

Promoting Healthy Aging by Empowering Seniors: Engaging Community Solutions for Senior Citizen Welfare (Updated)

(Discussion Paper on Seniors Helping Seniors)

[P.S. Page 5 includes information taken from the [Strategic Plan](#)]

Revised June 25, 2024

“When we have an opportunity to create an atmosphere where justice, peace, love and harmony can prevail, we have to do something about it”

**“If I were to
remain silent, I’d
be guilty of
complicity.” –
Albert Einstein**



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Document Information

This section provides information about this document.

Title and author:

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Synopsis

The CIHR Institute of Aging (CIHR-IA) mandate is to support research, to promote healthy aging and to address causes, prevention, screening, diagnosis, treatment, support systems, and palliation for a wide range of conditions associated with aging. By championing an inclusive approach to research excellence that considers health across the life course and addresses social and structural determinants of health, CIHR-IA funds evidence-based research that informs public policy, programs and services. IA's mission is to advance training, research and knowledge mobilization to maintain and improve the health and wellbeing of all Canadians as they age. CIHR-IA promotes the inclusion of age, aging and the role of persons with lived and living experiences and their caregivers in the entire research ecosystem.

Introduction

This document originated from the vacuum that exists to address the concerns and needs of senior citizens living in independent living facilities (SILF) and other rental properties where they are subjected **to power imbalance** and allegedly deprived of even Canadian Bill of Rights! Sadly, they have no recourse to seeking fairness and uprightness or having someone to address their legitimate questions and concerns. The main recourse is for them to go to the **Landlord Tenant Board** or to go to the provincial courts to seek justice. Apparently, **there are no specific laws or statutes or Bill of Rights to protect their specific needs.**

As you may be aware, senior citizens living in retirement homes and long-term care homes have protection under various statutes, including, but not limited to *Retirement Homes Act, 2010*, S.O. 2010, c. 11 (the "**RHA**"), *Long-Term Care Homes Act, 2007*, S.O. 2007, c. 8, **as well as their respective "Bill of Rights":**

https://www.rhra.ca/wp-content/uploads/2018/01/Bill-of-Rights_Poster_Final.pdf

<https://www.cleo.on.ca/en/publications/everyres#>

Long-Term Care Residents' Bill of Rights

RESIDENTS' BILL OF RIGHTS

The fundamental principle to be applied in the interpretation of this Act and anything required or permitted under this Act is that a long-term care home is primarily the home of its residents and is to be operated so that it is a place where they may live with dignity and in security, safety and comfort and have their physical, psychological, social, spiritual and cultural needs adequately met. 2007, c.8, s.1.

Every licensee of a long-term care home shall ensure that the following rights of residents are fully respected and promoted:

1. Every resident has the right to be treated with courtesy and respect and in a way that fully recognizes the resident's individuality and respects resident's dignity.
2. Every resident has the right to be protected from abuse.
3. Every resident has the right not to be neglected by the licensee or staff.
4. Every resident has the right to be properly sheltered, fed, clothed, groomed and cared for in a manner consistent with his or her needs.
5. Every resident has the right to live in a safe and clean environment.
6. Every resident has the right to exercise the rights of a citizen.
7. Every resident has the right to be held who is responsible for and who is providing the resident's direct care.
8. Every resident has the right to be afforded privacy in treatment and in caring for his or her personal needs.
9. Every resident has the right to have his or her participation in decision-making respected.
10. Every resident has the right to keep and display personal possessions, pictures and furnishings in his or her room subject to safety requirements and the rights of other residents.
11. Every resident has the right to:
 - i. participate fully in the development, implementation, review and revision of his or her plan of care,
 - ii. give or refuse consent to any treatment, care or services for which his or her consent is required by law and to be informed of the consequences of giving or refusing consent,
 - iii. participate fully in making any decision concerning any aspect of his or her care, including any decision concerning his or her admission, discharge or transfer to or from a long-term care home or a secure unit and to obtain an independent opinion with regard to any of those matters, and
 - iv. have his or her personal health information within the meaning of the *Personal Health Information Protection Act, 2004* kept confidential in accordance with that Act, and to have access to his or her records of personal health information, including his or her plan of care, in accordance with that Act.
12. Every resident has the right to receive care and assistance towards independence based on a restorative care philosophy to maximize independence to the greatest extent possible.
13. Every resident has the right not to be restrained, except in the limited circumstances provided for under this Act and subject to the requirements provided for under this Act.
14. Every resident has the right to communicate in confidence, receive visitors of his or her choice and consult in private with any person without interference.
15. Every resident who is dying or who is very ill has the right to have family and friends present 24 hours per day.
16. Every resident has the right to designate a person to receive information concerning any transfer or any hospitalization of the resident and to have that person receive that information immediately.
17. Every resident has the right to raise concerns or recommend changes in policies and services on behalf of himself or herself or others to the following persons and organizations without interference and without fear of coercion, discrimination or reprisal, whether directed at the resident or anyone else:
 - i. the Residents' Council;
 - ii. the Family Council;
 - iii. the licensee, and, if the licensee is a corporation, the directors;
 - iv. the committee of management for the home under section 132 or of the board of management for the home under section 129 or 129.1;
 - v. staff members;
 - vi. government officials;
 - vii. any other person inside or outside the long-term care home.
18. Every resident has the right to form friendships and relationships and to participate in the life of the long-term care home.
19. Every resident has the right to be informed in writing of any law, rule or policy affecting services provided to the resident.
20. Every resident has the right to participate in the Residents' Council.
21. Every resident has the right to meet privately with his or her spouse or another person in a room that assures privacy.
22. Every resident has the right to share a room with another resident according to their mutual wishes, if appropriate accommodation is available.
23. Every resident has the right to pursue social, cultural, religious, spiritual and other interests, to develop his or her potential and to be given reasonable assistance by the licensee to pursue these interests and to develop his or her potential.
24. Every resident has the right to be informed in writing of any law, rule or policy affecting services provided to the resident and of the procedures for initiating complaints.
25. Every resident has the right to manage his or her own financial affairs unless the resident lacks the legal capacity to do so.
26. Every resident has the right to be given access to protected outdoor areas in order to enjoy outdoor activity unless the physical setting makes this impossible.
27. Every resident has the right to have any blood, family member, or other person of importance to the resident attend any meeting with the licensee or the staff of the home. 2007, c.8, s.1(1).

