



The Joys & Tears OF LIVING LONGER



A national conference to explore the opportunities and challenges of Canadians' increased longevity

THIS IMPORTANT CONFERENCE will explore the opportunities and the challenges seniors face as Canadians live longer and fuller lives. Drawing on expertise from around the world, participants will review how other jurisdictions are dealing with demographic

changes, their impact on the health, housing and incomes of seniors, and the implications for society in general. Seniors and their organizations must have continuing involvement in ensuring that policies affecting their lives are fair and just for seniors.

Please join us October 1 - 2, 2012, Richmond, B.C., for this key event

Conference program

Day One: October 1st, 2012

- 7:30 am **Registration.** *Foyer outside Grand Ballroom*
Early arrivals can also register the evening before between 7:00 pm and 9:00 pm.
- 8:30 am **Welcome and greetings.** *Grand Ballroom*
- 8:45 am Conference Facilitator, **George Heyman**, Executive Director, Sierra Club B.C.
- 8:50 am Keynote Speaker, Prof. **Victor W. Marshall**, University of North Carolina. *Opportunities and Challenges of increased longevity: An agenda for ageing, issues, insights, implications and opportunities.*
- 9:30 am Prof. **Tine Rostgaard**, Aalborg University, Denmark. *Living long, Ageing well: Social and individual approaches to aging well.*
- 10:00 am **Panel discussion** on Aging, touching on the social determinants of income, housing, connectedness and the economics of senior's health care.
- Prof. **Kim McGrail**, Associate Director, Centre for Health Services and Policy Research, UBC.
 - **Lorraine Copas**, Executive Director of Social Planning and Research Council of B.C.
 - **Andrew Jackson**, Research Director, CLC.
 - Prof. **Victor Marshall**, University of North Carolina.
- 10:50 am **Coffee Break.** *Foyer outside the Grand Ballroom*
- 11:05 am **Workshops**
- #1 *Social determinant / Income.* A discussion of G.I.S., CPP, private pensions, intergenerational transfers of resources and more.
Andrew Jackson. *Grand Ballroom "A"*
- #2 *Social determinant / Housing.* Home is where the heart is: home care and home support accessibility, options, downsizing, living arrangements, aging in place.
Lorraine Copas. *Grand Ballroom "B"*
- #3 *Social Connectedness.* Count us in! Social Inclusion and recognition of people aging, participation, barriers to participation, moving from consultation to engagement.
Prof. **Victor Marshall.** *Grand Ballroom "C"*
- #4 *The economics of seniors' health care.* Is the aging population a threat to universal health care? Options, other models.
Prof. **Kim McGrail.** *Westminster Ballroom*
- 12:30 pm **Lunch** *Foyer at front and back of the Grand Ballroom*
- 1:30 pm **Marcy Cohen**, Researcher. *Seniors Care in Canada: coverage, costs and outcomes.* *Grand Ballroom*
- 2:00 pm Dr. **Michael Rachlis**, National Healthcare Advocate. *Is there a right prescription for seniors' health care in Canada?* Health promotion, illness and accident prevention, community care, home care and home support, switch from dying to living.

- 2:30 pm **Panel discussion** on health care. When residential care? Seniors' rights to medical care.
- Dr. **Michael Rachlis**
 - **Sheila Pither**, Treasurer COSCO
 - Dr. **Martha Donnelly**
 - Dr. **Malcolm MacLure**, (invited) Director of Research, B.C. Pharmacare.
- 3:00 pm **Coffee Break.** *Foyer outside the Grand Ballroom*
- 3:15 pm **Workshops**
- #5 *Seniors rights to medical care.*
Dr. **Martha Donnelly**, Director of the Division of Community Geriatrics, Vancouver General Hospital. *Grand Ballroom "A"*
- #6 *Health Promotion/Illness and Accident Prevention.* Health literacy for seniors, when, where and by whom.
Sheila Pither and Dr. **Irv Rootman**, Simon Fraser University. *Grand Ballroom "B"*
- #7 *Residential Care. Assisted living, complex care, acute care and end of life care.*
Dr. **Michael Rachlis.** *Grand Ballroom "C"*
- #8 *PharmaCare.* Accessibility, affordability, is it appropriate and safe for seniors, information from whom?
Dr. **Malcolm MacLure**, (invited) *Westminster Ballroom*
- 4:30 pm **Recess**
- ### Evening events
- 5:00 pm **No Host Bar**, Musical Interlude. *Tivoli's Room*
- 6:30 pm **Dinner.** *Grand Ballroom*
- 7:30 pm Dinner Speaker. **Arthur Black**, award-winning author and humorist, long time host of CBC's *Basic Black*.

Who should attend:

- Individual seniors and seniors' representatives from across B.C. and Canada.
- Municipal councillors and planners, social planning representatives, parks and recreation and health authority representatives.
- MLAs and Members of Parliament.
- Federal and provincial departments dealing with seniors.
- Non-governmental organizations such as social planning councils, senior and community centre representatives, agencies working with seniors, unions, and advocacy groups.

We encourage municipal councils to sponsor representatives from seniors' advisory committees, and also ask **ministries** to sponsor delegates from provincial seniors' coordinating bodies.

