

Family Councils improve the quality of life for all residents in a long-term care home and are an important part of the long-term care team. With an aging population the role and importance of Family Councils will continue to grow.

Q. Why is long-term care an important part of our health care system?

- A.** Our population is steadily aging and many of us are going to need long-term care – check out the following statistics:
- The number of seniors aged 65 and over in Canada increased 14.1% between 2006 and 2011 to nearly 5 million¹
 - The number of seniors aged 65 and over in Ontario is projected to more than double from 1.9 million, or 14.2 per cent of population in 2011, to 4.2 million, or 23.6 per cent, by 2036²
 - There are 634 long-term care homes across Ontario with over 77,000 residents³
 - Of long-term care residents: 76% are totally dependent or require extensive assistance with activities of daily living; 56% show signs of health instability, including end stage disease; 58% have dementia diagnosis; 29% have severe cognitive impairment; 45% show aggressive behavior³

Q. How can family members or friends of residents become involved? What can Family Councils do?

A. Family Councils provide an opportunity for families to be involved in the care of their aging relatives who are in long-term care homes. Family Councils enhance communication between families, staff and residents; promote mutual support; provide a forum for education; and provide an opportunity to explore issues of common concern.



Family Councils help to build community in long-term care by supporting activities for residents, families and staff; carrying out projects that benefit all residents; and bringing joy and spontaneity into the home.

Find out if there is a Family Council at the home where your family member is living; if so become involved and if not then Family Councils Ontario can help you start one!

Welcome to a rewarding adventure!!!

Family Councils of Ontario

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Find us on Facebook! Go to <https://www.facebook.com/FamilyCouncilsOntario>

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- 1 Statistics Canada. 2011. The Canadian Population in 2011: Age and Sex. Statistics Canada Catalogue no. 98-311-X2011001. Ottawa, Ontario. Last updated May 29, 2012.
<http://www12.statcan.gc.ca/census-recensement/2011/as-sa/98-311-x/98-311-x2011001-eng.pdf> (accessed June 25, 2012).
- 2 Ontario Population Projections Update, 2011–2036 <http://www.fin.gov.on.ca/en/economy/demographics/projections/#s3c>
- 3 Why Not Now? A Bold, Five-Year Strategy For Innovating Ontario's System of Care for Older Adults. Long Term Care Innovation Expert Panel, 2012