Retirement Homes Residents' Bill of Rights

51. 1) EVERY RESIDENT OF A RETIREMENT HOME HAS THE FOLLOWING RIGHTS WHICH CONSTITUTE THE RESIDENTS' BILL OF RIGHTS:

1. The right to,
 - i. know what care services are provided in the home and how much they cost,
 - ii. be informed in advance of any increases in charges for care services provided in the home,
 - iii. receive advance notice of a decision of the licensee of the home to discontinue providing a particular care service,
 - iv. have the licensee of the home take reasonable steps to facilitate the resident's access to any external care providers that the resident needs, if the resident receives the notice described in subparagraph iii and indicates that he or she is going to continue to reside in the home, and
 - v. have the licensee of the home take reasonable steps to find appropriate alternate accommodation for the resident, if the resident receives the notice described in subparagraph iii and indicates that he or she is going to cease to reside in the home.
2. The right to apply for publicly funded care services and assessments.
3. The right to be informed about and to apply for care services and assessments from an external care provider.
4. The right to have his or her choice of care services provided by staff who are suitably qualified and trained to provide the services.
5. The right to,
 - i. participate fully in making any decision concerning any aspect of his or her care,
 - ii. participate fully in the development, implementation, review and revision of his or her plan of care, and
 - iii. give or refuse consent to any treatment, care or service for which his or her consent is required by law and to be informed of the consequences of giving or refusing consent.
6. The right not to be restrained except in accordance with the common law.
7. The right to be afforded privacy in treatment and in caring for his or her personal needs.
8. The right to live in a safe and clean environment where he or she is treated with courtesy and respect and in a way that fully recognizes the resident's individuality and respects the resident's dignity.
9. The right to have his or her lifestyle and choices respected and to freely pursue his or her social, cultural, religious, spiritual and other interests as long as the resident's lifestyle, choices and pursuits do not substantially interfere with the reasonable enjoyment of the home for all usual purposes by the licensee and other residents.
10. The right to raise concerns or recommend changes in policies and services on behalf of oneself or others to the Authority or any other person without interference and without fear of coercion, discrimination or reprisal, whether directed at the resident or anyone else.
11. The right to know if the home is also a care home within the meaning of the *Residential Tenancies Act, 2006*, and whether the residents therefore have rights and responsibilities as tenants under that Act.

LICENSEE'S OBLIGATIONS

- 2) Every licensee of a retirement home shall ensure that the rights set out in the Residents' Bill of Rights are fully respected and promoted in the home in accordance with the regulations, if any.

ENFORCEMENT BY RESIDENTS

- 3) A resident of a retirement home may enforce the Residents' Bill of Rights against the licensee of the home as though the resident and the licensee had entered into a contract under which the licensee had agreed to fully respect and promote the rights set out in the Residents' Bill of Rights.

Believe It or Not

Did you know that seniors living in independent living facilities (SILF) **DO NOT HAVE ANY BILL OF RIGHTS** including under the previous **Canadian Bill of Rights**? Check <https://laws-lois.justice.gc.ca/eng/acts/c-12.3/FullText.html>. The Canadian Bill of Rights have been replaced with

CONSTITUTION ACT, 1982 - PART I Canadian Charter of Rights and Freedoms

Sadly, the above **Charter Freedoms** of many seniors living in SILF are denied and that is the focus of this document.

It is important to note that **due to ageism, seniors living on their own and in SILF** have many needs like those of seniors living in retirement homes, but, they **do not have sufficient protection from addressing their psychological, emotional, social, security, cultural needs, etc.**

Most seniors living in SILF do not have the proper health, physical energy, resources, or mental agility to go to the **Landlord Tenant Board** to address the alleged transgressions by their landlords and due to this stress, **their health deteriorates and that leads to increased health costs for ALL CANADIANS.**

Hence the necessity for the Government to either introduce legislation like the *Retirement Homes Act*, or *Long-Term Care Homes Act, 2007*, S.O. 2007, or establish the **SILF Residents' Bill of Rights.**

Strategic Plan 2023-2028 - REFRAMING AGING Empowering Older Adults

I took the time to review the Strategic Plan and the subject of REFRAMING AGING Empowering Older Adults. I am delighted to enclose in this document, a model I had developed earlier, which I have updated now to include information from the [Strategic Plan](#).

I am indeed glad that the government of Canada is on the right track to address the needs of senior citizens from a health standpoint. However, on one hand the government of Canada is encouraging the practice of aging in place, by empowering older adults, on the other hand, most older adults are not provided with the protection and tools to age in place.

On reviewing the **Strategic Plan (SP)**, I was totally impressed with the subheading of the SP: **RE-FRAMING AGING Empowering Older Adults**. It appears that CIHR and I are on the same wavelength.

Let me explain:

I am pleased to inform you that I have already done due diligence and written on the subject of “**Empowering Older Adults**” and have published a blog on the same:

<https://info2write.com/2024/06/09/empowering-seniors-engaging-community-solutions-for-senior-citizen-welfare/>

What We Heard

- Older adults and concepts of age and aging must be included in research activities
- Older adults must be recognized as bringing significant value, contributions and opportunities to their communities
- Persons with lived and living experience should play a role in research across the entire research ecosystem

In the meanwhile, on reviewing the **Strategic Plan**, pages 17 and 19, I was delighted to learn that the document itself includes my commitment to be involved in any research - especially point 3 below, “**Persons with lived and living experience should play a role in research across the entire research ecosystem...**”.

I am delighted to mention that in 2019 I had embarked on a journey to explain how seniors could empower themselves to make the aging process as seamless as possible. And now I am surprised that CIHR has

come up with its Strategic Plan 2023-2028 which includes REFRAMING AGING Empowering Older Adults. This makes me confident that I have something of value to offer CIHR.

The first document I had prepared at that time I called “Seniors Helping Seniors”. That document has undergone several iterations based on the data that I collected from 2018 to date. And today I have published that document in my blog: <https://info2write.com/2024/06/09/empowering-seniors-engaging-community-solutions-for-senior-citizen-welfare/>

The main reason why seniors need to empower themselves is because of the lack of statutes and Bills of Right which deprives some seniors of proper health care, and other needs described on page 7 of the blog.

Let me explain.

