



PRESENTED BY FAMILY COUNCILS ONTARIO

REGROUP

REFOCUS

RECHARGE

JUNE 2022

VIRTUAL  
CONFERENCE



## **ABOUT US**

Family Councils Ontario works with long-term care home residents' families, Family Councils, and home staff across Ontario to enable them to cultivate positive relationships, build effective Family Councils, and improve the long-term care experience. Our mission is to lead and support families in improving quality of life in long-term care. Through working with families, long-term care home staff, and sector partners, we strive to create a safe, vibrant, inclusive, and respected long-term care system.

## **OUR MISSION**

Leading and supporting families in improving quality of life in long-term care

## **OUR VISION**

People in long-term care have a vibrant experience and the best care.

# WELCOME!

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Welcome to Family Councils Ontario's virtual conference Regroup, Refocus, Recharge!

Our conference theme was carefully chosen with you in mind. We know that now more than ever, residents of long-term care, their families and caregivers, long-term care home staff and sector professionals are needing a boost... A boost in morale, in energy, in membership, and maybe even in capacity.

We are so excited to welcome you in joining us throughout the month of June for a series of virtual sessions that is sure to uplift and enlighten. Sessions will feature leading researchers in geriatrics and eldercare, authors, scholars, and more!

There is no fee for registration. Instead, we are asking that registrants make a one-time donation to Family Councils Ontario to support the work and cost of the conference. The suggested donation amount is \$50 however any and all donations are welcome and have impact!

If you have any questions about registration, sponsorship, or supporting our work, please [contact us](#).

**We look forward to spending the summer regrouping, refocusing, and recharging together!**

# SPEAKERS

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**JAMES  
CONKLIN**

James is an author, educator, scientist, and consultant who specializes in the area of planned organizational change. His new book *Balancing Acts: A Human Systems Approach to Organizational Change* has been described as “authoritative without being didactic” and “exciting and deeply insightful.” Conklin recently led a study of how communities of practice spread innovations in Ontario’s health system, and currently leads a study of how long-term care homes are coping with change during the COVID-19 pandemic. He has authored (or co-authored) over thirty academic publications, and has also published OpEds with the Globe and Mail and PostMedia.



**DR. ADRIANA SHNALL  
PHD, MSW, RSW**

Adriana is the Program Director of the Koschitzky Centre for Innovations in Caregiving at Baycrest. Adriana has over 30 years of clinical experience working with older adults and their families including outpatient community services, long-term care and inpatient services. She was the recipient of the Baycrest Outstanding Innovations award. Adriana is the Chair of the Caregiving Committee for the National Initiative for the Care of the Elderly (NICE) and is a member of the Ontario Caregiver Coalition, the Toronto Caregiver Coalition and the Ontario Health Teams Caregiving Working group. Adriana integrates clinical practice, education, research and leadership experience to support healthcare providers and caregivers enrich their own quality of life and those they care for.



**DR. SAMIR  
SINHA**

Dr. Samir Sinha is a passionate and respected advocate for the needs of older adults. Dr. Sinha currently serves as the Director of Geriatrics at Mount Sinai and the University Health Network Hospitals in Toronto and was recently appointed the Peter and Shelagh Godsoe Chair in Geriatrics at Mount Sinai Hospital. In 2012 he was appointed by the Government of Ontario to serve as the expert lead of Ontario's Seniors Strategy. He has consulted and advised hospitals and health authorities in Britain, Canada, the United States and China on the implementation and administration of unique, integrated and innovative models of geriatric care that reduce disease burden, improve access and capacity and ultimately promote health.



**VANESSA RANKIN  
MSW, RSW**

Vanessa is a Senior Policy Advisor with the Ontario Association of Social Workers (OASW) and Staff Liaison to OASW's Long-Term Care Subcommittee. She is a skilled policy analyst and researcher who has over 10 years of experience in innovative social service delivery, including the design, implementation, and evaluation of initiatives to meet diverse needs. Vanessa completed her MSW at McMaster University with a specialization in Social Policy Analysis and has worked alongside children, youth, and adults with an emphasis on health promotion. This work has also involved engagement with numerous stakeholders and government officials, taking place within several regions in Canada, including the Northwest Territories where she was President of the Association of Northern Social Workers. Vanessa has taught as an Adjunct Professor for the University of Regina, received the Canadian Association of Social Workers' Distinguished Service Award, and is passionate about and committed to social justice, anti-oppressive practice, and advocating for responsive social policies.





