

Third Age Barrie Presentation Tues May 16th at Grace United Church and by Zoom

AGEING ELDER CARE - AGEING IN ONTARIO

“Time for Transformation” Presented by John Lord – holder of an Order of Canada
(Website “seniorsforsocialaction.com” – Webinars available)

John Lord discussed 3 foundational ideas involving the impact of the pandemic on elders and why we need transformative care.

1ST FOUNDATION IDEA - CANADA POPULATION IS AGEING.

19% of Canadians are over 65. 22% are between 55 and 64.

2ND FOUNDATION IDEA – AGEISM. A declining fertility rate and a greying of society will dominate politics, healthcare system, economics, neighborhoods, and families.

3RD FOUNDATION IDEA – THE CHALLENGE OF SEGREGATION. LTC institutions have a poorer record of sustaining life compared to smaller homes and individual living arrangements. Health deteriorates rapidly in LTC. People live in LTC only for months, with 25% of residents dying every year. Community alternatives have good outcomes as measured by deaths per 100 beds. More money is spent on LTC vice Home Care but the lack of more positive results speaks for itself. The province is looking at increasing the number of LTC beds by 30,000 with an investment of \$10 billion, meanwhile Homecare is grossly underfunded – so the province should spend ½ of the \$10 Billion on Home Care. The Federal Gov’t has established voluntary standards for LTC, but these are voluntary. What incentive is there for these to be enacted or enforced? There is a failure of various levels of government to ignore the research and to rely on institutional bias. We “can’t build our way out of the LTC crisis”. Keys to ageing gracefully involve exercise, nutrition, sleep, minimal stress, and a sense of purpose. The main thing needed to enhance happiness and belonging are social connections.

AGE FRIENDLY COMMUNITIES

We need to change the culture away from Ageism. There is a need for Political change. Cultural change precedes political change.

HOME CARE

The NDP and the Liberal Provincial Parties in the last election campaign had in their platforms the idea of moving away from for profit LTC facilities. At the federal level they talked of making home care a priority, but what has come of that? Successful Home Care requires an increase in educational billets, an increase in salaries for PSWs etc. to allow them to work in one area only.

John Lord gave examples of the support of friends and neighbors. Imploring us to not wait till later to invite people into our lives – do it now. A Harvard Study over the last 80 years indicates that we need social aspects. There is a formal and informal side to solving issues. We should do both.