The living conditions of senior citizens or elders can be classified under four categories:

Catego ry	Living condition s of seniors	Protection under the Statutes	Protection under their Bill or Rights	Comments
1.	Seniors living in Retirement Homes	Retirement Homes Act, 2010, S.O. 2010, c. 11 (the "RHA"),	https://www.rhra.ca/wp-content/uploads/2018/01/Bill-of-Rights_Poster_Final.pdf	Seniors enjoy protection under the statutes and their respective Bill of Rights. They are therefore provided with comprehensive health and constant care in the aging process in their living conditions.
2.	Seniors living in Long-term care homes	Long-Term Care Homes Act, 2007, S.O. 2007, c. 8	https://www.cleo.on.ca/en/publications/everyes	
3.	Seniors who live on their own in rental properties	Residential Tenancies Act	No Bill of Rights	Seniors do NOT HAVE protection under the same statutes nor do they have a Bill of Rights to protect them. Therefore, they are allegedly NOT provided with comprehensive health nor constant care in the aging process and therefore there is an urgent need for empowerment.
4.	All other seniors	Nil	No Bill of Rights	

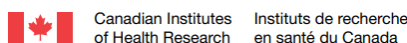
From the above analysis, CIHR should concentrate the **Strategic Plan 2023-2028** on addressing the urgent need for empowering **seniors living in categories 3 and 4** as described above in detail. **If you believe that I have missed something or misunderstood anything or misrepresented the facts, please correct me.**

Did you know that seniors living in independent living facilities (SILF) **DO NOT HAVE ANY BILL OF RIGHTS** or any specific statutes to protect them except the Residential Tenancies Act, which technically, does not afford any protection nor provision for empowerment under the Strategic Plan as described in my blog: <https://info2write.com/2024/06/09/empowering-seniors-engaging-community-solutions-for-senior-citizen-welfare/>

On reviewing the Strategic Plan 2023-2028, I have found that several sections run parallel to my observations which I have described in my blog. And emphasis is placed on **"living experience and rights to self-determination • Ensure evidence, research and lived and living experiences inform and drive policy Aging in the right places..."**

Priority 1	Living environments, access to culturally safe health and social care and other opportunities can facilitate healthy aging
RESEARCH PRIORITIES	Respect for older adult's lived and living experience and rights to self-determination • Ensure evidence, research and lived and living experiences inform and drive policy Aging in the right places • Promote and implement research and best practices for age- and dementia-friendly communities • Optimize mobility and transportation for older adults • Examine transitions for community-dwelling to supportive living environments, including to long-term care Addressing challenges in the later years • Promote prevention and best practices with frailty and falls • Facilitate improvements to palliative care, tailored to the needs of older adults.
Strategic Direction C	Improve Lived and Living Experiences and Quality of Care in the Later Years We recognize rights to self-determination as a vital part of health and wellbeing throughout the later years.
LOOKING FORWARD	All research and policy development related to older adults should be informed by older adults and include evidence from their lived experiences and expression of needs. (page 27)
PRIORITY 2	Aging in the right places.
LOOKING FORWARD	Housing, living arrangements and transportation approaches that are adapted for older adults as they age emerged as areas in urgent need of research during our consultations. (Page 28)
PRIORITY 3	Focus on wellness and quality of life to maintain optimal health and independence.
LOOKING FORWARD	We will promote research and activities that help to re-establish social connections and community engagement of older adults with a focus on optimizing physical and mental health care. This commitment is connected to addressing health care that has been delayed during the pandemic years, as well as the loss of social and physical fitness for many older adults under pandemic restrictions.

Research to achieve equitable health in aging



As per studies conducted so far, seniors in long-term care homes are sometimes subjected to psychological and physical abuse even though they are supposed to have protection under the statutes and their own Bill of Rights.

Can you now imagine those seniors who do not have protection under the statutes, nor do they have their Bill of Rights and are thus subjected to institutional bullying or sometimes referred to as psychological abuse? It behooves the Strategic Plan to take this important evidence into account since psychological abuse of senior citizens is one of the root causes of rising health costs. [P.S. I believe only a structured research can obtain the facts and figures.]

Did you know that in the Philippines, they have been empowering older persons to address their issues since 1989 at the national and local levels. <https://cose.org.ph/>? Similarly, in other countries. Why is Canada lagging behind?

Ageism

Although old age is something that awaits everyone lucky enough to live a long life, for many the actual experience of aging in Ontario is typified by a sense of loneliness and isolation.

85% of Canadians want to age in place. And yet only 2% of seniors receiving home care can get by without a patchwork of support from friends, family, or neighbors. Against this backdrop of 'precarious support', many seniors are seeking out new models of care to help them live independently.

According to WHO <https://www.who.int/westernpacific/news/q-a-detail/ageing-ageism>:

What is ageism?

Ageism is the stereotyping and discrimination against individuals or groups on the basis of their age. Ageism can take many forms, including prejudicial attitudes, discriminatory practices, or **institutional policies and practices that perpetuate stereotypical beliefs.**

What is the impact of ageism on health?

Ageism has harmful effects on the health of older adults. Research by Levy et al. shows that older adults with negative attitudes about ageing may live 7.5 years less than those with positive attitudes.

Ageism has been shown to cause cardiovascular stress, lowered levels of self-efficacy and decreased productivity.

Negative attitudes are also widely present even within the health and social care settings where older adults are at their most vulnerable.

Some of this prejudice arises from observable biological declines and may be distorted by awareness of disorders such as dementia, which may be mistakenly thought to reflect normal ageing.

Socially ingrained ageism can become self-fulfilling by promoting in older people stereotypes of social isolation, physical and cognitive decline, lack of physical activity and economic burden.

During the webinar on December 2, 2020, on “**Convention on the Rights of Older Persons**”, Dr. Kiran Rabheru mentioned that during the COVID-19 pandemic the following facts have come to the forefront:

- We have statistics on seniors who have died in long-term care and other institutions.
- We have statistics on the number of seniors affected by COVID-19

But unfortunately:

- **We do not have statistics on the number of seniors suffering from the ill-effects of Ageism.**

Sadly, those seniors who live on their own and those seniors living in independent living facilities only come under limited statutes which is not sufficient to look after the security needs (see section on needs below). It is important to note that **seniors living on their own** have many needs like those seniors living in retirement homes as described below, but, they **do not have sufficient protection from addressing their psychological, emotional, social, security, cultural needs, etc.**

This document is intended to inform about a solution for seniors living in SILF and other rental properties that will enrich their lives with information that addresses power imbalance, social injustice, seniors' rights and environmental issues and comply with the existing laws and lobby for new laws to protect them. We believe that **"Information is Knowledge and Knowledge is Power "**. We believe that **lack of information causes fear and fear among senior citizens is the root cause of stress and ill health.**

If possible, we could endeavor to reduce the stress and pressures on the management of Seniors' independent living facilities by empowering ourselves to brainstorm on solutions that improves our lives. **Foremost, would be to encourage seniors to establish the Seniors' Advocacy & Resolution Group.** Thereafter, we can have our own Newsletter to share information with all senior residents particularly for those who do not have access to the Internet. As seniors, we will design, compile, print and distribute this Newsletter without depending on the management for any funds.

