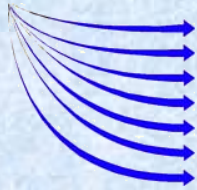


The Council on Aging of Ottawa
Le Conseil sur le vieillissement
d'Ottawa

A Community Voice for seniors

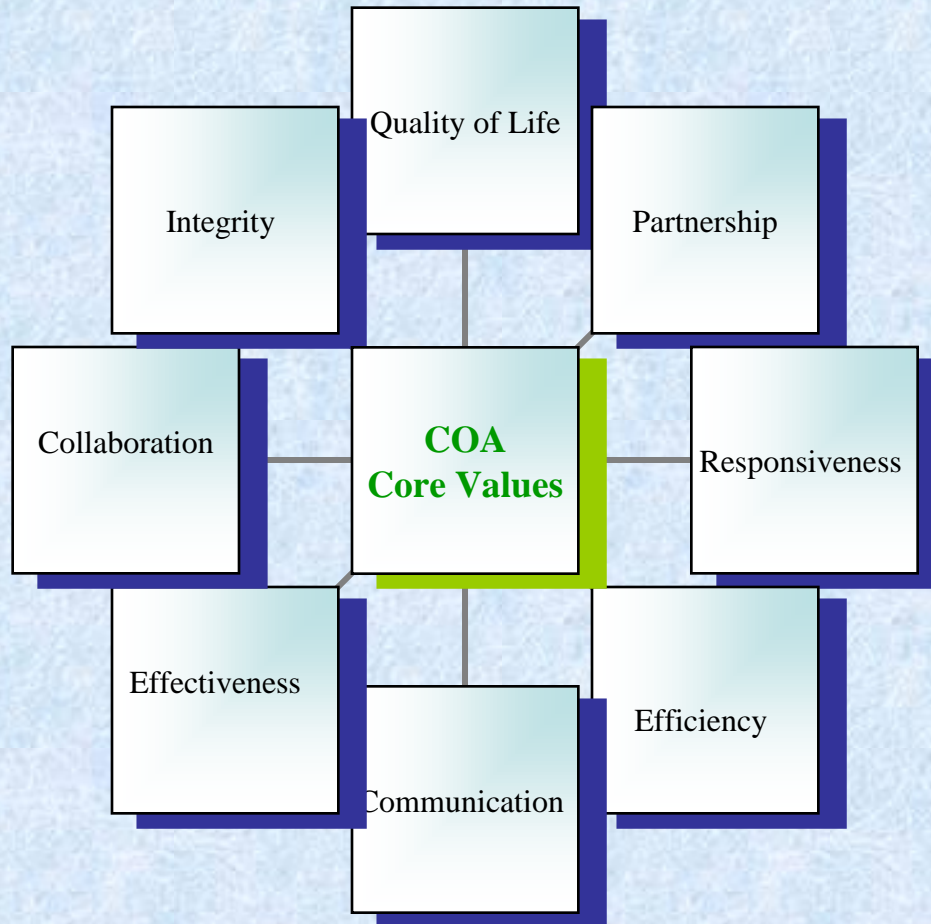




Our Mission

The Council on Aging of Ottawa is a bilingual, charitable, non-profit, voluntary organization dedicated to enhancing the quality of life of all seniors in Ottawa.

Our main activity is
ADVOCACY





Volunteer Board of Directors

with representation from:

- seniors- (at least 50% of the board)
- professionals
- interested community members



Dedicated staff

- Lise-Michèle Bouchard
- Clara Abdul-Sater
- Geoffrey Coombs
- Lucie Chênevert
- Bonnie Murphy
- Cindy Flynn
- Andrew McCallum

Core funding provided by:



United Way / Centraide Ottawa



City of Ottawa



Ontario

Ministry of Health and LTC

Special project/activity funding provided by:

Individual & Corporate Donations

Fundraising activities

Membership

Grants

Board of Directors

Executive Director

Staff

Comité directeur des affaires francophones

Standing Committees:

Housing, Health Issues, Members.com

Community Partner Committees (with staff support)

