Is it possible to plan and provide quality health care for older adults living South Eastern Ontario without ever asking them or their families and/or care partners what it is they need?

We believe to create meaningful services and supports, the voice of those using these services must be heard. We invite you to be part of the Lived Experience Network – a “knowledge bank” of older adults living with dementia, mental health, substance use and/or other neurological disorders and their family/care partners across the South East Ontario region sharing their experiences - to be that voice.

Since September 2013, Sharon Osvald, the daughter of a mother with dementia, has been working as the Lived Experience Facilitator. Sharon is seeking persons with lived experience to join her in advisory conversations - providing an avenue to discover – together, what is needed.

How to Reach Sharon Osvald:
Phone: 613-475-9943
Email: sosvald@alzking.com
www.dementiacrossroads.ca
Address: Sharon Osvald, P.O. Box 73, Brighton, ON. K0K-1H0
On Facebook Search: Lived Experience Network
Twitter: @SharonOsvald

South Eastern Ontario
Lived Experience
Network

How can you be involved?

- **ONLINE:** Share your advice and observations about your health care journey in one of our monthly live (typed) chat events – *an advisory conversation* - on the Lived Experience Cafe at www.dementiacrossroads.ca. You can also participate on our discussion forum by posting your input.

- **IN PERSON:** Contact Sharon Osvald, your local S.E. Ontario Alzheimer Society or Long Term Care Home Family Council about having Sharon visit your group in person for an advisory conversation.

**PHONE or EMAIL:** Phone, Email, or Write Sharon Osvald and begin your own personal conversation with your suggestions for change.

This is your opportunity to have an advisory role - sharing insights and suggestions for change that will be directed to professionals who plan and provide services and supports in long term care, hospitals and primary care.