We will be embarking on a campaign to survey the concerns, wishes and goals of senior living independently and those in SILF to have a just, peaceful, and harmonious living conditions wherever they may live. As a member of the organization, they are encouraged to submit their concerns, and questions and we will endeavor to answer them to the best of our ability. If we do not have an answer, we will refer them to the resource that would be able to help them. In other words, we will function as **Seniors helping Seniors.**

For the reasons explained in the next section*, it is disingenuous to club together all tenants – senior citizens and non-senior citizens - under the protection of the same Residential Tenancies Act, 2006, S.O. 2006, c. 17 for the reasons given below and covered in the next section*.

Senior citizens living in rental apartments:

- Mostly do not make noise or have loud parties.
- Are not inclined to deal with drugs or other illegal substances.
- Are not violent.
- Mostly pay their rents on time

Therefore, they need their own Bill of Rights and protected by a separate statute – since their needs and rights are quite different from the other tenants and they should have their rights protected like those seniors living in retirement homes and long-term care homes – where they are protected under the Retirement Homes Act, 2010, S.O. 2010, c. 11 – and have their own Resident's Bill of Rights.

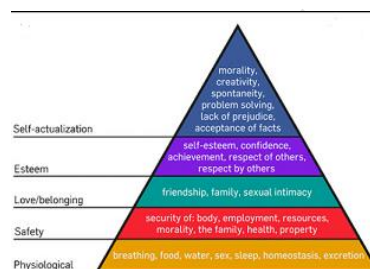
Needs of Seniors Living in Independent Living Facilities (SILF) – the absence of which indirectly leads to Increased Health Costs

As you know, Maslow's hierarchy of needs is a motivational theory in psychology comprising a five-tier model of human needs, often depicted as hierarchical levels within a pyramid. Needs lower down in the hierarchy must be satisfied before individuals can attend to needs higher up. From the bottom of the hierarchy upwards, the needs are physiological, safety, love and belonging, esteem, and self-actualization.

This document is intended to find out whether in addition to the physiological and physical needs of the residents who are all senior citizens, should the following needs* also must be met:



Psychological Needs



Emotional Needs



Social Needs



Human Rights




Security Needs

We can do better and go beyond to remove fear, anxiety, suspicion, and other negative feelings – particularly during any pandemic and beyond. Unfortunately, the power imbalance and bullying and fear that exists, could aggravate the medical conditions of some seniors and which prevent the seniors from active lifestyle.

Should the need arise, we are able and willing to make a detailed presentation on Elder Abuse that is taking place when there is a toxic landlord!
[\[https://www.youtube.com/watch?v=cieP6pC8QCw\]](https://www.youtube.com/watch?v=cieP6pC8QCw).

What is bullying?

Bullying is sometimes called harassment and happens when someone hurts, intimidates, or scares a person consciously or unconsciously. When someone is being bullied, they often have a hard time defending themselves. Bullying is usually not a one-time event. It can happen repeatedly. **Bullying is the byproduct of power imbalance.**



“...There is abuse when a singular or repetitive gesture, or lack of appropriate action, intentional or not, occurs in a relationship where there should be trust, and whether it causes harm or distress in a senior.”
(MF, 2017).
(<https://malbalancedesaines.com/en/>)

People of all ages can be bullied. The Centre for Elder Research is working with Sheridan faculty member Dr. Kirsten Madsen and Elder Abuse Prevention (ON) to better understand bullying between older adults age 55+ in Ontario. This work is funded by the **Social Sciences and Humanities Research Council of Canada** and aims to support the development of best practices and strategies for this diverse population. **Unfortunately, the research did not address the bullying of elders 65+ that is perpetrated by people in authority – including landlords of SILF!** And that is one of the reasons for this **document!** For more information on Institutional Bullying (IB) and the difference between peer-to-peer bullying (P2PB) and IB, please check this blog: <https://info2write.com/2024/05/06/is-bullying-and-elder-abuse-in-seniors-rental-apartments-alleged-silent-killers-ignored-by-the-government-and-ngos/>.

This SILF Model highlights the need of senior citizens who are encouraged by the Governments on one hand to live on their own, but on the other hand, the Ontario government is not protecting the rights of seniors who want to live on their own in rental properties. Some seniors living in SILF are subjected to covert Elder Abuse – both by peers and landlords of SILFs - which is being ignored by various organizations who **erroneously believe that seniors living in SILF are protected by the Residential Tenancies Act**. Or they are only concentrating on Retirement Homes and Long-term Care Homes.

Seniors living in SILF are looking to enrich their lives with information that addresses social justice, seniors' rights and environmental issues and comply with the Residential Tenancies Act and the Constitution of their own SILF. We believe that “Information is Knowledge and Knowledge is Power “. We believe that **lack of information causes fear and fear among senior citizens is the root cause of stress and ill health**. For more information kindly read my blogs: <https://info2write.com/2024/04/06/consequences-of-power-imbalance-in-seniors-residence/>
<https://info2write.com/2023/10/04/the-importance-of-vigilance-in-a-seniors-rental-residence-part-1/>

We are devoting this document to highlighting the plight of residents of Seniors' independent living facilities (SILF) who are mostly seniors over the age of 65 (and included in this document is a solution to assist other senior citizens living on their own). Many of them vary in ages from 60 to 100+. Some seniors reside in a non profit Seniors' only residence. They are indeed provided with basic facilities of mostly clean (with exceptions of roaches, etc.), safe, and quiet environment. Of course, things could be better, and this document is expected to gather and share information

that could make SILF more sustainable. For example, recently some seniors were concerned about having roaches and other pests in their apartment and in surroundings and all attempts made by them to mitigate their predicament were futile. This is just one example (some more examples can be seen in this document).

