



MSC Manitoba Seniors Coalition
Educating & Empowering Older Adults in Manitoba

SUMMARY OF PRIORITY ACTIONS



Summary of MSC Priorities

➤ Ageism

Priority:

To enhance community and political awareness about the prevalence of ageist attitudes specifically as they relate to ageist attitudes within our society and to eliminate age based discriminatory practices.

Action:

The provincial government, provincial departments professional associations evaluate laws, policies and programs to ensure that they do not contain age-based assumptions and stereotypes and that they reflect the needs of older persons.

➤ Social Engagement

Priority:

To provide meaningful, accessible social engagement opportunities for all older Manitobans

Action:

Develop a social engagement network of organizations to identify older adults at risk of social isolation and provide appropriate resource and follow-up

➤ Healthcare

Priority:

As has been clearly articulated by older Manitobans' responses to the World Health Organization's Global Strategy and Action Plan on Ageing and Health, the healthcare system needs to be reoriented to focus on function, not disease

Actions:

1. Greater financial support for assistive devices that can make major changes in a person's life (e.g., hearing aids, mobility aids, dentures, glasses, etc.) for those who are not financially able to afford them
2. Decreased fragmentation of care (within the healthcare system as well as home care) with comprehensive personalized care plans that maximize functional ability, and consider the person's preferences and foster self-management
3. Those in remote communities need better supports associated with travel costs as well as care coordination and continuity

➤ Income Security

Priority:

Canadians/Manitobans deserve a secure and dignified retirement, with a guaranteed and sufficient source of income. The defined benefit pension is the most effective system to reach those goals. Both employers and employees benefit from the lower cost.

Actions:

1. Both employers and employees benefit from the lower cost of a Defined Benefit Pension guaranteeing Manitobans a secure and dignified retirement and a sufficient source of income.
2. File a tax return each year to access Federal and Manitoba Income tax credits.
3. Increase educational services so people can have the information needed to entitle them to benefits as well as to stay in the labour market or to re-enter the workforce if needed.

➤ **Active Aging & Wellness**

Priority:

To create and sustain policies, programs and practices that encourage and enable older Manitobans to enhance their health, mobility and continuing participation in their community across their life course.

Actions:

Required changes in Manitoba include:

1. Access to credible healthy aging information, programs and services that are age & ability appropriate;
2. Inclusive policies that support health, active aging and wellness across the life course and encourage participation at any age; and
3. Dedicated provincial capacity supported by the Province of Manitoba to effectively educate, engage and enable local volunteer leadership capacity aimed at promotion of healthy active aging for all Manitobans.

➤ **Housing**

Priority:

Seniors' Housing must be appropriate, easily accessible and safe; taking into account the care levels required as needs increase. Currently, MB offers a number of different care and living options for seniors, however more needs to be done.

Actions:

1. Infrastructure funding: Government must invest in seniors' housing where care is provided by expanding the federal infrastructure funding criteria to include long-term care housing.
2. Education and Information: Government must invest in a comprehensive public education campaign.
3. Safety: Regulations must be in place in buildings where care to seniors is provided

➤ **Transportation**

Priority:

To enhance older persons' ability to access transportation that meets their needs. Access to transportation is pivotal to keeping older people in our province healthy and actively engaged in their community.

Actions:

1. Increased funding for adequate and affordable accessible vehicles such as Rural Handi-Vans or urban accessible services which are essential for people with mobility challenges and to those who no longer drive.
2. Increased financial support for Volunteer Driver Programs which provide essential door through door services for Older People who do not drive and do not have family or friends who can help.
3. Access to affordable ambulance services to support the long-term health and well-being of our residents and older people in Manitoba

➤ **Dementia Care**

Priority:

To sustain and fund policies, programs and practices that ensure the growing number of families living with dementia receive the care and support they need, today and in the future.

Actions:

1. Increased access to information and support- sufficient supports are required so that people with dementia and their families have access to information, support and education as early as possible and throughout the progression of the disease. Research indicates that families who access help early are better able to cope, avoid crises and experience better quality of life.

2. Improved home care - increased resources and supports must be in place for home care to meet current and growing needs for persons with dementia and their caregivers by implementing best practices consistently across the province.

3. Dementia education for health care professionals - ongoing investment is needed in education for personal care home staff, along with new investment for staff working in homecare and supportive housing. Both are necessary to ensure the delivery of quality care to people with dementia, regardless of where that care is received.

4. Long term care - increased resources and supports must be in place to ensure best practice quality care and support consistently across the province for long term care residents. Almost 70% of long-term care residents have some form of dementia.

Members of the Seniors Coalition

- A&O: Support Services for Older Adults
- Alzheimer's Society of Manitoba
- Active Aging in Manitoba (AAIM)
- Centre on Aging- University of Manitoba
- Fédération des aînés franco-manitobains (FAFM)
- Long Term & Continuing Care Association of Manitoba (LTCAM)
- Manitoba Association of Senior Centres (MASC)
- Retired Teachers' Association of Manitoba (RTAM)
- Transportation Options Network for Seniors (TONS)