



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. 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!

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!



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SCHEDULE

June 1st 1-2pm

Enhancing Optimism & Hope

We'll explore: the brain's negativity bias and how to hardwire optimism without toxic positivity; a unique spin on a gratitude practice to help increase its effectivity and; a guided mindfulness experience that can help our brain create a positivity bias.

June 8th 10-11:30am

Intentionally Inviting and Inclusive Long-Term Care Homes for LGBTQ+ Residents and Their Chosen Families

Our presentation will address the experiences of long-term-care homes among LGBTQ+ residents and their chosen families, and suggest avenues for creating more intentionally inviting and inclusive spaces. We will introduce participants to several key ideas, including: (1) who are LGBTQ+ people and their chosen families; (2) what does social exclusion, discrimination and intolerance look like in the context of long-term-care; and (3) what best practices and policies can we advocate for in order to change things for the better. We will share some stories from our research and practice experience in order to highlight key issues and foreground the voices of LGBTQ+ people, their chosen families, and the advocates and service providers that support them. A discussion will follow the presentation.

June 8th 12-1pm

Leadership Matters: Making a LTC Home a "home"

Rebecca will share leadership lessons in opening two Green House homes serving people with complex care situations and leading the shifts for a traditionally established medical care home to create home for 455 elders. Content will include how recruitment, retention, and staff satisfaction leads to better quality of care and improved resident and family satisfaction.

June 13th 1-2pm

The Future of Long-Term Care

Join FCO & Dr. Samir Sinha in discussion about the future of the sector.

June 16th 2-3pm

New Partnerships Between Family 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 and 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 20th 2-3pm

Social Work in Long-Term Care: Pandemic Experiences, a Community of Practice, and a Vision for the Future

This presentation provides an overview of the research evidence on social work and social services contributions to quality care in long-term care homes in Canada, and a description of what these workers have been contributing during the Covid-19 pandemic in Ontario long-term care homes.

June 22nd 6:30pm - 7:30pm

Long Term Care Book Club: Happily Ever Older with Moira Welsh

Join us for the third installment of our monthly long-term care book club as we continue reading Moira Welsh's *Happily Ever Older: Revolutionary Approaches to Long-Term Care*. For this session we will be joined by Moira herself!

June 23rd 2:00pm - 3:00pm

Now What? A Deeper Dive with Deborah Bakti

Join Deborah Bakti in conversation around the emotional journey into long-term care, her personal and professional experiences, and her book *Now What?*

June 27th 7:30pm - 9:00pm

Magic Show!

JUNE 14TH DAY OF LEARNING

Opening Remarks

Sam Peck, Executive Director - Family Councils Ontario

1:00pm - 1:15pm

MLTC Update

A brief update directly from the Ministry of Long-Term Care

1:15pm - 1:30pm

Icebreaker

An opportunity to recharge with participants from across Ontario and the sector!

1:30pm - 1:45pm

Hybrid Councils

Cathleen Edwards, FCO will be speaking about hybrid Councils and rebuilding post COVID

1:45pm - 2:30pm

Supporting Communications Across LTC

Attendees of this session will learn how to use a new tool that could facilitate effective communication for resident care planning in long-term care homes.

2:45pm - 3:45pm

Networking Sessions!

Networking sessions provide an opportunity for attendees to connect with each other as peers, share challenges and solutions, and engage in collaborative problem solving.

3:45pm - 4:30pm

Repairing Trust & Empowering Positive Change Together

This session will provide family caregivers and staff with relevant tips and tools to move forward together to resolve conflict and repair trust in long-term care.

4:45pm - 5:45pm

Closing Remarks

5:45pm - 6:00pm

REGISTRATION

Registration includes: unlimited access to every conference session, early access to session recordings, live networking and entertainment, as well as the chance to connect directly with sector leaders and professionals.

Sessions are geared toward family councils, caregivers, residents, and long-term care sector professionals however registration is open to all who are interested.

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!

[Click here to register by donation](#)

If you would like to register but are unable to donate at this time, please email our Communications Manager, Leah Cabral at leah.cabral@fco.ngo with the subject line "Conference Registration Request" and we will follow up ASAP.



