

The Need for Senior Advocacy

Are you worried about your parents' or grandparents' — or your own — health care and well being?

You are not alone. We understand what you're going through and we can help.

The burden of care has shifted onto adult children — the "sandwich" generation — who are already overloaded with caring for their children and spouses, career demands, and managing personal health and financial issues.

Many people have chosen not to marry or have children and as a result may not have family to care for them.

Trying to navigate through the complexities of the overburdened health, care and housing systems and confusing service options can be an overwhelming challenge.

You May Have Questions

- Who can help me?
- Where do I begin?
- What questions do I need to ask?
- What services are available to me?
- Should I ask for help now or wait until I need it?
- Is it better to stay in my home or move?
- Who will be there for me?
- Should I pay for additional care?
- How much will it cost?

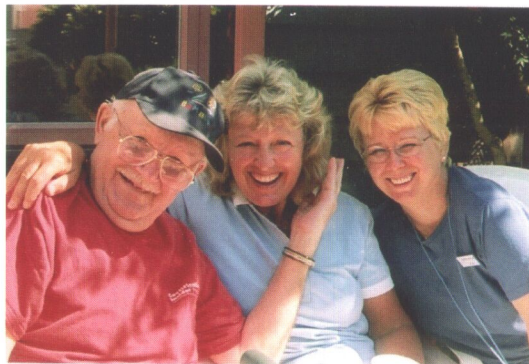
We can help you answer all of these questions and give you the support and planning you need for *peace of mind.*

Phone 1 604 767 4994

Seniors' Rights

Seniors have the right to:

- be treated with respect, as adults and not as children;
- be treated fairly and with honesty;
- be free from fear, mistreatment, and abuse;
- be given good and valid information in an appropriate manner;
- be free to make independent choices and decisions;
- be in control of their future;
- have care-related needs dealt with in a sensitive manner;
- be offered services that will help maintain independence;
- have opportunities to use their skills and knowledge in their community;
- have and use the support of their community;
- share friendships.



SeniorsAdvocate•CA

**Later Lifestyle
Planning,
Navigating Systems
and
Executive Home
Management
for Older People
and Their Families**

1 604 767 4994

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How Can We Help You?

Later Lifestyle Planning - Package 1

A values based approach to planning your later lifestyle generally age 70 to 100 and beyond. You can't do this planning alone - there are many factors to consider. We help you think outside the box always honouring your personal values. Waiting for a crisis to plan is too late. Start planning early to preserve your quality of life.

My Later Lifestyle Planning Guide and All-in-One Personal Resource Book

- A valuable guide to share with your trusted family and professionals
- Great pull out reference tools when speaking to doctors and other professionals. You often only have a few minutes to provide critical information
- Use when making decisions related to health, personal supports or housing
- This binder is your personalized resource guide to help you create action plans now or in future as you complete the book.

Navigating the Systems - Package 2

- We are by your side to help you navigate through the health, care and housing systems
- Connecting you to all services - government subsidized, private, not for profit and volunteer
- Consult and liaise with professionals and families to ensure best practices are being met to support you in home/hospital/care home and other environments

Executive Home Management – Package 3

- Support for seniors with busy families, out-of-town families or no families
- Oversee executive household and quality of life needs
- Crisis management
- We are your voice when you need it and an unbiased ear
- Team builder with your professionals, families and friends
- Reporting as requested

Our Vision and Mission

Our **Vision** is to be a champion for older people in the area of later life change.

Our **Mission** is to provide effective guidance and support as we work with you to make informed choices as you adjust to changing life circumstances.

We focus on **you**, not on the system, and provide a one-on-one relationship. Our ultimate goal is to ensure there are no gaps in the services provided.

Three Easy Steps

1. Call for a 30-minute free consultation
2. Clarify your biggest concerns
3. End the call with hope and information to take action

Call to Register

For a full consultation to complete your personalized plan and get

My Later Lifestyle Planning Guide and All-in-One Personal Resource Book

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Barbara J. Kirby



Driven by a strong respect for elders, Barbara believes it is our responsibility to uphold a senior's right to dignity and to honour everyone's life experiences.

Barbara learned to navigate the cumbersome health care system — managing the care of her divorced parents. One parent was brain injured and the other progressed through to the end stages of Alzheimer's. Over that caring period of 15 years, she continued to work full time as an investment advisor. She drew from her personal skills, past experience and business acumen to get things done, advocating when the systems seemed to fail.

It was clear to Barb after her parents passed that there was a great need to help bridge the gaps and overcome the barriers people were experiencing. She found the biggest gaps were lack of awareness of vulnerabilities and what was to come, confusion in navigating housing, care and health services. Many families didn't have time to help elder parents with executive level of home management. As well some don't have family for this support.

Having obtained her certification as a Professional Consultant on Aging (CPCA)® Barb then completed courses in Seniors Housing and obtained her certification in Residential Care Advocacy. She is a graduate of Royal Roads University in Values Based Leadership. She continues to participate in educational activities and events to ensure she remains current and up to date on services and benefits available to seniors.

Barbara is intent on improving the quality of life for seniors by bringing awareness to the options that are available so they can make informed decisions and by being a voice for those who need it.