

**Tea &
Toast**

**Navigating the Road Ahead:
Eldercare Planning for Peace and Confidence**



WELCOME!

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Best Selling Author

Course Creator

Professional Speaker

Multi-Award Winner



TODAY'S PLAN

01



**Eldercare Planning
and Why it Matters**

02



**Common Challenges
Without a Plan**

03



**4 Pillars of Eldercare
Planning**

04



**Retirement and
Long-Term Care 101**

05



Care Terminology



"Only 35% of Canadians have a power of attorney
in place for health or personal care decisions."

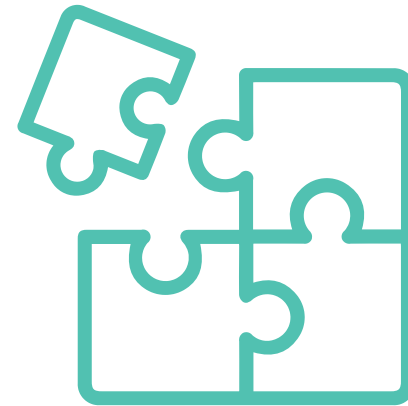
— Canadian Institute for Health Information (CIHI)



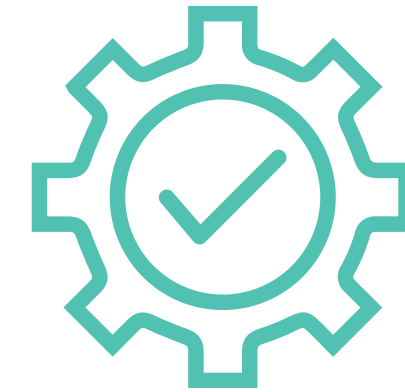
ELDERCARE PLANNING AND WHY IT MATTERS



Reduce stress
during emergencies



Empowers older
adults to stay in
control



Supports caregivers
with clarity

COMMON CHALLENGES WITHOUT A PLAN



CRISIS-DRIVEN DECISIONS

Families are forced to make rushed choices during emergencies.

FAMILY DISAGREEMENTS

Lack of clarity often leads to conflict and fractured relationships.

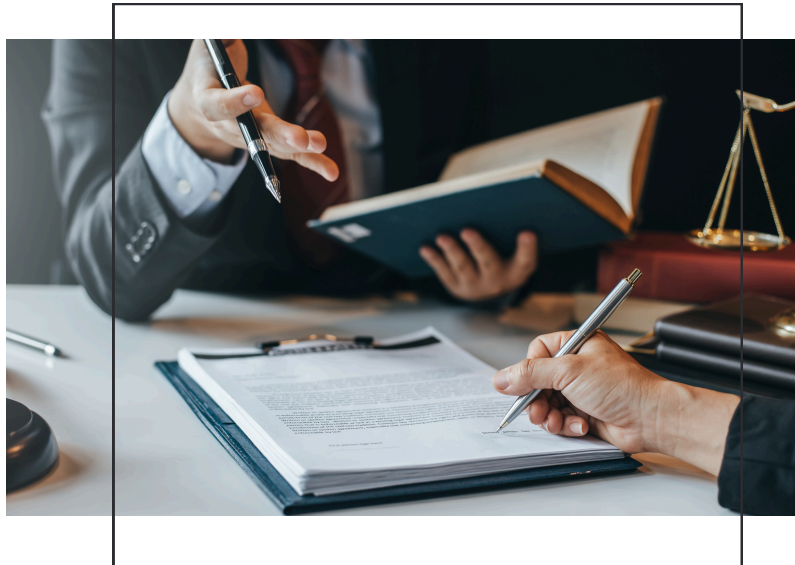
LIMITED CHOICES OR RUSHED TRANSITIONS

Waiting too long can limit available care options and housing choices.

EMOTIONAL STRESS & CAREGIVER BURNOUT

Caregivers often step in with no roadmap, leading to overwhelm, resentment, and guilt.

4 PILLARS OF ELDERCARE PLANNING



Finances & Legal

Protect your wishes and finances with the right documents and plans.



