



# HAVE YOUR SAY!



Office of the  
**SENIORS' ADVOCATE**  
Newfoundland and Labrador



## Who?

The Seniors' Advocate wants to hear from seniors, family members, caregivers and service providers.

## What?

It's time for you to have your say! The Seniors' Advocate is embarking on a Public Engagement Process to identify systemic issues impacting seniors, and to seek potential solutions that will inform recommendations for change.

## Where, When, How?

1. Complete a survey – online at [NLSeniorsAdvocateSurvey.ca](http://NLSeniorsAdvocateSurvey.ca) or by mail.
2. Attend an in-person or online session.

Visit [SeniorsAdvocateNL.ca](http://SeniorsAdvocateNL.ca) or call (1-833) 729-6603 for locations and times.

## Why?

Every systemic issue brought forward to the Seniors' Advocate is important. Your input will help the Seniors' Advocate determine prioritization of issues most important to you and potential solutions.

We have developed a focused approach to guide these engagement sessions. By providing some topics to think about, you will come to the sessions having had a little time to give particular thought to issues and solutions.

The areas which are continually brought to the Seniors' Advocate as especially concerning to seniors and requiring more immediate attention include:

### Health Care

As we age, we tend to develop more health care needs. Seniors need access to affordable home support services, equipment and supplies and health care providers/services. Availability of professional services varies throughout the province. Families often work very hard to provide help; to fill in service gaps. But being a caregiver can be exhausting.

### Cost of Living

Living safely and comfortably with all of our daily needs met is becoming more and more expensive. Seniors are concerned about how they will be able to afford the necessities of daily living as they age. They are concerned about their ability to live independently on fixed incomes, while all around them the cost of goods and services continue to rise.

## Housing

Seniors want to live where they can age well, be safe, and feel contented. Seniors are concerned about housing availability, affordability, accessibility and repairs.

## Long-Term Care

While many people say they prefer to live the rest of their lives in their own homes and communities, that is not always possible. Long-Term Care facilities and Personal Care Homes exist in most regions of the province but not all communities have easy access. Sometimes seniors and families are faced with major decisions about transitioning out of their homes.

## Transportation

The inability to drive or access transportation services means a loss of independence and can significantly impact our physical and mental well-being. The cost of accessing transportation can be significant whether it is operating our own vehicle or paying someone else, and can increase the cost of goods.



## Something to Think About

Each of these topics will be discussed during the engagement process. Before you participate in a session, you may wish to consider these questions:

- What can policy-makers do to help, if anything?
- What positive changes would you - or seniors you know - like to see?
- What do seniors need to stay in their own homes?
- What supports might family caregivers need?
- How can access to caregiving services be improved?
- How can seniors face financial challenges?
- How can residency transitions be made easier? What one overarching message would you want policy-makers and service providers to hear?