

Report on the first ARRC Webinar, June 28, 2023

The first ARRC educational webinar entitled “*Taking Action Towards a Better Future in Long Term-Care that Supports Quality of Life*” was held on June 28th, 2023, via Zoom. The initial presentation was hosted by ARRC Chairperson Penny MacCourt and ARRC Leadership Team member Louise Holland. This twelve-part series, providing important information about what is needed to reform long-term care, will be offered monthly over the coming year.

The June 28th webinar opened with a touching story told by Lorna, a family caregiver. She talked about quality of life for her Aunt who resides in a B.C. long-term care facility. Her story was followed by a discussion about what quality of life really means – the things that make life “worth living”. Presenters spoke to the connection between quality of *life* and quality of *care* and the importance of support for Family Councils. They reviewed the progress of government initiatives designed to improve long-term care, reiterating that to date, the program and policy changes we have seen represent a “piecemeal” approach which is not adequate – rather, a systematic, wholistic model for reform is needed.

Speakers encouraged webinar participants to support ARRC’s many initiatives aimed at improving quality of life for people in long-term care. Ideas for getting involved were shared – many ways for members of the public to help were suggested. This discussion sparked an additional thirty minutes of questions from participants and a number of animated conversations. Several excellent ideas for future action were provided by participants. ARRC thanked everyone for attending and lending their voice to this important issue. And ARRC thanks Penny, Louise, and Lorna for opening our series so well!

Please note that the start time for future webinars is now **7:00 p.m.** Dates, times, and topics for upcoming webinars can be found under the “*Issues/Education*” tab on the ARRC website: <http://arrcbc.ca> If you are an ARRC member, you will receive a reminder email a few days ahead of each event. Please go to the website if you would like to join ARRC – it is free and easy.

If you missed the first webinar, it can be viewed on the ARRC website. We hope to see you at the next session, scheduled for **7:00 p.m. on July 26, 2023**. The topic is “Lessons Learned in Therapeutic Recreation During COVID-19”. Happy summer to all!