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SESSION OVERVIEWS

TRISH TUTTON

Enhancing Optimism & Hope

June 1st 1-2pm

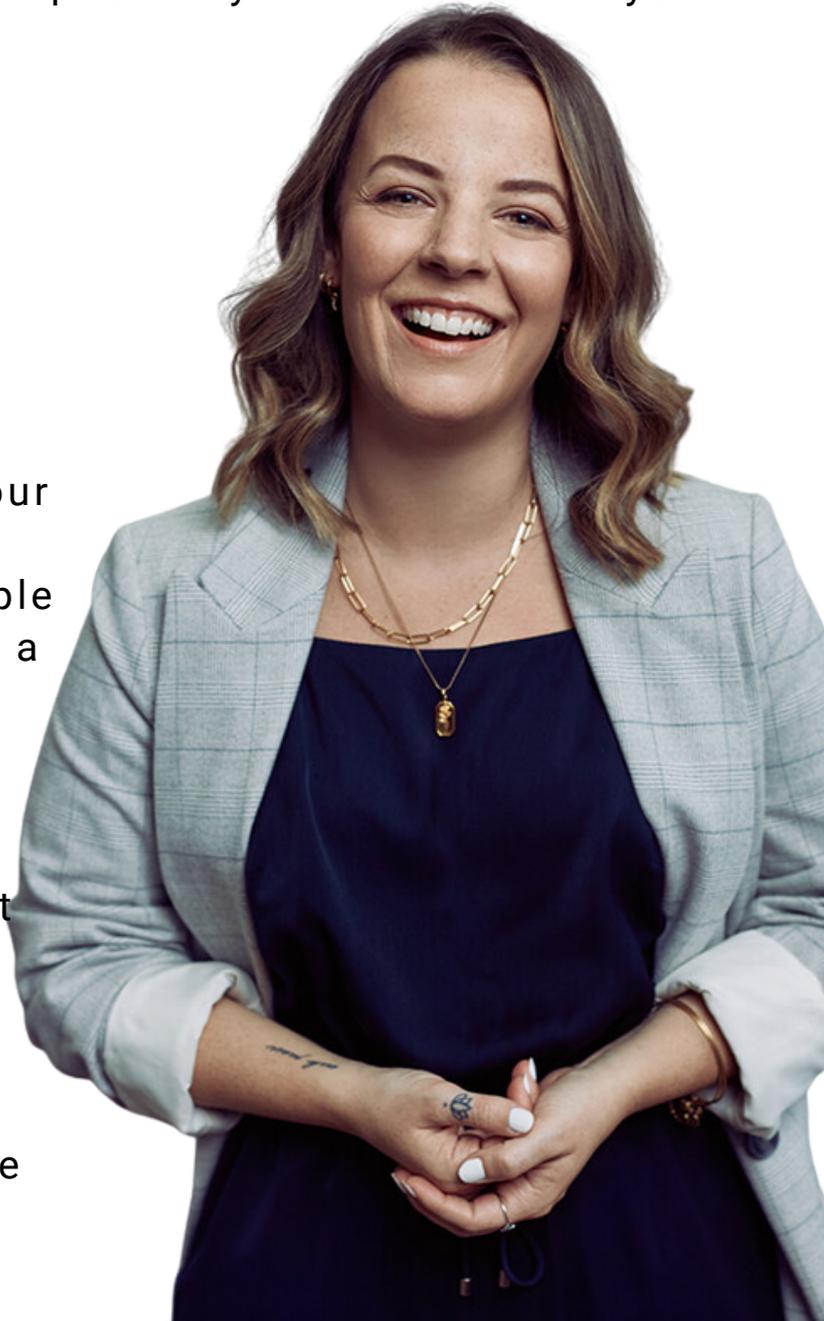
Your brain at positive works significantly better than it does at negative, neutral or stressed. Your intelligence, creativity and energy levels RISE, and you spread positivity to those around you.

However, when faced with challenging world circumstances, stress and anxiety, how do you cultivate optimism without 'toxic positivity'?

Research tells us mindfulness is one of the best ways to develop hope and optimism even amidst our challenges. In this experiential presentation Trish will share simple mindfulness techniques to create a more optimistic mental state.

We'll explore:

- The brain's negativity bias and how to hardwire optimism without toxic positivity.
- A unique spin on a gratitude practice to help increase its effectivity and,
- A guided mindfulness experience that can help our brain create a positivity bias.