The Model suggested in this document could endeavor to reduce the stress and pressures on the management of Seniors' independent living facilities by empowering the residents of SILF to brainstorm on solutions that improve their own lives. For example, they could have a legitimate independent Tenants Association – which is covered in the Residential Tenancies Act – but is allegedly not allowed by many landlords/managements of SILF. Further, the seniors could have their own Newsletter to share information with all senior residents particularly for those who do not have access to the Internet. As seniors, they could design, compile, print and distribute this Newsletter without depending on the management for any funds. **Currently, some landlords develop their Newsletters devoid of any input from the seniors nor paying attention to any suggestions from the seniors. They seek to enforce their own views some of which are prejudicial to the interests of the seniors. This is the result of power imbalance.**

Depending on the approval of this Model and the funding we can receive, we can embark on a campaign to survey the concerns, wishes and goals of seniors living in SILF to have a just, peaceful, and harmonious living conditions wherever they may live. As a member of the organization, they are encouraged to submit their **concerns***, and questions and we will endeavor to answer them to the best of our ability. If we do not have an answer, we will refer them to the resource that would be able to help them. In other words, we will function as **Seniors helping Seniors**.

Counseling and Conflict Resolution Services

For the first time in the history of elder abuse, peer abuse, landlord toxicity, family feud, prevention of stress and mental anguish, etc. we can offer seniors unique services which include:

- Counselling and giving an opportunity for seniors to voice their grievances.
- Conflict Resolution after following the required protocol.

Details of these services can be worked out after discussions with organizations like ACE, NICE, CanAge, AgeWell, <https://ststephenshouse.com/crs.shtml> etc.

*Critical Information

Facts that have been overlooked, or ignored by politicians, bureaucrats, lawyers, and Public Health that is causing the alleged **rise in cost of health care for seniors who reside in independent living facilities**

Many infractions allegedly committed by many (non-senior citizens) renters governed by the RTA	Included in the RTA	Comments
Disturbance to the neighbors	✓	Seniors do not make noise
Using or dealing with illegal drugs	✓	Seniors do not deal with drugs
Causing violence and aggravation to neighbors & landlord	✓	Seniors are not violent
Nonpayment or delay in rent payment	✓	Seniors mostly pay their rents on time

Basic Needs of senior citizens who reside in SILF but are not protected under the RTA and thus cause seniors to be under stress resulting in health deterioration	Comments
<ol style="list-style-type: none"> Freedom to express their grievances or any *communication with the landlord. Alleged example of roaches in the apartment and building which was ignored by the landlord and transferred the blame to the senior residents. Freedom to have **peer support group* or even independent *Association to address the particular needs of the seniors group – particularly during the COVID-19 pandemic. No provision to phone/visit seniors who are “home bound.” 4. Not recognizing that power imbalance is the root cause of bullying. No attempt to prevent senior/elder abuse or dealing with peer elder abuse when it occurs. Threats of eviction if any seniors raise their concerns (*No freedom of speech) Freedom from control of the seniors’ Tenant Association by the landlord and inability to voice their needs, suggestions, and views due to landlord controlling the Newsletter and the meetings (power imbalance). Freedom from adulterated election process for Seniors’ Association controlled by the landlord (allegedly in violation of RTA). Details available separately. Non recognition of seniors who have disabilities which do not meet the requirements of LTC. For example, Psychological needs: <ol style="list-style-type: none"> the need for love and belonging, the need for power balance, the need for freedom and the need for fun that is offered to all senior residents by show of hands. Social needs are important basic human needs. When social needs are not satisfied it can also lead to mental and physical health problems. Especially for older adults satisfying social needs is important to sustain wellbeing and quality of life. Younger people often also use social technology to satisfy social needs. Social technology is the collective noun for technology that is used in the social domain, for example Facebook, e-mail and skype. The aim of any study should be to give more insight in the social needs of older people and to study the (possible) role of social technology in satisfying these needs. Twenty older adults with a risk at unsatisfied social needs are interviewed individually. Based on a former systematic literature review topics in the interviews are diversity, reciprocity, proximity and meaning of the relationship. [https://academic.oup.com/gerontologist/article/56/Suppl_3/714/2576467] <p>*The absence of these needs is in violation of the Canadian Charter of Rights and Freedoms</p>	<p>Most renters who are not senior citizens do not experience what seniors experience and yet they have protection under the RTA but, seniors who reside in independent living facilities do not have protection under any statutes.</p> <p>However, seniors do not have the finance or energy or mental ability to fight with landlords at the LTB which could take years to be heard and by that time, seniors would have passed away.</p>

Empowering Older Adults

Empowering older adults involves creating an environment where they feel valued, capable, and supported in maintaining their independence and quality of life. Here are some ways to empower older adults:

1.1 Promote Independence

Adapt Living Spaces:

Modify homes to be more accessible and safer, such as installing grab bars, ramps, and adequate lighting.

Assistive Technology:

Provide devices that aid in mobility and daily tasks, such as walkers, hearing aids, and smart home technology.

1.2 Encourage Lifelong Learning

Educational Programs:

Offer courses and workshops on various subjects, from technology to art, that keep their minds active and engaged.

Digital Literacy:

Teach them how to use computers, smartphones, and the internet to stay connected with the world and access information.

1.3 Facilitate Social Connections

Community Groups:

Encourage participation in clubs, hobby groups, or social events to prevent isolation.

Intergenerational Activities:

Promote programs where older adults interact with younger generations, fostering mutual respect and learning.

1.4 Support Health and Well-being

Regular Check-ups:

Ensure access to regular medical care and screenings.

Exercise Programs:

Offer fitness classes tailored to their abilities, such as yoga, swimming, or walking groups.

Mental Health Services:

Provide access to counseling and support groups to address issues like depression and anxiety.

1.5 Advocate for Rights and Inclusion

Policy Advocacy:

Support policies that protect their rights and improve their access to services.

Representation:

Involve older adults in decision-making processes related to community planning and services.

Register a group - for example Seniors' Advocacy Group

Involve older adults to take control of their destiny by registering themselves as a non-profit organization that would have lobbying rights, independent from their landlords, funding opportunities, etc. etc. You can get more information on my blog site: <https://info2write.com/2024/06/09/empowering-seniors-engaging-community-solutions-for-senior-citizen-welfare/>

1.6 Provide Financial Education and Support

Financial Planning:

Offer workshops on budgeting, managing pensions, and understanding benefits.

Employment Opportunities:

Encourage flexible work options or volunteer opportunities that value their skills and experience.