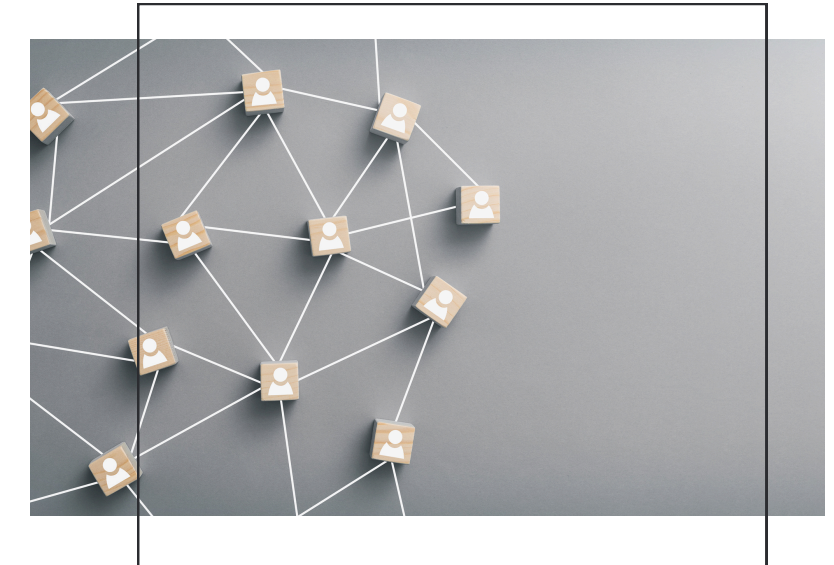
Health & Wellness

Prioritize proactive care, support safety, quality of life and independence



Housing & Care

Know your options before a crisis forces a decision.



Communication & Support

Clear conversations today prevent confusion and conflict tomorrow.

4 PILLARS OF ELDERCARE PLANNING



Finances & Legal

Protect your wishes and finances with the right documents and plans.

- Creating monthly budgets that take into account senior living, as well as possible renovations for accessibility
- Incorporating personal and governmental benefit plans/credits
- Ensuring Power of Attorney documents for care and finance are created

4 PILLARS OF ELDERCARE PLANNING



Health & Wellness

Prioritize proactive care, support safety, quality of life and independence

- Fall risk reduction
- Nutrition and Medication
- Mobility and Health supports
- Mental and Emotional Health
- Cognitive support
- Social wellness and isolation reduction

4 PILLARS OF ELDERCARE PLANNING



Housing & Care

Know your options before
a crisis forces a decision.

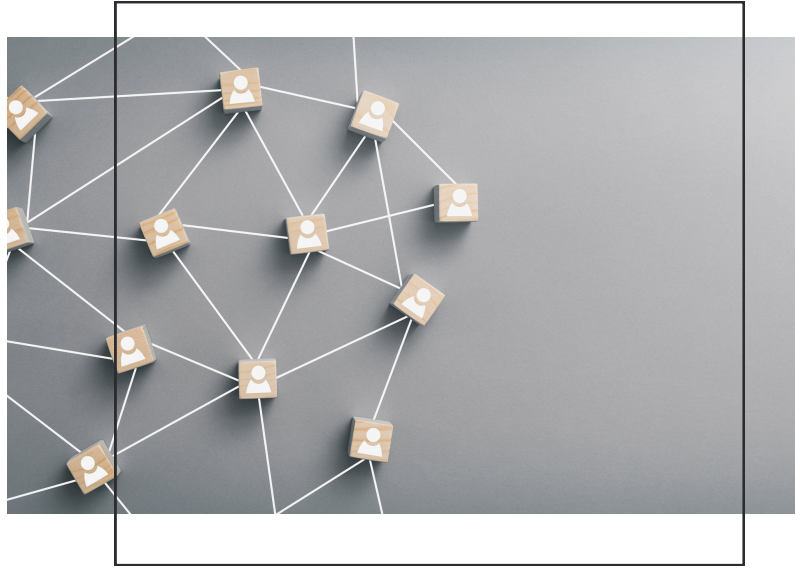
- Home safety analysis and fall reduction
- Budgeting for housing and care
- Making a plan for current/future care
- Education around senior living options
- Setting up a crisis binder



“Planning for Eldercare feels hard—until a crisis hits and you have to do it all in days instead of years.”

- Amy Friesen

4 PILLARS OF ELDERCARE PLANNING



Communication & Support

Clear conversations today prevent confusion and conflict tomorrow.

- Having “The Talks” of Eldercare early and re-evaluating often
- Respectful and Open Communication
- Supports available in the community, including a neutral third party



“The single biggest problem in communication is the illusion that it has taken place.”

- George Bernard Shaw

**MANAGING
SHOPPING AND
MEAL PREP**



**MANAGING HOME
MAINTENANCE
AND CLEANING**



**MANAGING
PERSONAL
FINANCES**



**MANAGING
TRANSPORTATION**



**MANAGING
COMMUNICATION**



**MANAGING
MEDICATIONS**



INDEPENDENT ACTIVITIES OF DAILY LIVING (IADL)



ACTIVITIES OF DAILY LIVING (ADL)

