



Join our Behavioural Supports Ontario (BSO) Provincial Lived Experience Advisory!

The purpose of the Behavioural Supports Ontario (BSO) Lived Experience Advisory is to engage people with lived experience in meaningful conversations and provide a virtual platform for people to connect through shared experiences.

This year, the advisory is also taking on some additional goals, including strategies to enhance care partner education and the promotion of tools that emphasize the importance of leveraging personhood in care planning across sectors.

What is Lived Experience?

In the context of BSO, lived experience refers to the experience of living with dementia, mental illness, substance use and/or other neurological conditions or the experience of being a care partner of an individual with these conditions. Examples of care partners may include family members, friends, etc., who play or played an active role in supporting an individual living with the above conditions.



Why Should I Join?

We believe that in order to improve services and create meaningful support, the voice of those using healthcare services must be heard. Our objective is to host provincial advisory conversations which will help inform how services are provided, designed and evaluated for older adults living with dementia, mental illness, substance use or other neurological conditions in Ontario.



When and Where do we Meet?

The BSO Lived Experience Advisory meets bi-monthly (i.e., every 2 months) through Zoom - an online video webinar. These meetings are primarily focused on advancing the advisory's projects.

The advisory also hosts bi-monthly live chats which are open to all. These all-typed chats take place on the Lived Experience Café, located at www.dementiacrossroads.ca.

Our **Advisory meetings (via Zoom)** occur on the third Tuesday of every other month from 12:30-2:00 PM (July, September, November, January, March and May).

Our **Lived Experience Café Live Chats** occur on the third Wednesday of every other month from 6:30-8:00 PM (August, October, December, February, April and June).

Who do I get in touch with for more information?

Sharon Osvald - *Provincial Lived Experience Facilitator*

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brainXchange

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For more information, please visit the Ontario page on www.dementiacrossroads.ca

Partners



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brainXchange
brainXchange.ca/public/contact-us.aspx