1.7 Foster a Positive Attitude Toward Aging

Media Representation:

Promote positive images and stories of older adults in the media.

Community Awareness:

Educate the public on the value and contributions of older adults to combat ageism.

1.8 Tailored Transportation Options

Accessible Transport:

Ensure public transportation is accessible and offer services like community shuttles for those with mobility issues.

Driving Support:

Provide programs to assess and support older adults' driving capabilities or offer alternatives if they can no longer drive.

By addressing these areas, society can help older adults lead fulfilling, empowered lives.

Empowering Older Adults in a Practical Way

For the first time in the history of elder abuse, peer abuse, landlord toxicity, family feud, prevention of stress and mental

Now the cat is out of the bag, and the facts are clearly outlined (if you accept the facts and the evidence to support the facts), they have been brought to the attention of the following established organizations. These organizations are registered as being advocates for elders in Ontario and therefore supposed to address the needs of ALL seniors and include in their operations to do their due diligence and come up with a practical solution. **Their mandates do NOT specifically exclude seniors living in independent living facilities.** And yet **specifically seniors living in SILF are excluded from their services or research.** Here are some examples:

Organizations designed to address the fundamental rights of ALL senior citizens	Their respective Articles of Continuance, Purpose or Mandates
http://www.advocacycentreelderly.org/ http://acelaw.ca/	<p>"The Advocacy Centre for the Elderly (ACE) is a specialty community legal clinic that was established to provide a range of legal services to low-income seniors in Ontario."</p>
https://www.nicenet.ca/	<p>6 - Statement of the purpose of the corporation</p> <ol style="list-style-type: none"> 1. To educate and instruct medical and health professionals, students in medicine, nursing and social work, as well as the public on preventative measures for various health problems and social issues associated with aging. 2. To advance education of health care and social services professionals by creating interdisciplinary tools used to improve health care and the delivery of social services to the elderly. 3. To develop and improve practices for the care of the elderly by conducting workshops and seminars related to this topic.
https://www.canage.ca/	<p>As the trusted voice of Canada's Seniors, CanAge's mission is to advance the rights and well-being of Canadians as we age. We offer workshops, advocacy, education, awareness-building, and community development services.</p>
https://agewell-nce.ca/about-age-well	<p>The mission of AGE-WELL NCE Inc. is to support research, networking, commercialization, knowledge mobilization and capacity building activities that contribute to healthy aging</p>

Sadly, none of the above organizations have responded to our request to comment on the alleged disparity in the Residential Tenancies Act, and our suggestion to deal with this disparity with our alternative solution of **Seniors Helping Seniors** by:

1. Working towards developing the Bill of Rights for seniors living in SILF; and
2. Developing a **Seniors' Advocacy & Resolution Group** to follow up on (1) above and providing sustenance to address the needs of all seniors as described in the following sections.



Further, we understand that some of the above organizations are receiving direct government funding viz. through **Legal Aid Ontario**, or through other grants and funding and registered as “non-profit”, including enjoying charitable status. However, we do not have the resources to find out more about how the funding criteria would bear relation to their mandates and

their operations and whether the above organizations can be non-profit and a charity which they say they are - whilst CRA says clearly that is not allowed:

The screenshot shows the CRA website header with the Canadian flag and the text "Government of Canada / Gouvernement du Canada". Below the header is a search bar and a "MENU" button. The breadcrumb trail reads: "Canada.ca > Taxes > Charities and giving > Giving to charity: Information for donors > About registered charities". The main heading is "What is the difference between a registered charity and a non-profit organization?". The text below states: "Registered charities and non-profit organizations (NPOs) both operate on a non-profit basis, however they are not the same. This page explains the differences between them." A "Note" box contains the text: "If you are operating as a charity, you **cannot** be considered a non-profit organization, even if you are not registered or cannot be registered as a charity. You can only meet one definition, not both."

Through this carefully researched and crafted document, we are requesting the following:

1. Serious efforts should be made by all organizations, NGO's, seniors' groups, etc. to **highlight the vacuum that currently exists in the lives of seniors living in SILF and other rental properties – indirectly increasing the health costs of all Canadians.**
2. **Establishing the Bill of Rights for Seniors Living in Rental Properties and on their own.**
3. Creating a separate NGO called **Seniors' Advocacy & Resolution Group** – to undertake the work that would improve the lives of most seniors living on their own. This would be in line with the vision of all governments to encourage seniors to live in their own places of residence and reduce the pressures on long-term care homes.
4. We urge the reader of this document to kindly spare your resources to carry out your own due diligence and research and publish through your available mediums the disparity existing in the Residential Tenancies Act, 2006, S.O. 2006, c. 17, that could be adversely affecting the health and lives of elders and thus increasing the health costs in Canada.

How can we make a difference?

Many seniors have endured injustice, unfair practices, violation of our rights, etc. and they have given up on expressing their discontent at services like physiotherapy, vision, dental, etc. being taken away.

But the time of action is now. We can and should not give up and do something that has not been tried before by seniors' groups. We have to empower ourselves if the governments and society does not want to do anything to partner with us in the aging process.

You will see from the example below that once we register **Seniors' Advocacy & Resolution Group** as a Non-profit organization, the doors will open to get grants and funding from various organizations – including the Law Foundation of Ontario – provided we endeavor to meet their requirements:

Access to Justice Fund	
\$50,000	
ALL 2020 GRANTING \$10,759,261	
→ General Fund	
Catalyst	
Catalyst provides core funding to established nonprofit organizations working to advance access to justice. The funding supports organizations with a proven track record of high-quality services to improve their ability to adapt, innovate, take advantage of opportunities, and respond to emerging needs. In 2020, the Foundation's Board approved Year 3 (2021) Catalyst grants for the following organizations.	
Aboriginal Legal Services	\$150,000
Barbra Schiller Commemorative Clinic	\$150,000
Canadian Civil Liberties Education Trust	\$221,100
Community Legal Education Ontario	\$385,000
FCJ Refugee Centre	\$150,000
Insurance Canada	\$253,000
John Howard Society of Ontario	\$150,000
L'Association des Juristes d'expression Française de l'Ontario	\$149,170
Law Commission of Ontario	\$550,000
Law in Action Within Schools	\$150,000
Level	\$71,250
Luke's Place Support and Resource Centre for Women and Children	\$150,000
Ontario Justice Education Network	\$890,000
Pro Bono Ontario	\$880,000
Pro Bono Students Canada	\$621,520
Sault Ste. Marie Education and Advisory Centre	\$122,792
The 519 Church Street Community Centre	\$150,000
The Osgoode Society for Canadian Legal History	\$195,700
Workers' Action Centre	\$149,707
The Connecting Project	
The Connecting Project is an umbrella program that provides grants focused on improving access to legal information and services for people who do not speak English or French, live in rural or remote areas, and/or	

When we are dealt with a lemon (choice between social group and tenants' association), we make lemonade!