Conference program

Day Two: October 2nd, 2012

- 8:30 am **Opening** by conference facilitator. Grand Ballroom
- 8:35 am Dr. **Garnet Grosjean**, University of British Columbia. *Towards a Seniors Agenda*. What services are necessary for aging seniors. What programs are missing or need improvement? Can we put together a workable national, provincial and civic seniors' agenda to deal humanely with an aging population?
- 9:05 am Dr. **Kendall Ho**, (invited) UBC School of Medicine. *Maintaining the dignity and autonomy of diverse seniors in later life*.
- 9:35 am **Panel Discussion: The role of seniors' organizations in advocating for public policy**
- **Art Kube**, President of COSCO.
 - **Len Harrison**, Chair of the CAW Retirees Council.
 - **Barry Thorsteinson**, President, National Pensioners and Senior Citizens Federation.
- 10:20 am **Coffee Break**. *Foyer in front of the Ballroom*
- 10:35 am **Workshops**
- #9 Seniors Abuse and Neglect*. The hidden issues of elder abuse, innovations on how to prevent abuse, the law and abuse.
- Prof. **Charmaine Spencer**, Simon Fraser University. *Grand Ballroom "A"*
- #10 Seniors helping seniors*. When and when not to use volunteers.
- Jo Ann Lauber**, Canadian Association of Retired Teachers. *Grand Ballroom "B"*
- #11 The B.C. Ombudsperson's Report*. Next steps on seniors' care.
- Marcy Cohen**, Researcher. *Grand Ballroom "C"*
- #12 Building seniors' organizations*. Membership models, financing and structures.
- Len Harrison**. *Westminster Ballroom*
- 12:00 pm **Lunch**. *Foyer at front and back of the Grand Ballroom*
- 1:00 pm **Panel discussion**. The role of municipalities, provinces and the federal government in creating age-friendly communities. *Grand Ballroom*
- **Cathy Bennett**, (invited) Public Health Agency of Canada.
 - **Derek Corrigan**, (invited) Mayor of Burnaby.
 - **Rosemary Lawrence**, Coordinator, B.C. Seniors Healthy Living Secretariat .
- 2:10 pm **Round Table: An Integrated Approach to Long-term care, Primary care and community care**.
- **Gloria Levi**, Gerontologist
 - **Shannon Berg**, Executive Director, Home and Community Care, Vancouver Coastal Health
 - Dr. **Jay Slater**, Home VIVE and Home Hospice, Vancouver Coastal Health

- **Michele Jessop**, (invited) Manager, CHOICE / Day Programs, Alberta Health, Edmonton.
- 3:25 pm **Coffee Break**. *Foyer in front of the Grand Ballroom*
- 3:40 pm Dr. **Irving Rootman**: Summing up. Comments from participants.
- 4:30 pm **Adjournment**

Register early!

This timely and important national conference will take place Monday October 1st and Tuesday October 2nd 2012 at the Executive Airport Plaza Hotel and Conference Centre, 7311 Westminster Highway in Richmond B.C.

The registration fee is \$150 for seniors and \$200 for non-seniors.

The fee includes two lunches, one dinner, four coffee breaks and all conference materials.

The maximum number of participants the conference facility can hold is 400. Previous COSCO conferences were always fully booked, so please register early.

Send your registration form, together with the conference fee, to: Sheila Pither, COSCO Secretary-Treasurer, #1908-1330 Harwood Street, Vancouver, B.C., V6E 1S8.

Deadline for registration is September 15th.

For additional information contact:

- Sheila at (604) 684-9720 or pither470@shaw.ca
- Art at (604) 576-8000 or aakube@telus.net

Accommodation and parking

The Executive Airport Plaza Hotel's conference room rate is \$109 per night, plus taxes. Each additional person in the room is \$15. Parking is included for guests.

If you're not staying at the hotel, parking is \$11 a day.

Room reservations can be made by calling 1-800-663-2878 or 604-278-5555, or visiting www.executivehotels.net.

The deadline for reservations at the hotel's conference rate is Friday, September 14, 2012.

To receive the special rate, you must identify yourself as a participant in the conference.

There is a complimentary shuttle service from and to the Vancouver Airport.

Room reservations are your responsibility.

There will be limited financial assistance to needy delegated seniors to attend.



About COSCO

The Council of Senior Citizens' Organizations of British Columbia is a democratic, non-partisan umbrella organization with 80 affiliated organizations representing approximately 85,000 seniors. COSCO is recognized as a leader for social change affecting seniors. Our motto is seniors helping seniors.

COSCO was founded over 50 years ago by retired railroad workers to provide an effective voice for seniors in British Columbia. The purpose of COSCO is "to assemble, coordinate and advance proposals and resolutions related to the health, social and economic well-being of elder citizens in the province."

Our organization is governed by a monthly delegates meeting

Acknowledgements

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and a 22 member Executive Board. All the work is done by volunteers. COSCO runs a seniors' advocacy program throughout B.C. which is staffed by over 100 volunteers. In addition, we offer over 30 health literacy programs.

COSCO delivers additional programs on seniors' leadership. We've held a number of successful conferences which have attracted seniors with considerable talent from different walks of life and different professional backgrounds.

COSCO is a proud member of the over one million member National Pensioners and Senior Citizens' Federation, the co-sponsor of the conference.

Grosjean, Charmaine Spencer, Lauren Syverson, Irv Rootman, Marcy Cohen, Gloria Levi, Doni Eve.

This conference is organized by the Council of Senior Citizens' Organizations of B.C. (COSCO). It is co-sponsored by the National Pensioners and Senior Citizens' Federation and the COSCO Seniors' Health and Wellness Institute.

This program was produced by volunteer labour and printed in a union shop