As a speaker and mindfulness teacher, Trish has taught the skills to live and work happier to thousands of professionals, and has created positive change for her clients to become happier, more productive, effective and successful without the busy badge of honour. You can find her as a teacher on the #1 free meditation app in the world, Insight Timer, and she is the author of the Mindful Mornings Journal.



DR. SHARI BROTMAN & JULIEN ROUGERIE

June 8th 10 - 11:30am

Intentionally Inviting and Inclusive Long-Term
Care Homes for LGBTQ+ Residents and Their
Chosen Families: Why Are They Needed and
How Can We Create Them?



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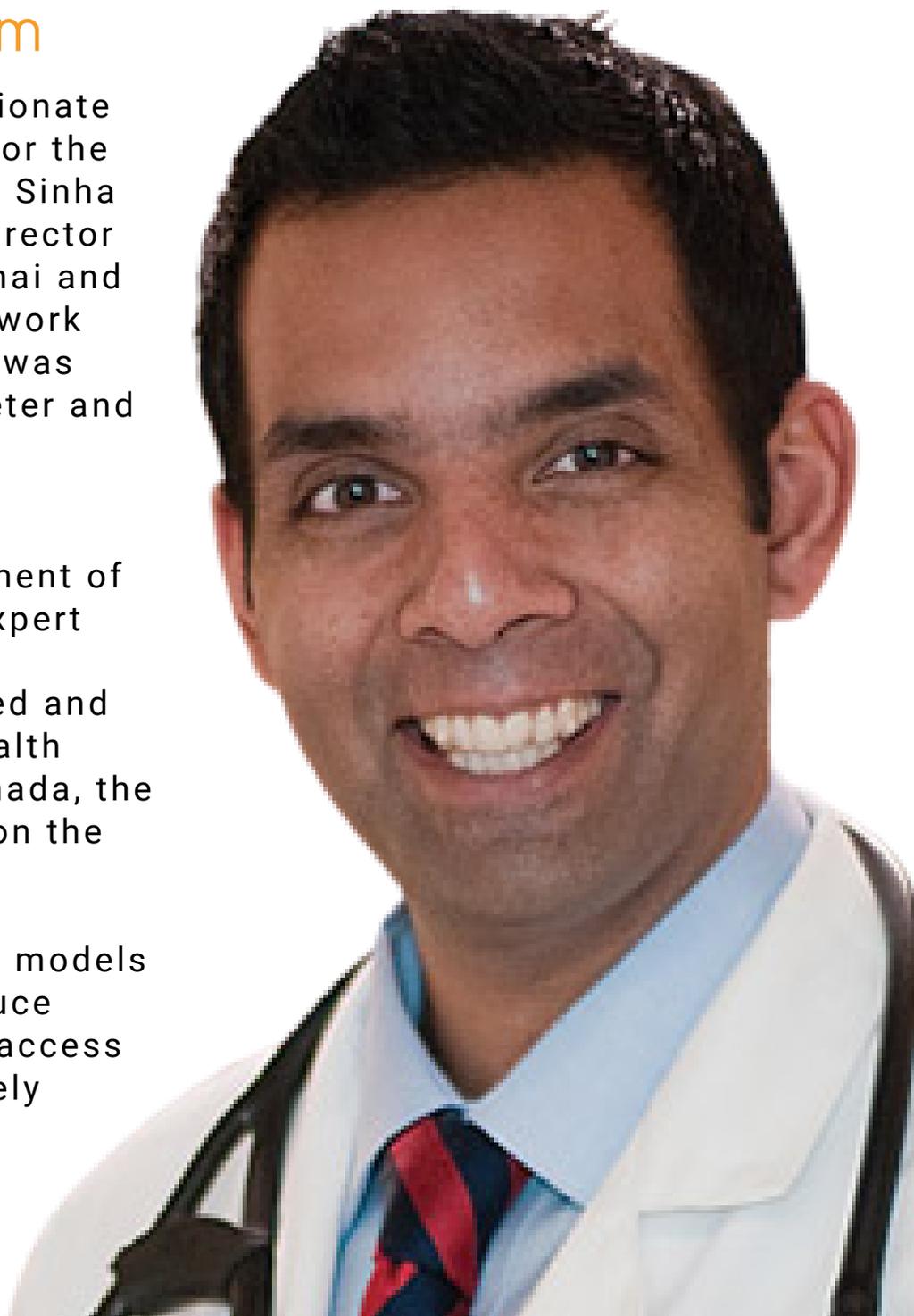


DR. SAMIR SINHA

The Future of Long-Term Care

June 13th 1-2pm

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.