It is therefore important that we stop procrastinating and take the first steps towards achieving our common goal which is to fight for the rights of seniors that have fallen within the cracks and need to be brought to the forefront.

Counseling and Conflict Resolution Services

For the first time in the history of elder abuse, peer abuse, landlord toxicity, family feud, prevention of stress and mental anguish, etc. we can offer seniors unique services which include:

- Counselling and giving an opportunity for seniors to voice their grievances
- Conflict Resolution after following the required protocol

Details of these services can be worked out after discussions with organizations like ACE, NICE, CanAge, AgeWell, etc.

CONFIDENTIAL

We will be providing unique services that are not being offered by other landlords and non-profit organizations. These include:

- Environmentally friendly services
- Services for those seniors suffering from visible and invisible disabilities
- Lobbying services to promote the interests of seniors suffering from disabilities in SILF
- Consultation services to other SILF who do not have the knowledge or manpower to introduce certain services
- Obtain special deals from large corporations
- Free eyeglasses and walkers to those most vulnerable seniors

We must emphasize that the purpose of our SHS project is to:

a) Register **SENIORS' ADVOCACY & RESOLUTION GROUP** as a non-profit NGO in order to enter into any discussions or apply for any grants in order to fulfill our Mission Statement.

b) Secondly, we can use SARG as the legitimate entity to develop a **SHS Model** in order to get grants/funding and be a resource to seniors living independently and those in SILFs.

c) Address the existing vacuum that was described in the Introduction on page 3 of this document by mobilizing all the stakeholders. This includes lobbying the government to introduce legislation that would protect the rights of seniors since they have many needs (described earlier on pages 3-4) that are similar to seniors living in retirement homes – **but those needs are ignored by landlords and other officials.**

d) We will be focusing on preventive measures to help senior citizens to be aware of their rights, obligations, and benefits of collaborating with this project. In this connection, we will be conducting surveys and workshops on various topics, including but not limited to:

- (i) How to deal with **power imbalance;**
- (ii) How to deal with **bullying by ALL!**
- (iii) How to **express yourself when you have a grievance and the landlord does not pay attention.**
- (iv) How to prepare for an emergency
- (v) Whom to call when you have problems in your homes or residences.

e) Foster social activities like interactive groups to participate in games that rewards with prizes which will enable members to be motivated with incentives.

f) Participate in the Federal government Environmental programs. This would include joining with the EcoAction of the government by promoting use of biodegradable items.



g) We will undergo training on the **Accessibility for Ontarians with Disabilities Act (AODA)** and provide services to our members and other seniors who need special attention due to various visible and invisible disabilities.

h) Organize trips to the zoo, casinos, museums, and sites that seniors love to visit.

- i) Enlighten members on current technology like zoom, virtual meetings, etc. so that they can interact with their families and friends during the any **pandemic**.
- j) Obtain approval from companies like Bell, Rogers, Telus to provide wholesale discounts to members and set up a local volunteer support centre in the building.
- k) Arrange computer classes to encourage members who are willing to learn new skills like Word, Email, etc. to expand their communication skills and keep their minds agile.
- l) Encourage members to want to know information that would assist them to live meaningful lives, fire prevention, fire drills, fall prevention, what happens when their TV fails or what to do when they have problems accessing services like Bell, Rogers, etc.
- m) Provide information on how to prevent or avoid Elder Abuse and how to recognize Elder Abuse and how to deal with that situation.
- n) Provide the members with opportunities to express themselves with their concerns about safety, security, sharing of information, etc. without any retributions as some members may feel.
- o) Encourage members to volunteer with new ideas

that could help all senior citizens.

- p) Provide information on Estate Planning.
- q) Provide critical information to seniors about addressing their fears and qualms about fire occurrences. One idea is to have a trained volunteer “Fire Marshall” on each floor to keep the seniors calm if and when there is a real fire. This will get us “brownie points” when applying for funding.
- r) Take up the causes of seniors (residents, members, etc.) who have issues which are not being addressed adequately and fairly, including lobbying with the Government on issues that matter most for safety and security of senior citizens – specially during any pandemic or other emergencies.**
- s) Offer our services to senior citizens who have no other recourse, for example seniors living in Seniors’ Independent Living Facilities and share our Model with them.**
- t) Offer seniors ADR and Conflict Resolution services.**
- u) Undertake campaign to offer seniors free/discount eyeglasses, dental services, walkers, etc.**
- v) Brainstorm on ways and means to build up financial strengths through simple but unexplored avenues.**

P.S. Many of the above services will help us to get funding sooner than later!!



Skeptics may say that “you cannot do any good without money”

If that is the concern, we are delighted to bring to the attention of the reader that there are several methods to raise funds and apply for government funding that would serve two** main purposes:

- Improve the health and well-being of senior citizens.
- Serve the Community

This document provides an insight into how someone could play a role to achieve both the above two objectives**.

Let no one dare say that we cannot do good for the senior residents and the community at large because we have no money or no provision in the budget. The key is to have a genuine will to do good and as the saying goes **“where there is a will, there is a runway”** and where there is no will, there are only excuses.

Here are some links for you to see for yourself the Federal and Ontario Governments funding for seniors’ programs. A more comprehensive list will be discussed after receiving feedback about this document:

<https://lawfoundation.on.ca/apply/open-call-for-applications/>

<https://www.canada.ca/en/employment-social-development/services/funding/new-horizons-seniors-community-based.html>

<https://www.canada.ca/en.html>

We hope you believe that there are several options for seniors to get funding and grants provided the applications are articulated accordingly. Some of us have those skills.

The key to success for registration as Charitable status and to get funding is in the documentation. Those who have experience in preparing documentation for funding or for any government approvals, will be invited to share their writing skills.

We believe that senior citizens themselves have an understanding of what they want and they are undergoing and therefore they can make a list of things that they would like to see happen for the benefit of senior citizens.

