



Dawn — Winnipeg, MB

My father "lived".....more accurately, "existed", in a personal care home in Winnipeg from 2013 to 2016. From the moment he crossed the threshold, I felt he had been demoted to a second class citizen. Two major factors played into this scenario:

1) An outdated, institutional, regimented, medical model of care.

Unfortunately this is exacerbated by the fact that management is so "risk-adverse" in their approach to looking after the psycho-social and health needs of the elderly that they have effectively removed any quality of life.

2) Woefully inadequate staff to resident ratios.

In illustration, although the personal care home used their jargon of "person-centred" care, this was far from the reality. Minimal attempts were made to get to know and understand my Dad in order to provide any real meaning or purpose to his day. Family made suggestions but activities were never followed up. A highly educated, well-read individual was not stimulated in any way. The term "warehousing" was definitely applicable in my father's experience.

In terms of staffing, 3.6 hours of care per day means absolutely nothing when residents cannot be fed a hot meal or taken to the bathroom in a timely manner! Sitting in excrement during a meal was not uncommon. Nor was being left in bed all day when staff were away and positions left unfilled. Far too often respect and dignity were non-existent! This would not be tolerated in Day Care programs....it is absolutely unacceptable in long term care!

COVID 19 has drawn attention to the long neglected issues within long term care. The National Institute on Aging has been focused on these issues and has researched and developed a Seniors Strategy. It is time for the Manitoba government to wake up and implement the solutions advocated for by these well respected experts in gerontology and alternative policy!

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#FixSeniorsCareNOW

