

Dr. Fred Mather



Dr. Fred Mather is Medical Director of Sunnyside Home, the municipal home for the Region of Waterloo. He also serves as an attending physician in two Revera Living homes. He is the past president of the Ontario Long Term Care Clinicians and chaired the OLTCC Conference Planning Committee for several years. He is a past Chair of the Care of the Elderly Committee of the College of Family Physicians of Canada.

Dr. Mather wishes to work with OARC and advocate for resident centred care. Long term care is the resident's home. Resident centred care focuses on the emotional needs and care preferences consistent with lifestyle. The emphasis should be on relationships rather than task-centred approaches that focus on physical health. Advance care planning (ACP) recognizes the individual's values and wishes. ACP should begin on entry in long term care, if not before. Goals of care should be an ongoing conversation for all residents in LTC.

Vice-Chair, Officer of the Board