Elder Abuse Steering Committee

Elder Abuse Consultation Team

Ottawa Seniors Transportation Committee

Community Partner Committees (without staff support)

Falls Prevention Coalition

Ottawa Community Support Coalition

External Committees / Advisory Groups

How we work:

Comité directeur des affaires francophones

‘Charged with ensuring that the Council fully discharges its mandate respecting both official languages ...’ (*Council on Aging General Policies and Guidelines*)

- chaired by Board member and has Francophone membership including: seniors and community partners representing their constituents
- to identify and address Francophone seniors’ issues
- to advise COA on Francophone issues

Standing Committees of COA (Health Issues, Housing, Members.com)

- chaired by Board member and having Anglophone / Francophone / multicultural membership including: seniors and community members connected with the issue

How we work (cont'd)

Community partner committees with COA support and coordination

Elder Abuse Steering Committee, Ottawa Seniors' Transportation Committee

- chaired by partner member or Board member
- councils comprising seniors and external partners representing their constituents

Community partner committees with no COA support

(Falls Prevention Coalition, Ottawa Community Support Coalition)

- chaired by partner member
- hosted by COA with COA representation
- councils comprising external partners representing their constituents

External Committees

- COA is a partner around many tables of committees and advisory groups

**Report card:
2008 COA Activities**

COA Committees:2008

Comité directeur des affaires Francophones

- Francophone forum attended by 150 people on the topic *On est encore capable... La contribution des aînés à la société*
- 1 Lunch and Learn *Les services gouvernementaux: Que signifie Service Canada pour les aînés?*
- Revised committee's mandate
- Insured Francophone Representation and Links with COA Standing and Community Partner Committees
- Created two subcommittees:
 - Housing Issues of Francophone Seniors (established in partnership with FAFO)
 - Needs of Francophone Seniors: Planning 2009 Francophone Forum: *Ottawa Ville-amie des aînés*

COA Committees:2008

Housing

- Published major research report, “*Housing Seniors: Choices, Challenges and Solutions,*” based on the Fall 2007 Housing forum
- Continued to update the *Directory of Housing and Residences for Seniors in Ottawa*
- **2009:** beginning series of consultation sessions:
 - April 2 with developers
- *Housing Needs of New Canadian Low Income Seniors in Ottawa* – proposed research project



COA Committees:2008

Health issues

- City-wide forum, “*Take Charge of Your Life... Adding Health to Years!*”, held in collaboration with the Regional Geriatric Program of Eastern Ontario, bringing together seniors, service providers and health care professionals to discuss principles and practices of healthy aging.
- “*What Was Said*” report produced and distributed following the forum, to ensure the voices of participants were heard.
- Continued to advocate for legislation to regulate standards of care in retirement homes
- 2009 forum (October): *Alternative Levels of Care (ALC)*



COA Committees:2008

Members.com

- Four Lunch & Learn sessions, each attended by approximately 100 people, including seniors, family members, friends and professionals, on the topics:
 - “Protection from Insurance Fraud,”
 - “Government Services for Seniors,”
 - “Seniors & Sexuality,”
 - “Ending Life with Dignity”
- Annual Spring Luncheon at the Ottawa Congress Centre, attended by over 300 people, with special guest the Honourable James Bartleman, former Lieutenant-Governor of Ontario
- French bistro-themed Volunteer Recognition event to celebrate the outstanding dedication and contributions of our many volunteers
- **‘Bulletin’** -Three editions on the topics of Environment and Climate Change, Seniors & Sexuality, and Seniors’ Contributions to Society, with a circulation of 6000 copies per issue

