**Appendix 4**

In these challenging times Canada’s seniors have proven to be especially at risk. Covid 19 has provided a very clear picture of the health risks seniors face, whether living independently, in assisted living facilities or in long term care and nursing homes.

As a senior and member of (provincial/territorial association) I respectfully submit that, while continuing to combat Covid 19 and vaccinate Canadians, legislators must also be attentive to and ready to take action on long term and preventive measures. Attending to these now will do much to ensure that seniors achieve maximum independence and mental and physical health.

1. A National Strategy for Seniors must be a priority
2. Canada’s seniors need a national pharmacare program and formulary that includes publicly funded vaccines for high dose flu, shingles and pneumonia
3. Minimum standards and regulations and monitoring of care in assisted living and long term care and nursing homes including adequate staffing levels and staff wages, ongoing training and access to specialists in geriatrics and therapeutics
4. Increased awareness of and strategies to address elder abuse
5. National adherence to the basic principles of the Canada Health Act, ensuring seniors are not penalized because of the province/territory in which they live.

As a constituent I urge you to be mindful of the important contribution seniors have and will continue to make when living healthy and independent lives. You have a key role to play in bringing these matters to the attention of your colleagues and effecting change.

I look forward to your response.