

**Appendix A**  
**Health Services Committee Considerations**  
**For**  
**Political Advocacy Committee**

The joint meeting was positive one and we support the timeline

The suggested format for any document(s) produced would be a key message, significant information points, preferably as bullets/concrete points regarding the message, and questions. Questions for discussion with other seniors and with politicians supports engagement Color and appropriate graphics/visuals would enhance the presentation.

Some of the 13 points raised in the joint meeting have already had A/C website postings or recommendations at the AGM by the Health Committee – MAID, power of attorney, high dose flu vaccine – and a memo reminder of that would seem appropriate.

ACER-CART advocacy documents of previous years, especially those for federal elections contain points for consideration – eg pharmacare, national seniors strategy, long term care homes. There is also a document on Elder Abuse.

The AC priorities of national pharmacare, adequate and dedicated funding, a national seniors' strategy and dental care are key to the affordability of aging in place and long - term care.

The Nova Scotia document, Aging in Place in Nova Scotia, has good information about needs and recommendations.

**Additional Key Points:** Many of these are valid for both aging at home and long-term care

- Keep couples/partners together
- Anticipate increase in dementia as population ages
- Community based range of supports including social/home supports and connection – housing, transportation, recreation, home maintenance (yard work, repairs etc) both in urban and rural settings
- Care needs to be steady, stable and workers trained and adequately compensated with benefits. Shortage of qualified workers impacts care standards and runs risk of abuse, neglect and declining mental health
- National standards for care, whether in private or publicly funded facilities
- Vaccines recommended for seniors by Health Canada, including high dose flu, need to be provided at no cost as part of a national pharmacare formulary
- Those in care need to be close to family and support networks
- Multidisciplinary/team approach
- Dedicated budgets

- Aging in place more difficult without timely and local access to primary medical care/services including geriatricians, physiotherapists, nurse practitioners etc,
- Emergency room waits/delays, paramedic services, wait times for surgeries impact physical as well as mental health
- Supports/services to age in place less expensive than long/nursing home care
- Support for/recognition of caregivers including volunteers, family members

**Strategies:** Strategies should be identified for ACER-CART, Member Associations and individual members and should support both informing and increasing engagement/action and thus pressure.

- Hold zoom Directors meeting after plan/document(s) finalized. Emphasize AC's national efforts have minimal impact if Members do nothing. Have followup discussion at AGM
- Webinars, town halls, focus groups
- Distribute A/C documents on issues to other groups/organizations – nationally, provincially, locally - as well as to organizations/groups individuals may belong to by a variety of means including making print copies. Encourage individuals to do the same.
- Consider appropriateness of releasing to local media (may well require followup/interviews)
- Connect with active teachers – they will be seniors and may well be caring for seniors, use their newsletters, websites, local associations
- Post on Member social media/webpages and in newsletters
- Place copies in appropriate local locations – eg public libraries
- Set up meetings with MP's/MLA's and tell them in advance the topic for discussion. Do so as individual or local branch of association, or with a friend. Could meet with local caucus. Followup on the meeting. In such meetings share, as appropriate, personal "stories".
- Member Associations set up meetings with appropriate Ministers, Senior Advocates
- Hire a lobbyist to suggest strategies/action plan
- Consider value of letter writing campaign, petition given that most politicians do not respond or send generic response
- Send document(s) with appropriate cover letter to federal and provincial MP's/MLA's including Ministers and Premiers/Prime Minister