



WINTER ISSUE 2

Resources from April 8th Virtual Public Presentation Session

Dear Attendees of Dialogue on Aging's Virtual Public Presentation Series,

Thank you for joining us for our virtual presentation on April 8th, 2021.

This newsletter issue has the Q&A, links and files containing valuable resources that were shared during the April 8th session.

Here is the recorded version of our April 8th Webinar:

https://youtu.be/zlcTG_HO-Jc

Stay safe,

The Dialogue on Aging Team



<http://publicpresentations.providencehealthcare.org/>



@DialogueonA

Resources

Resources from Mariana Hudson and Avery Milne (Alzheimer Society of B.C.)

[Activities to try while physical distancing](#)

The Alzheimer Society of B.C.'s COVID-19 web page for caregivers provides many helpful suggestions and resources on activities to try during the pandemic.

[Brain-health tips to reduce your risk of dementia](#)

This page lists evidence-based tips and strategies to help you lead a healthy, balanced lifestyle that protects your brain and reduces your risk of dementia

[Conversation starters](#)

This resource provides questions to help stimulate conversation and reminiscence.

[Dementia activity booklet](#)

Download the booklet for over 40 recreational activities for people living with dementia and care partners (McGill School of Physical and Occupational Therapy).

[Ideas for connecting: connecting with loved one living in long-term care](#)

Learn about different ways family members are connecting with people living in long-term care (Emily Carr University of Art and Design and Vancouver Coastal Health).

[Tips for communication with a person living with dementia](#)

Understand how dementia affects communication and learn some useful strategies to help communication throughout the progression of the disease.

Helpful Videos

- [Activities to do at home for people affected by dementia](#)
- [Virtual visits: Making the most of video calling](#)

For more information about upcoming webinars, please visit: alzbc.org/webinars

Resources

Responses from Isobel Mackenzie (Seniors Advocate of British Columbia)

1. What is the current status of the recommendations outlined in the 2019 Seniors Advocate Home Support Review report? How do we ensure all the recommendations are implemented?

“The latest information that I have from the Ministry is that they are continuing to work on the issue. There was some new money for home and community care in the latest provincial and federal budgets- but the specifics are not yet known. We will shortly be reviewing the data from the last fiscal year to see what has transpired, however COVID was an atypical year. We are also going out this spring with a home support survey that reach all those who currently use home support, but will of course miss the wider audience of those who need but do not receive it.”

2. There is much current interest in reducing risk for dementia through health promotion about potentially modifiable risk factors that can be addressed in the decades before age 85 when cases of dementia become common. Do such health promotion initiatives fall within the mandate of the Seniors Advocate?

“Generally speaking they would, however I would add that most of focus, given limited resources has been supporting those who do have dementia. While I think potentially reducing the probability of developing dementia is a worthy objective and the activities to do this are good for overall health – the evidence of efficacy is not compelling in establishing strong causal links.”

3. Since it costs thousands of dollars a month to enjoy the care services of many of our long-term care facilities, seniors in them are usually quite wealthy. However, why should the average tax-payer subsidize the health-care costs of richer seniors when no significant effort is being made to care for poorer seniors, who may be struggling to maintain their independence in the community and who are way down on all Covid priority lists?

“Most seniors in our publicly funded long term care (only about 20% of beds are private

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pay) have modest incomes and we do make them pay 80% of their income toward the cost of their care. However we cap the contribution at about \$3600 per month (even though the actual cost is closer to \$7000 per month). We know there are about 8% of residents who could afford to pay more and I think the cap limiting their contribution should not be imposed- the total costs should be paid if they have the income to do so- I have raised this with government. There is also the bigger question of asset testing and not just income testing but so far no jurisdiction in Canada does this. There are about 2000 seniors in totally private pay high end facilities and they may be paying upwards of \$10-\$15k per month depending on care needs- but they receive no public subsidy. I do agree that we over subsidize long term care relative to home care which is where most seniors live and want to live and the many do struggle financially if their care costs rise.”

Seniors Advocate of British Columbia - Contact info:

Toll-free: 1-877-952-3181

In Victoria: 250-952-3181

Email - info@seniorsadvocatebc.ca

Resources from Krista James (Canadian Centre for Elder Law)

Health Care Decision-Making: Legal Rights of People Living with Dementia Brochure. (Available in 4 languages: English, French, Chinese, Punjabi)

[Download](#)

Videos -

- [Who Makes Your Health Care Decisions?](#)
- [Getting Support with Health Care Decisions](#)
- [Protecting Your Decision Making Rights](#)

Resources

Website - www.bcli.org/ccel

Newsletter - <https://www.bcli.org/contact/join-our-mailing-list>

Canadian Centre for Elder Law - Contact Info:

Phone - (604) 822-0142

E-mail - kjames@bcli.org

E-mail - ccels@bcli.org

Thank you for attending our webinar as part of Dialogue On Aging's Virtual Public Presentation Series. We greatly appreciate having you join us for the April 2021 Virtual Series.

We hope to see you in May!

Best,

The Dialogue On Aging Team



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PUBLIC PRESENTATION SERIES