

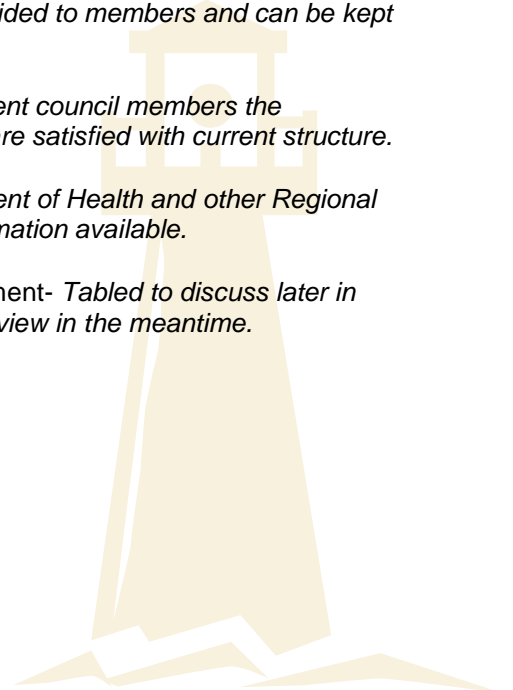


# Eastern Health

## **MINUTES**

**Regional Long Term Care Family Advisory Council  
Meeting Minutes  
Monday, Sept. 10, 2019  
1:00pm to 3:00pm  
West Tower Board Room, Main Floor, Pleasantview Towers**

1. Presentation & Discussion: *Appropriate Use of Antipsychotic Medication and a Family Engagement* by Melanie Murphy, Health Care Consultant, Regional Services Department of Health and Community Services
  - *Discussion held with great deal of feedback to inform a planned workshop*
  - *Upcoming family workshop coming via Canadian Foundation for Healthcare Improvement- invitations pending*
2. Review of minutes and agenda-*no issues*
3. Terms of Reference-recap- *move to accept*
4. LTC Management List-see provided document- *Document provided to members and can be kept for reference/information purposes.*
5. Family/Resident feedback re: co-lead role -*Offered family resident council members the opportunity to co-lead if interested, members agreed that they are satisfied with current structure.*
6. BLS & CPR Training- *Awaiting further discussion with Department of Health and other Regional Health Authorities. An update will be provided when more information available.*
7. Themes from last meeting discussion-see corresponding document- *Tabled to discuss later in more depth while providing more opportunity for members to review in the meantime.*
  - a. Strategic Initiatives –see provided document
  - b. Alignment with Eastern Health work to date



8. Alcohol and recreational marijuana policy development-*some informal discussion occurred but agreed to table for future meeting. Acknowledgment by members that this can be a complex topic with strong opinions involved.*
9. Request for feedback-*tabled for more discussion at future meetings and agreed to provide links for members to be able to review.*
  - a. Your New Home in Long Term Care: A Resident and Family Handbook
  - b. Long Term Care: Move In Day
10. "End PJ Paralysis" Movement –*briefly introduced the concept to members and agreed more discussion can be had and to provide more information for member review if interested to learn more.*
11. Reminder of advisor opportunities (email from Darlene Didham)-*reminded members of the opportunity in case interested.*
12. Closing the Meeting and reminder of next meeting date-*Wednesday, October 16 at 1pm to 3pm. Had to be rescheduled outside of regular agreed day (second Tuesday of every month). Also, we need to consider extending the meeting time by 30-60 minutes as we typically take longer.*