 1) contribute to study-related decision making, 2) contribute to interpretation of findings and development of key messages, 3) support dissemination activities through helping to identify target audiences and strategies, and 4) attend and end-of-study provincial knowledge translation event.

We are in the process of establishing an Advisory Group in Ontario (approximately 6-8 members). We would be thrilled if a representative from the Ontario Caregiver Coalition would be interested in joining our provincial Advisory Group. As OCC Coordinator, we would like to invite you to join our Advisory Group or help us to identify someone from OCC for whom this may be of interest. This could be an organizational representative and/or an older adult member with lived experiences with frailty as a caregiver (present). The time commitment would be 3 quarterly 90-minute meetings, as well as the final event mentioned above. We do have funding to offer an honorarium in acknowledgement of time and contributions, as well as reimbursement for study-related travel (e.g., if attend meetings in person). I can share more details should the opportunity to partner in this study be of interest.

We would very much appreciate your assistance. “

Several members of the OCC Caregiver Advisory Council (CAC) responded to this call for a volunteer to participate on the Ontario Advisory Group for the project representing OCC. We will let you know in the next OCC newsletter if someone is selected.

How can you help?

There are many ways OCC members can help to amplify the caregiver voice. If you are a caregiver and want to ***share your story***, we would welcome your submission to this newsletter. Just email the OCC Coordinator – jbertrand@alzheimeront.org – with your story. Sometimes, when caregiving issues are in the news, OCC is contacted by media outlets (print, tv, radio) who want to interview a caregiver for comment. If you are interested and willing to be a ***media spokesperson*** on behalf of OCC, please contact Nicole Nunes, Chair of the OCC Awareness & Communications Committee at nnunes@vha.ca. Francophone members are particularly needed. And, ***everyone*** can help by joining in our next OCC General Members’ Meeting:

On the morning of **September 12th**, there will be an important meeting of the OCC general members to set our strategic priorities for the coming year. With strong participation from as many members as possible, in person or via teleconference, we can formulate a work plan with measurable goals to guide us in the coming year. More details and an agenda will go out soon. Save the date and time in your calendar!

Member submissions: Thanks to OCC members who submitted the following announcements.



JOIN US AUGUST 14TH

WEBSITE LAUNCH

Join us for the After Stroke website launch!

Tuesday, August 14, 2018

2:00 p.m to 3:00 p.m.

March of Dimes Canada

10 Overlea Blvd., Toronto



You're Invited!

March of Dimes Canada is pleased to invite you to the exclusive preview launch of the After Stroke website – a self management site offering support, education and community programs dedicated to stroke survivors and caregivers. See all the programs and services we have to offer!

Date: Tuesday, August 14, 2018

Time: 2 p.m. – 3 p.m.

Location: [10 Overlea Blvd.](#)
Toronto, ON [M4H 1A4](#)

We look forward to having you join us for this exclusive preview launch!



If you are unable to come in person to the website launch, you are welcome to join our live webinar of the launch. You can join the meeting from your computer, tablet or smartphone just before 2 p.m. on August 14th by clicking this link:

[Join Webinar](#)

<https://global.gotomeeting.com/join/402654725>

The webinar will be hosted on GoToMeetings platform, so to avoid any last minute connection issues, you can do a systems check by clicking: <https://link.gotomeeting.com/system-check>

** This can be done any time before the webinar starts and if this is the first time using GoToMeetings, it may require you to download their free interactive software.*

November is Fall Prevention Month. Organizations and individuals in Canada and beyond are encouraged to come together this November to coordinate fall prevention efforts for a larger impact. The campaign supports this goal by providing a website to facilitate knowledge and resource sharing. Now in its fourth year, the Fall Prevention Partners continue to promote that “It takes a community to prevent a fall: we all have a role to play”.

The website offers toolkits of evidence-informed resources, a calendar where people can post events they are hosting and where others can browse through events, and a newsletter that can be subscribed to for updates throughout the campaign season. Organizations can participate by sharing resources, taking activities from the toolkit and adopting them as their own, and sharing them on our calendar.

New this year, the toolkit supporting fall prevention in adults has added new resources and a search feature! [Check out the Improved Ideas for Activities Category](#) - it's now easier to take these activity ideas and make them your own.

The Partners are always seeking activities that can be shared and adapted by others and events that are being hosted in the fall to be shared on the website. [Get in touch with us](#) if you have an idea that can be shared! Visit our website for more information and to get involved in this year's campaign!

What role will YOU play in preventing falls this November?

Join the Fall Prevention Community of Practice on [Loop](#).

Stay connected!

Follow us on [Twitter](#) @fallpreventCA | #PreventFalls2018 | #PreventChildFalls2018

Follow, Like and Share our [Facebook](#) Page

[Join our mailing list](#).

Home-Based Palliative Care – Caregivers' Experiences

The Canadian Home Care Association is working with home care programs across Canada to improve palliative care in the home. An important part of this work is listening to and learning about the experiences of friends and family members who support a loved one to die in their home. Your input will help us identify what needs to be improved in the provision of home-based palliative care and what is working well.

Survey Link: <https://www.surveymonkey.com/r/HomeBasedPalliativeCare>

The survey will take approximately 15 minutes to complete and **will close on August 24.**

To learn more about the project visit <http://www.homecarekn.ca/0-home-based-palliative-care-project-2/>

Welcome to new OCC members:

Paola Basciano – Toronto - caregiver

Jessica Galley – Oshawa – caregiver

Brenda Tonn – Havelock – caregiver

Disclaimer: *This newsletter is for information purposes only.*