

CanAge Connections

CanAge is Canada's national advocacy organization for older adults. We work to advance the rights and well-being of Canadians as we age in order to live vibrant and connected lives. This is the September edition of our monthly newsletter.



Laura Tamblyn Watts, CEO CanAge

A Message from Laura

I am so pleased to announce the launch of CanAge's first publication: **VOICES of Canada's Seniors - A Roadmap to an Age-Inclusive Canada**. This Roadmap is extensive. It is supposed to be. If there is one thing we learned during the COVID-19 pandemic, it is that we must change the system now.

We consulted widely while drafting VOICES. We have also shared the document widely and are arranging meetings with government agencies to start fixing what isn't working for - **and what is actually harming - older adults.**

In concert with our community, our stakeholders, and partners, this Roadmap will address:



- V** Violence and Abuse Prevention
- O** Optimal Health and Wellness
- I** Infection Prevention and Disaster Response
- C** Caregiving, Long-Term Care, Home Care and Housing Resources
- E** Economic Security
- S** Social Inclusion

What you can do: Share this information with your elected officials. Ask them what their party is doing to address the items outlined in VOICES.

To learn more and download the publication, visit CanAge.ca/voices.

TAKE ACTION



CanAge Fellows Thought Leadership Program

Featuring Laurie Campbell

The CanAge Fellows Thought Leadership Program is a selected group of distinguished professionals from a variety of fields coming together to provide information, education and guidance on issues that are important to Canadians as they age.

Laurie Campbell, Consumer Credit & Money Expert and CanAge Fellow, shares her top tips about how to avoid the latest frauds & scams. CanAge has conveniently prepared for you this informative financial video, a first in a series. Anyone can become a victim to financial fraud. It's important to stay alert and vigilant. Watch at CanAge.ca/youtube.



To will find the latest tools and resources our team is working on visit CanAge.ca/resources. More webinars are available at CanAge.ca/webinars.

In the News

CanAge is the go-to organization when journalists seek comment about the issues affecting older Canadians (even during the dog days of summer!). Here are some recent highlights.

The Globe & Mail

Ford government under fire for position on long-term care lawsuit. Laura said she remains hopeful the government is committed to improving long-term care.

[Read more at CanAge.ca/media](https://CanAge.ca/media)

The Toronto Star

Improper use of PPE. Medicine to the wrong patient. Injuries from falls. A look at the problems inside Orchard Villa as COVID-19 deaths climb.

[Read more at CanAge.ca/media](https://CanAge.ca/media)

CFRA Ottawa's Kristy Cameron Show

Laura discusses allowing family caregivers back into long term residences. "It is a balancing of risks," said Laura, "but we've lobbied very hard to ensure that complete social isolation doesn't happen again.

[Read more at CanAge.ca/media](https://CanAge.ca/media)

For full media coverage visit CanAge.ca/media

CanAge Tip



Protect yourself against identity theft by immediately reporting lost or stolen mail and bank cards to your banks and the authorities.

September is Arthritis Awareness Month: 3 signs of arthritis you shouldn't ignore

Submitted by the [Arthritis Society](#).

While the risk of getting arthritis increases with age, it is not a natural part of getting older. That's why it's important to recognize early signs of the disease, because if arthritis does strike, it can have a dramatic impact on your life, bringing pain, fatigue and restricted mobility.

"Early diagnosis is important because it can slow the progression of the disease and help you maintain your quality of life," explains Trish Barbato, president and CEO of the Arthritis Society, Canada's national charity representing Canadians living with arthritis.

Here are three symptoms of arthritis to never ignore:



1 Pain, swelling and stiffness in one or more joints



2 Morning stiffness in and around the affected joints that lasts at least one hour



3 Pain and stiffness that worsen with inactivity and improve with physical activity

If you are experiencing any of these symptoms, it's time to talk to your health-care professional. They'll help you get the treatment you need so you can live the life you want.

During September, The Arthritis Society is shining a spotlight on Canada's growing crisis in arthritis. While six million Canadians currently have the disease, this number is expected to rise to nine million by 2040. "The challenge is real, and we believe the time to act is now," says Barbato.

For more information visit arthritis.ca.

Did You Know?

One of every five Canadians lives with arthritis? It's Canada's most chronic health condition.

Visit CanAge.ca/join to

Join Us!

FREE 1 Year CanAge Membership

We'd love to have you join CanAge for **FREE for 1 year**. You can become a member of CanAge at **NO COST** to you.

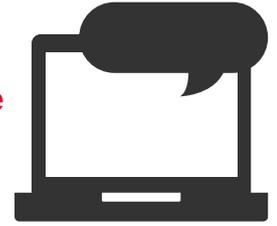
We are currently building a robust portfolio of benefit partners for CanAge members. We want to learn what you'd like us to provide in terms of membership discounts and opportunities, custom-curated experiences, and of course what issues are important to you, that we should advocate for.

If you would like to be part of our CanAge Community, participating in online events, online surveys, and polls, as well as other CanAge initiatives, then take advantage of this founding membership offer. We'd love to have you be part of CanAge.

You Asked, We Answered

Q.

I feel that in the crisis we're in now, the government will rush to build a large number of homes to an inappropriate design. Shouldn't they be focusing on better designs, ensuring that they meet the standards and principles which we're now trying to uphold?



A.

Quite right. Today's long-term care residences and care facilities were built decades ago, when life expectancy was shorter than it is now. Old facilities are ill-equipped to meet the needs of today. Unfortunately, Canada has no national quality or licensing standards for long-term care, which has led to substandard conditions in many homes across the country.

Regarding new builds, federal, provincial and municipal investments must be made in the creation of new residences. Retrofitting older residences is also needed to raise standards of living. To that end, CanAge has asked for a Federal/Provincial/Territorial Long-term Care Working Group to study and make recommendations for the transformation of long-term care in Canada. Learn more at CanAge.ca/voices.

Have a question for CanAge? Submit it via newsletter@CanAge.ca.

Upcoming Events

As outlined above, we have launched our first publication, **VOICES of Canada's Seniors - A Roadmap to an Age-Inclusive Canada.**

Starting October 1st, which is National Seniors Day, we will host live online "CanAge Conversations" with president and CEO Laura Tamblyn Watts to review VOICES with expert guest speakers. Everyone is invited to attend. Program dates and times are listed.

Registration at CanAge.ca/voices.



**VOICES of
Canada's Seniors:
A Roadmap to an
Age-Inclusive Canada**

Download at CanAge.ca/voices

CanAge.

We'd love to get your feedback! Tell us what you liked in this issue and what you'd like to read about in upcoming newsletters at newsletter@CanAge.ca.

October 1, 2020 | 11:30am to 1pm EST

CanAge Conversations: 'How to Make Canada More Age-Inclusive'

October 2, 2020 | 11am to 12:30pm EST

CanAge Conversations: Compass Point 'V- Violence and Abuse Prevention'

October 2, 2020 | 1pm to 2:30pm EST

CanAge Conversations: Compass Point 'O- Optimal Health and Wellness'

October 5, 2020 | 11am to 12:30pm EST

CanAge Conversations: Compass Point 'I - Infection Prevention and Disaster Response'

October 5, 2020 | 1pm to 2:30pm EST

CanAge Conversations: Compass Point 'C - Caregiving, Long Term Care, Home Care and Housing Resources'

October 6, 2020 | 11am to 12:30pm EST

CanAge Conversations: Compass Point 'E- Economic Security'

October 6, 2020 | 1pm to 2:30pm EST

CanAge Conversations: Compass Point 'S-Social Inclusion'