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CATHLEEN EDWARDS

Hybrid Councils



June 14th 1:45 - 2:30pm

In this interactive session, Cathleen Edwards (Education Manager for FCO) will discuss strategies to help Councils as they Regroup, Rebuild and Refocus to the 'new' normal post COVID-19. Participants will explore the impact of their decisions tied to meeting format, Council status, communicating with home staff, recruitment and group dynamics using a case study: A Year in the Life of the Apple Grove Family Council.



Cathleen holds an Honours Bachelor of Human Kinetics from the University of Windsor and a Master of Arts in Health & Physical Education from Brock University. While at Brock University, she completed the Instructional Skills Workshop (ISW) and earned her Graduate Teaching Assistant Practicum Certificate from the Centre for Teaching, Learning and Educational Technology. She is an experienced instructor, facilitating courses in Physical Education, Recreation and Gerontology at Brock University, the University of Alberta, Seneca College and Durham College.



DR. LISA CRANLEY

Supporting Communications Across LTC

June 14th 2:45 -
3:45pm

In this session, 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.

Learning objective:

Attendees of this session will learn how to use a new tool that could facilitate effective communication for resident care planning in long-term care homes.



Dr. Cranley 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. 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.



VANESSA RANKIN & DR. ADRIANA SHNALL

Repairing Trust & Empowering Positive Change Together

June 14th 4:45 - 5:45pm



Long-term care homes are unique settings where residents, family caregivers, and staff live and work alongside one another daily. COVID-19 fundamentally altered this relationship and resulted in disconnection, disempowerment, and increased conditions for conflict and distrust. This session will provide family caregivers and staff with relevant tips and tools to move forward together to resolve conflict and repair trust in long-term care.



Dr. Shnall has over 30 years of clinical experience working with older adults and their families. She was the recipient of the Baycrest Outstanding Innovations award and is the Chair of the Caregiving Committee for NICE and is a member of the Ontario Caregiver Coalition, the Toronto Caregiver Coalition and the Ontario Health Teams Caregiving Working group.

Vanessa is a Senior Policy Advisor with the Ontario Association of Social Workers (OASW) and Staff Liaison to OASW's Long-Term Care Subcommittee. Vanessa completed her MSW at McMaster University with a specialization in Social Policy Analysis and has worked with an emphasis on health promotion.

DR. JAMES CONKLIN



New Partnerships Between Family and Long-Term Care

June 16th 2 - 3pm

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.



Dr. Conklin 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.” Dr. 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*.

Social Work in Long-Term Care: Pandemic Experiences, a Community of Practice, and a Vision for the Future

June 20th 2 - 3pm



This presentation provides an overview of the research evidence on social work and social services contributions to quality care in long-term care homes in Canada, and a description of what these workers have been contributing during the Covid-19 pandemic in Ontario long-term care homes.

Speakers

Sam Peck

Executive Director FCO

Dr. Susan Braedley MSW PhD

Associate Professor, School of Social Work, Carleton University

Michelle Fleming

Knowledge Broker, Ontario CLRI Bruyère

Candace Hind MSW RSW

Community of Practice and University of Windsor





MOIRA WELSH

Long-Term Care Book Club (Session 3)

June 22nd 6:30 -
7:30pm

Moira Welsh is an investigative journalist with the Toronto Star, Moira has co-authored investigations that have won three National Newspaper Awards and a Michener Award for Public Service Journalism. She was a finalist for the Justicia Award for Legal Reporting and the Canadian Hillman Prize. She started as a breaking news reporter and soon joined the investigative team where she has written on social justice, the environment, and the lives of people living in seniors' homes. Moira lives in Toronto, Ontario, with her family.