PERSONAL CARE



Selecting clothes, dressing, and managing ones appearance

BATHING



Washing one's body properly

AMBULATION



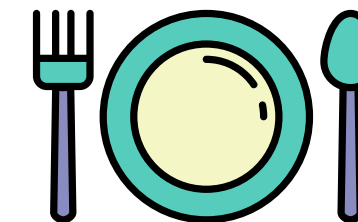
Ability to get around the house

TOILETING



To and from the toilet, using it properly and cleaning oneself

FEEDING



Physically getting food from a plate to ones mouth

TRANSFERRING



How one transfers from a bed, wheelchair, toilet



SENIOR LIVING 101 - CARE LEVELS



INDEPENDENT



SUPPORTIVE



PHYSICAL CARE



MEMORY CARE

CARE PATH PLANNING



Home



Retirement Home



Long Term Care Home

SENIOR LIVING 101 - AT HOME



IN HOME CARE

Companion Care

Nursing and PSW Support

Cost Range: \$35-\$50 / hour

Minimum Hours

SENIOR LIVING 101 - HOUSING



RETIREMENT COMMUNITIES

**Social Model | All Care Levels* |
Respite | Waitlists | Privately Owned**



RETIREMENT HOME FINANCIALS

Studio Suite, Independent for Care \$3,000 - \$5,000



2nd Occupant

\$1000



Parking

\$100-\$150



Phone, Cable,
Internet

\$150



Tenant Insurance

\$20



Care

\$100-\$10,000

Approx values

SENIOR LIVING 101 - HOUSING



LONG-TERM CARE HOMES

Medical Model | Higher Care Levels*
Admission | Waiting Lists



LONG-TERM CARE HOME FINANCIALS

Costs include all care and personal sanitary items

Basic Room	\$2,085.37
Semi-Private Room	\$2,514.24
Private Room	\$2,979.32

Ontario Values

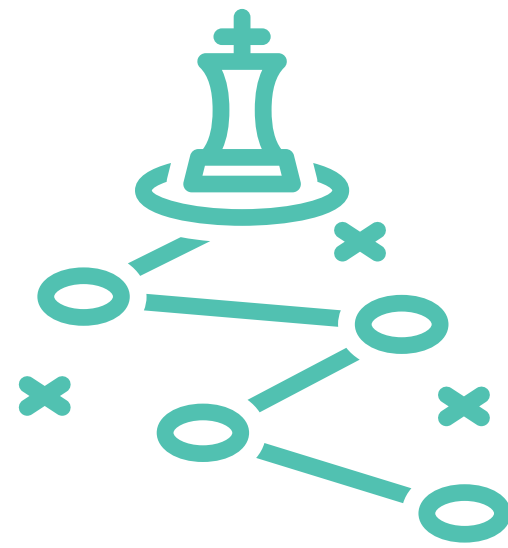
GOVERNMENTAL CARE



**LONG-TERM
CARE HOMES
AND HOMECARE
(CCAC, LHIN,
HCCSS, OHAH)**

ABOUT TEA & TOAST

MOST REQUESTED SERVICES:



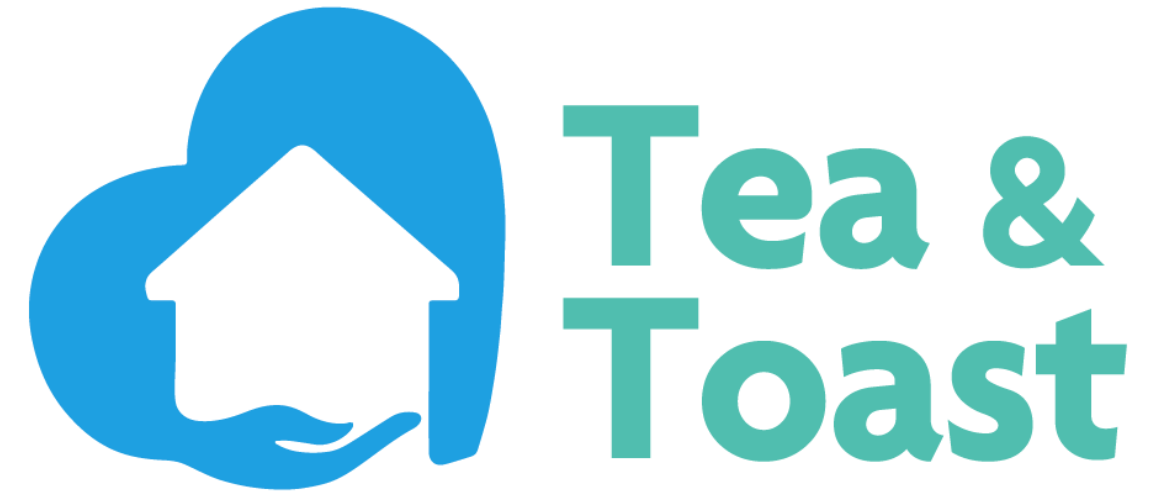
Eldercare Strategy



**Retirement Home
Navigation**



**Long-Term Care
Home Navigation**



www.TeaandToast.ca