



Nothing About us without us!

Increase quality of life in long-term care
with what we already have:

Our Voices!

September 17, 2025



Lisa Dawson, President Independent Long-term Care Councils Association (ILTCCABC)

Barb Kirby, Advisor To VCAFC And Later Lifestyle Planner And Seniors Navigator (SeniorsAdvocate.Ca)

Why do we care about the Long-term care system?

- ▶ Long Standing Underfunding
- ▶ Long Waitlists to Access Care
- ▶ Inadequate Resource Allocation to Meet Growing Needs
- ▶ Limited and Aging facilities with Inadequate Environments
- ▶ Outdated models of care including staff to resident ratios and holistic training

This is the place where our friends, families and our ourselves may end up living in the coming years!

Introductions



Lisa Dawson

- Family Caregiver to Father
- Co-Chair, Louis Brier Family Council
- Chair, VCAFC
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- President, ILTCCABC
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Barb Kirby

- Health, Care and Housing Navigator
- Advisor to VCAFC
- Past chair of a Family Council
- Barb@seniorsadvocate.ca

Learning outcomes

- A better understanding the new role of the family caregiver in their advocacy and impact through their Family Councils
- Understand how councils can contribute to quality improvement, making life easier for residents, families and staff
- Our stories of coming together, many of us caregivers to family living with dementia and what we do as a volunteer organization

LTC FAMILY CAREGIVERS

History - before COVID

- ▶ isolated,
- ▶ frustrated,
- ▶ no mechanism of communication,
- ▶ every resident and their family for themselves,
- ▶ no education on how to be a family caregiver to someone in long-term care
- ▶ no knowledge of what's next.





LTC FAMILY CAREGIVERS

Experience during COVID

Policy making without engagement

Family and resident opportunity after COVID



Independent Long-Term Care Councils Association of BC



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Media Release

A Remarkable Milestone For Family Councils In Long-Term Care Homes In BC

By ILTCCABC | November 3, 2022

What is a family council?

November 3, 2022

BC Ministry of Health announced changes in the residential Care Regulations to support Resident and Family Engagement by way of councils in all long-term care homes across BC



What does a family council do?

- ▶ 1. Encourage and offer support
- ▶ 2. Deepen relationships
- ▶ 3. Problem solve
- ▶ 4. Communicate and educate
- ▶ 5. Advocate



1. Encourage and offer support

for one another;
reducing a sense of isolation,
helplessness, frustration.



2. Deepen relationships and influence a relational approach to long-term care





3. Problem solve

- Identify issues,
- Learn about the current process,
- Provide recommendations,
- Discuss solutions with management,
- Celebrate successes,
- Advocate for continuous quality improvement within the long-term care home.

4. Communicate and educate

Family Council Education Session

Family Council

Families and persons of importance to residents:
Advocating and collaborating with Louis Brier
for improved quality of life!

TOPIC:
**Dementia Care -
Making the Most
out of your visit
with those who
have Dementia**

- ▶ About your care home (policies, procedures, care team, etc.)
- ▶ About issues relating to residents and the long-term care system (dementia, diabetes, food, recreation etc.)
- ▶ About how to influence change based on common ground: resident well being

5. Advocate



ILTCCABC is a registered society under the BC Societies Act. It is a provincial association of family councils representing the collective voice of residents in long-term care, their families, and representatives.



<https://iltccabc.ca>

#iltccabc

Core work

Promote



Support



Maintain



Mentor



Advocate



This legislated engagement gives us a permission to be curious like never before. Do not accept the status quo. Be the voice of needs, wants and wishes of your loved one and others without anyone in long-term care.

Make a difference.

Be the change you want to see.

There is nothing about us without us!

Questions?

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dementia or memory loss?



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