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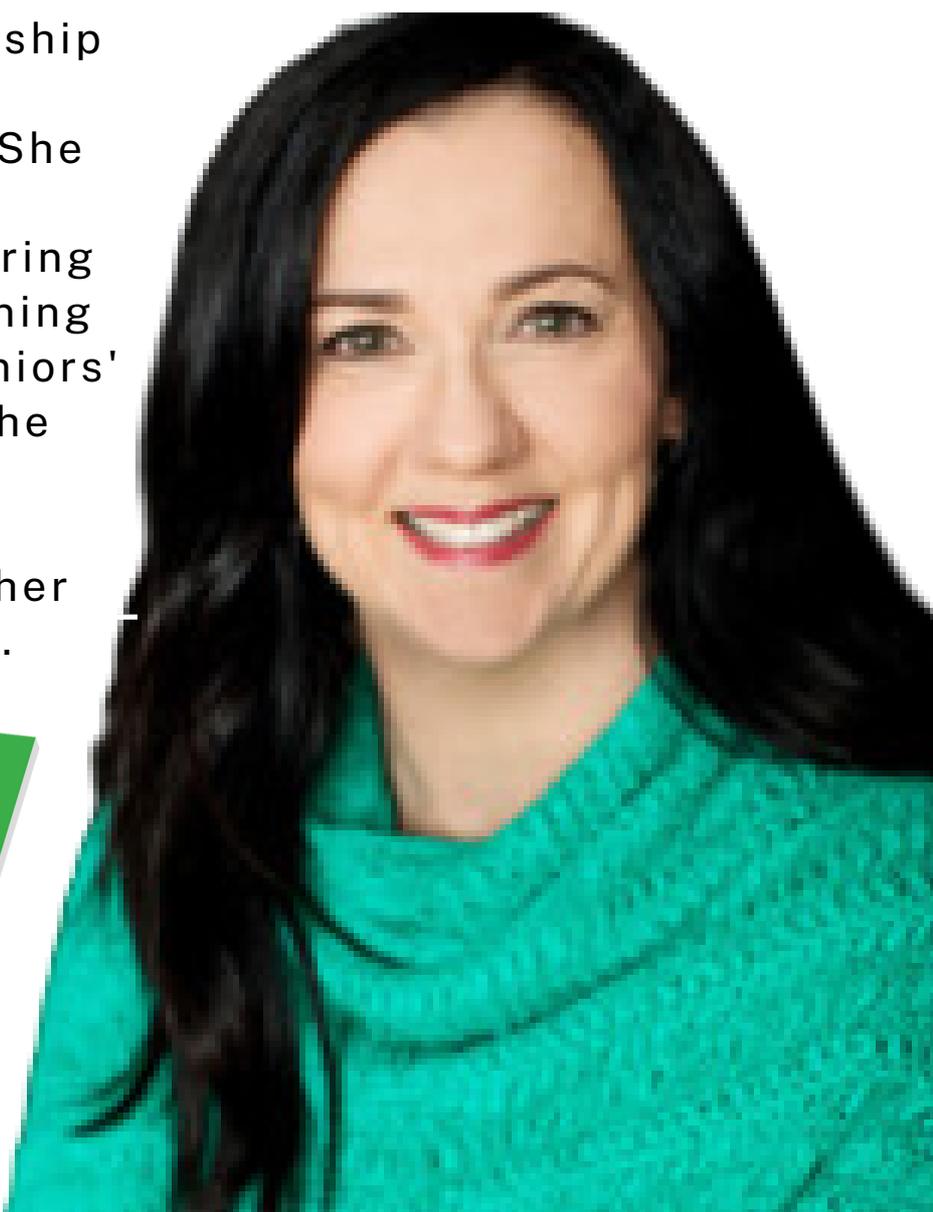
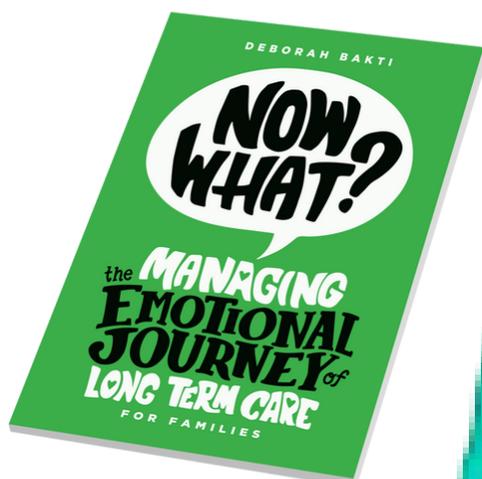
DEBORAH BAKTI

Now What? A Deeper Dive

June 23rd 6:30 - 7:30pm



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.



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