Some of the requirements to get funding are as follows:

There must be a commitment from the leaders of the group that they want to do some good for the benefit of the senior citizens. Remember the acronym ROB (Rights, Obligations and Benefits)

1. The group/organization must be a **registered** non-profit entity.
2. The leaders of the group must have a clear vision of what they want to do to achieve charitable status.

For example, one of the conditions for receiving Charitable Status is to avoid being broad and vague in our purpose.

What is meant by broad and vague purposes?

Broad and vague purposes may be unclear in their scope or in their intent.

Broad purposes are often expansive and do not always express a direct or tangible charitable benefit. They can permit both charitable and non-charitable activities. Examples of broad objects are: "To foster an appreciation of the English language"; "To end homelessness"; and "To fight poverty."

Vague purposes are ambiguous and can be interpreted in many ways. They leave us guessing about the true intentions of the organization. Examples of vague objects are: "To help the deserving"; "To encourage participation in the community"; and "To foster support of the challenged."

We plan to approach the following organizations:

<http://www.centralwestlhin.on.ca/>

<https://www.torontotenants.org/>

<https://www.equalityrights.org/>

<https://www.rexdalechc.com/>

<https://www.ontario.ca/laws/regulation/110191>

<http://www.onpha.on.ca/>

<https://www.pace-il.ca/>

<http://www.advocacycentreelderly.org/>

<http://acelaw.ca/>

<https://agewell-nce.ca/about-age-well>

<https://www.canage.ca/>

<https://www.nicenet.ca/>

<https://www.carp.ca/>



Believe it or not!

Did you know that the Government of Canada is spending more on refugees than they are spending on senior citizens?

Only in Canada

* It is interesting to know that the federal Government of Canada allows :

A monthly pension of : \$1,890.00 to a simple refugee
plus : 580.00 in social aid

=====

A grand total of : \$2,470.00 monthly

X 12 months

=====

\$28,920.00 annual income

- By comparison, the Old Age Pension of a senior citizen who has contributed to the development of Our Beautiful Big Country during 40 or 50 years, CANNOT receive more than :

Amount/month \$1,012.00 in Old Age Pension and Guaranteed Income Supplement

X 12 months

=====

\$12,144.00 annual income

A difference of : \$16,776.00 per year

* Perhaps our senior citizens should ask for the Status of Refugees instead of applying for Old Age Pension.

* Let us send this message to as many Canadians as possible, and maybe the allowance of refugee could then be reduced to \$1,012.00, and that of our Canadian pensioners raised to \$2,470.00 per month. (who actually deserve it) the money that they have been paying in income taxes for 40 or 50 years, AN INCREDIBLE NONSENSE !!!
OUR CANADIAN SENIORS CITIZENS, DESERVE BETTER

Please circulate this text to see the reaction of your contacts !

By establishing Seniors' Advocacy & Resolution Group, we can start making a difference because we will get the resources to bring about changes.

To start with the project, the basic understanding is as follows:

1. There must be a clear and definable Mission Statement strictly benefiting most senior citizens including those living in SILF and addressing their psychological, emotional, cultural and security needs (e.g. **fear of being evicted if they voice their grievances – which is predominant with seniors living in rental accommodation where there may experience covert elder abuse , bullying, power imbalance or even violations of the Accessibility for Ontarians with Disabilities Act (AODA).**

Following is a draft of the Mission Statement:

The Seniors' Advocacy & Resolution Group (SARG) will promote the wellbeing of seniors – including those living in SILF to live an active life without any constraints from the landlords and others who inhibit senior citizens from living their lives to the fullest thus reducing their stress levels and indirectly saving on rising Health Costs.

2. The window of funding is not always open depending on the budget season.
3. The group must additionally either register with the respective department of the Government that gives the funding or keep a lookout for an announcement inviting applications for funding.
4. When the window is opened and applications are invited, the group has to prepare a convincing proposal with facts and figures that will convince the approving authority that we mean what we say, and we say what we mean. There must be no ambiguity in what we want to achieve which will **benefit senior citizens**.
5. Those interested in the project should document their own personal and community needs that require funding.
6. The list prepared above would then be tabulated and see which needs are urgent or important or feasible.
7. Based on those members of the group who are dedicated and ready and willing to work on the project, a list of key members of the team will be drawn up and their commitment will be documented. Each member of the team will contribute an agreed amount to use to cover up the initial costs, i.e. lawyer's fees, accountant fees, etc. and a start up fund under the control of the founding members. This amount will be accounted for when the funding comes from the government and sponsors.
8. Consult with a lawyer to find out our Rights, Obligations and Benefits (ROB) of this project.
9. Prepare the Articles of Association to be used for the registration.
10. Consult with an Accountant who would do the necessary registration as a non-profit registered Group with charitable status.

11. Talk to the landlords to explain to them ROB and our initiative to keep them informed.
12. Based on the above, we get registered with the Federal govt. and get a licence from CRA for charitable status.
13. Once the registration is completed then we contact the various government agencies and register with them to be informed when the window gets opened for funding or for grants. At this time some windows may be closed, but they would be open in due course and we have to be ready for that.
14. We then work on those projects that we need to tackle that would strictly benefit seniors who have been excluded before. We then draw up a project plan to show how our project meets with the funding requirement.
15. We create a website and a newsletter to keep those interested in the project informed of the objectives and plans of the project.
16. We seek sponsors to build up a reserve to carry out soliciting and philanthropy activities.
17. We cooperate with CARP and other seniors' groups and share our knowledge and experiences with them.
18. We petition the landlord for a rent-free apartment for use of our project and in return we will offer our services FREE of cost to the landlord and to the Residents Association and share with them the benefits that our project will receive.



Things to do after reading this document

After reading this document in its entirety, you are requested to send an email to Tino8466@Right2Write.ca with responses to the following questions if you want to be involved with the project and receive updates of the project as we are awaiting information from organizations listed on [Page 17](#):

1. Which part of this document you felt you could relate to?	
2. Which sections of the document you felt did not meet with your satisfaction?	
3. Which part of the document you felt you could participate and make a difference?	
4. Do you feel this document resonates with the need for more to be done for seniors living in independent living facilities?	
5. Do you believe this document has addressed the needs of most senior citizens? Or do you feel more needs to be done? If so, what would you suggest?	
6. As per page 6* of this document, what is your list of items you would like to see happen for the benefit of seniors in independent living facilities and in other environments which is currently missing?	
7. Are you willing to stand up and support the rights of older adults?	
8. Your Comments please	
9. Your Name and Contact Information to receive updates:	