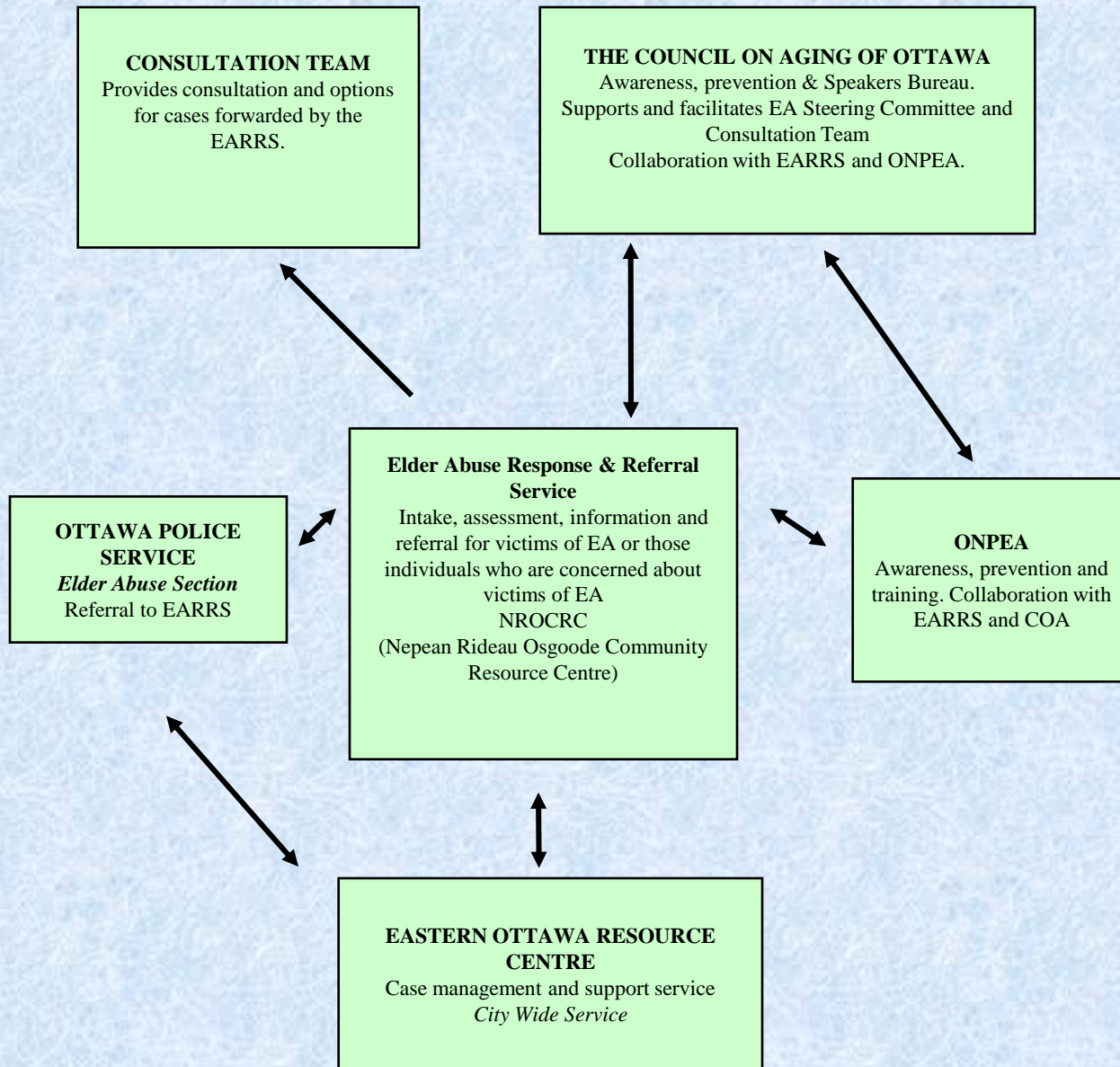


Community Partnership Committees (with COA supports): 2008

Elder Abuse Steering Committee

- Strengthened links with the Ontario Network for the Prevention of Elder Abuse, including continuing to host their Eastern Regional Consultant, the Elder Abuse Unit of the Ottawa Police Service, and the Elder Abuse Response and Referral Service (EARRS)
- Continued to grow the Elder Abuse Consultation Team, meeting monthly to discuss and provide options for resolution of complex cases of elder abuse in the community, including beginning to develop a roster of resource experts who could be called on as needed
- Formalised the structure of the Champlain Elder Abuse Steering Committee and the Ottawa Elder Abuse Community Response Network





