



South Eastern Ontario Lived Experience Network

Project Team

Sharon Oswald
Lived Experience Facilitator



Kathy Baker
Nate Tompkins
Dr. Ken LeClair
Dr. Dallas Seitz



Vicki Poffley
Executive Director
Alzheimer Society
Of KFL&A

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 Oswald, 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 Oswald:

Phone: 613- 475-9943

Email: sosvald@alzking.com

www.dementiacrossroads.ca

**Address: Sharon Oswald, P.O. Box 73,
Brighton, ON. K0K-1H0**



On Facebook Search: Lived Experience Network



Twitter: @SharonOswald

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 Oswald, 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 Oswald 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.

**Every good
conversation
starts with
good listening.**