**LISA CRANLEY  
RN, PHD**

Lisa is an Assistant Professor at Bloomberg Nursing, University of Toronto. Her research aims to improve the quality of health care delivery to older adults and their quality of life in the long-term care sector. Her studies focus on building capacity of the healthcare workforce and engaging residents and family in care planning. She uses a variety of approaches in her research including interviews, focus groups, and surveys. Lisa holds a cross-appointment (status only) with the Factor-Inwentash Faculty of Social Work, Institute for Life Course & Aging, University of Toronto, and is an Adjunct Assistant Professor at the Faculty of Nursing, University of Alberta.



**TRISH TUTTON**

Trish Tutton helps organizations and individuals to learn to use mindfulness to reduce stress and anxiety so that they can thrive in life and at work. After years working in cultures where stress and burnout were the norm, Trish suffered a shocking loss and gained clarity: while stress in life is unavoidable, it doesn't have to dictate our lives. Using the simple but transformative tools of mindfulness Trish has learned how to effectively manage the stresses of work and life to feel more peace, wellbeing, and ultimately fulfilled.



**DR. DEBORAH  
BAKTI**

Deborah Bakti is a leadership consultant and former Seniors' Care executive. She is owner of THINK Breakthrough Inc., delivering workplace coaching, training and consulting to the Seniors' Care sector. Deborah is the proud mom of Taylor and Logan. She lives in Burlington, Ontario with her pug Kobe and cat Charlie.



# SCHEDULE

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JUNE 1

1:00PM

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2:00PM

## ENHANCING OPTIMISM AND HOPE

Join us in kicking off our conference with an hour of enhancement as we **recharge** ourselves with optimism and hope. The journey to advance long-term care is not an easy one. Take time to invest in yourself, and renew your sense of faith in the journey.

JUNE 13

1:00PM

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2:00PM

## THE FUTURE OF LONG-TERM CARE

Join leading long-term care professional Dr. Samir Sinha in conversation to **refocus** our attention on the future of long-term care in Ontario. More details to be announced.

JUNE 14

2:45PM

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3:45PM

## SUPPORTING COMMUNICATION ACROSS THE LONG-TERM CARE SECTOR

In this session Dr Lisa Cranley addresses supporting communication between family caregivers and the healthcare team in long-term care homes during the pandemic and presents a communication tool for family caregiver care conversations with the healthcare team in long-term care homes is presented and its use is demonstrated through simulated role play.

JUNE 14

4:45PM

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5:45PM

## REPAIRING TRUST AND EMPOWERING POSITIVE CHANGE TOGETHER

In order to empower positive change we must first discuss resolving conflict in long-term care post COVID-19. Vanessa Rankin and Adriana Schnall in refocusing our feelings around conflict resolution.

JUNE 16

2:00PM

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3:00PM

## NEW PARTNERSHIPS BETWEEN FAMILIES AND LONG-TERM CARE

This presentation will briefly summarize the results of recent research concerning the integration of family caregivers into long-term care homes during the pandemic. The presentation will link these results to the social science of organizational change, and will raise ideas about how family councils could act as catalysts for transformed and better relationships between families, residents, and staff in long-term care homes.

JUNE 20

2:00PM

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3:00PM

## SOCIAL WORK IN LONG-TERM CARE

**Regroup** with social worker Candace Hind who will be leading us in conversation around the experience of social workers in LTC, their community of practice, and a collective vision for the future.

JUNE 23

2:00PM

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3:00PM

## WHAT NOW? A DEEPER DIVE

Join Dr. Deborah Bakti in a discussion on her book *What Now?* which details her lived experiences navigating long-term care, and breaks down common misconceptions. **Refocus** your understanding, and get answers to the ever important question... what now?