Community Partnership Committees (with COA supports): 2008

Elder Abuse Steering Committee (cont'd)

- **Forum and report:** *Building a Bridge...Seniors' Rights to Safety and Security in Ottawa's Ethnocultural Communities...* Response to multicultural issue of elder abuse
- “*What Was Said*” report produced and distributed following the forum, to ensure the voices of participants were heard
- Translated brochures on elder abuse, financial abuse, and sexual abuse into 12 additional languages (Arabic, Chinese, Dutch, German, Greek, Hungarian, Italian, Polish, Portuguese, Russian, Spanish, Ukrainian) and distributed these in the community

Community Partnership Committees (with COA supports): 2008

Ottawa Seniors Transportation Committee

- Worked with the Ottawa Seniors Transportation Committee and OC Transpo to offer the “*Ride With Us*” program again in 2008, allowing seniors 65+ to ride buses free on Wednesdays during June, July and August, and lobbied for this to become a permanent program. .. Was made permanent February 2009
- Launched a new branch of the COA website highlighting seniors’ transportation issues and options, in partnership with the Ottawa Seniors Transportation Committee
- Partnered with the OSTC and the Ottawa Community Support Coalition to develop and implement a city-wide volunteer driver recruitment campaign
- Collaborated with the OSTC and OC Transpo to produce a *Transportation Choices for Ottawa Seniors* package, soon to be widely distributed, describing the range of transportation options available to Ottawa seniors



Advocacy

- Three editions of the ***Bulletin***, on the topics of *Environment and Climate Change*, *Seniors & Sexuality*, and *Seniors' Contributions to Society*, with a circulation of 6000 copies per issue
- Printed and distributed over 2500 brochures in English and French, related to the Council on Aging, elder abuse, and seniors' safety
- Updated the “***Long-Term Care Insurance in Canada: What is it and Do I need it?***” guide
- Delivered many presentations to interested community groups on a variety of subjects
- Conducted media interviews on a number of issues related to seniors
- Continued to represent the interests and concerns of seniors through all our community partner committees and on a wide variety of external advisory committees and to all levels of government

And...the Board undertook an internal organisational review and restructuring to ensure our commitment to Ottawa's seniors is fully realised, in accordance with our mandate and mission

2008 was a very productive year

Where do we go for 2009?

Current issues

- Adequate, affordable housing
- Ageism*
- Demographics*
- Elder abuse
- Finance/economy
- Multiculturalism
- Scams/cons
- Vulnerability/fear*
- Systemic: ALC 'crisis'

Increasing ER visits

But first..

Our advocacy is based on certain facts and values

Seniors are not some strange and alien beings but rather a projection of ourselves in later life.

Seniors are adult persons with lifetimes of experience in living.

Seniors deserve to be viewed and treated as legitimate and valid persons and not nuisances or children.

Seniors may have some changes in sensory perception and speed of response (especially under pressure or stress). This does not make them stupid.

Seniors have the right to participate in decision-making that affects them ... even if it takes a while.

Seniors are not a homogeneous group -- seniors are adult people, perhaps 55 to over 100 years of age -- with differing lifestyles and points of view. Hence, it is necessary to focus on the individual, not the stereotype.

Looking at seniors as 55+... we are in fact looking at 3 generations... each of which is a distinct cohort. Increasingly we will be looking at providing support and services for 2 or 3 generations in the same family at the same time.

Like anyone else seniors' lives are complex with many overlapping elements...

It's a complex world out there...

Seniors who are inadequately housed, on inadequate incomes, inadequately nourished, with inadequate supports cannot contribute to their communities by volunteering, working, participating.

This costs the community twice (at least) in lost participation and in increased medical and crises costs

It is to everyone's advantage to find new ways to work together to mitigate these inadequacies in our communities and to expand our effectiveness in creative ways.



We have lots to work on...

... it's a new day!

The Council on Aging of Ottawa
Le Conseil sur le vieillissement d'Ottawa



Thank You