

April 6, 2021

LAST CHANCE: How did you use the Resident Support Aide role in your LTC home during the pandemic?

Does your home employ RSAs? Residents/Residents' Councils please provide feedback.

RSA's, known as Resident Support Aides, Resident Support Ambassadors or Resident Support Attendants (or equivalent) have been providing tremendous support to residents by augmenting the ability of team members to provide the care that is needed. They are not Personal Support Workers (PSWs), nor are they nurses. They are employed to provide non-direct care services, enhance the emotional well-being of residents and to support residents in many other wide and ranging ways.

The Ontario Centres for Learning, Research and Innovation (CLRI) have distributed a survey to every home in Ontario, asking for feedback on the role and value of RSAs in your home. CLRI wants to be able to collect data to measure the effectiveness, sustainability, and value of this role in LTC homes and resident feedback is vital. This survey will be used to inform the development and sharing of education and resources for similar roles in the future.

Please [click here](#) to fill out the short survey or speak with your Administrator to offer your feedback by April 9, 2021. THANK YOU.

## TLC for LTC Gratitude Hacks for Mental Health Week



This month, we suggest Residents' & Family Councils show some TLC for LTC Staff during Mental Health Week (May 3-9, 2021)

Here are some Ideas for Gratitude Hacks:

- Plan an outdoor concert/ Sing-along
- Paint "You" on some rocks to give staff & remind them "You Rock!"
- Plant some herb seeds in mason jars to make a Herb Garden
- Perform a socially distanced dance
- Make something sweet to brighten their day.

Gratitude has a big impact on mental health! To help your home's team members, encourage them to check out the mental resources here: <https://clri-ltc.ca/mentalhealth>

Family Councils Ontario | OARC | Ontario Health | ActiveAge Ontario | OLTC | CLRI

As we approach Mental Health Week (May 3-9), the OARC team encourages you to explore ways that residents and families can show their appreciation to LTC team members and encourage them to prioritize their own wellness. As part of the "TLC for LTC" campaign launched in collaboration with the Ontario Centres for Learning and Innovation (CLRI), Ontario Health, Family Councils Ontario and other partner associations, we have compiled a [Gratitude Hacks Activity Kit](#) that can be shared widely within your care communities, including your Recreation/ Programs teams and your Residents' and Family Councils. Be sure to share your activities with us with the hashtag #TLCforLTC.

---

## Together We Care 2021 Virtual Conference – April 20-22, 2021



Ontario Long Term Care Association (OLTCA) and Ontario Retirement Communities Association (ORCA) are expanding the “we” in “Together We Care” through an online collaborative forum that joins the long-term care and retirement community sectors to help shape the future of seniors’ care. It provides the unique opportunity to tune in virtually to hear from inspirational

keynotes, as well as leaders and change-makers from across the seniors’ care continuum about novel ideas and case studies, new models of care, partnerships for success, and hot topics that both challenge and inform attendees. [Click here](#) to register for #TWC2021 today.

---

## Advancing Senior Care, AdvantAge Ontario Annual Convention May 5-6, 2021

Join AdvantAge Ontario for an inspiring online education and networking event for Ontario's not-for-profit long-term care and seniors' housing community. [Click here](#) for more information and registration.