



Attention Residents, Families and Recreation/Activity Aides

TLC for LTC Gratitude Hacks – Activity Information Kit

We hope you'll participate in some fun activities as part of our "TLC for LTC" campaign to mark Mental Health Week this year (May 3-9). We've got easy ideas for ways to share gratitude and thank your Long-term care home staff/team members and ask them to take care of themselves.

Why TLC for LTC?

TLC for LTC is a collaborative campaign designed to thank Long-term Care (LTC) team members for their efforts throughout the COVID-19 response and raise awareness of the importance of their mental health and well-being. The campaign was developed by a collaborative Committee including the Ontario Association of Residents' Councils (OARC), Family Councils Ontario (FCO), Ontario Centres for Learning Research & Innovation in Long-term Care (CLRI), Ontario Long-Term Care Association (OLTCA), AdvantAge Ontario, William Osler Health System, and Ontario Health- Central Region (OH).

Research demonstrates over and over again, the connection between cultivating and giving gratitude to one's mental health and wellness- improved mental health for both those who give gratitude and for those who receive it. The act of receiving gratitude has also been shown to address and reduce staff burnout in long-term care. This past year has been incredibly difficult for team members and we want to take the opportunity to remind them of how grateful and appreciative we are for what they do. Along with your messages of appreciation, we will also ask team members to take care of themselves offering the mental health supports and resources available to them at this [website \(https://clri-ltc.ca/resource/mentalhealth/\)](https://clri-ltc.ca/resource/mentalhealth/) provided by our partners, the Centres for Learning, Research and Innovation in Long-Term Care

What can you do and when?

To help us connect to LTC team members, we are reaching out to families and residents to ask you to participate in TLC for LTC during Mental Health Week, May 3 to 9, 2021. Mental Health Week is an initiative of the Canadian Mental Health Association (CMHA) designed to celebrate, protect and promote mental health.

We're calling this effort a "Gratitude Hack" – meaning we want to show some gratitude – some TLC for our LTC team members. We are asking you to consider recording and collecting videos (similar to those we shared earlier this year and shared on our YouTube channel [here](https://www.youtube.com/channel/UCUKJf5NU1Usb7795K-Vu0YQ)) (<https://www.youtube.com/channel/UCUKJf5NU1Usb7795K-Vu0YQ>), or try other methods (suggestions can

be found via the link below) to share with team members why you are so thankful for them and encourage them to take care of themselves.

You can find a list of suggested Gratitude Hacks here: <https://fco.ngo/resources/tlc-for-ltc>

What's Next

Share what you do on your social media platforms using the tagline #TLCforLTC. Our Committee members will help amplify your activities, sharing, tweeting, retweeting and posting messages to show our appreciation for LTC team members across the province. Importantly, we are asking you to encourage them to take care of their own mental health and wellness- please include this [website \(https://clri-ltc.ca/mentalhealth/\)](https://clri-ltc.ca/mentalhealth/) that includes resources and supports available for them.

More About TLC for LTC

Originally launched on Bell Let's Talk Day, January 28, 2021, TLC for LTC shared messages of appreciation from residents and family members captured in videos that you can find here – videos . Using the hashtag #TLCforLTC, our campaign was unified across multiple organizations and platforms. Based on the positive outcomes of this one-day campaign, the Committee decided to spread the campaign to as many LTC residents and families as possible to increase the number of team members reached.

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