

Resident Expert Advisors and Leaders (REAL) Biography



Leslie (Les) Froats
Resident Leader
St. Patrick's Home of Ottawa

Les was born in Winchester and grew up on a farm in Elma, a small town about 50 km southeast of Ottawa. Les worked as a foreman for Procter and Gamble in Brockville, and in this role, he learned the importance of listening to the workers who reported to him. As an executive member of the Residents' Council at St. Patrick's Home of Ottawa, Les takes the time to visit other floors/home areas to get to know his peers and encourage Council participation and engagement in quality improvement discussions. Les credits his home's Residents' Council group for helping his transition to long-term care and making him feel welcome. Les is actively involved in home operations, sitting in on interview panels and co-presenting on residents' rights education sessions for staff. Les recently accepted an invitation to provide a resident perspective for a project about medication management. Les has two stepchildren and four grandchildren. He enjoys Country and Western music. When living in the community, Les looked forward to social visits with friends, neighbourhood walks and Sunday drives. He continues to be an outgoing and social person at St. Pat's.