

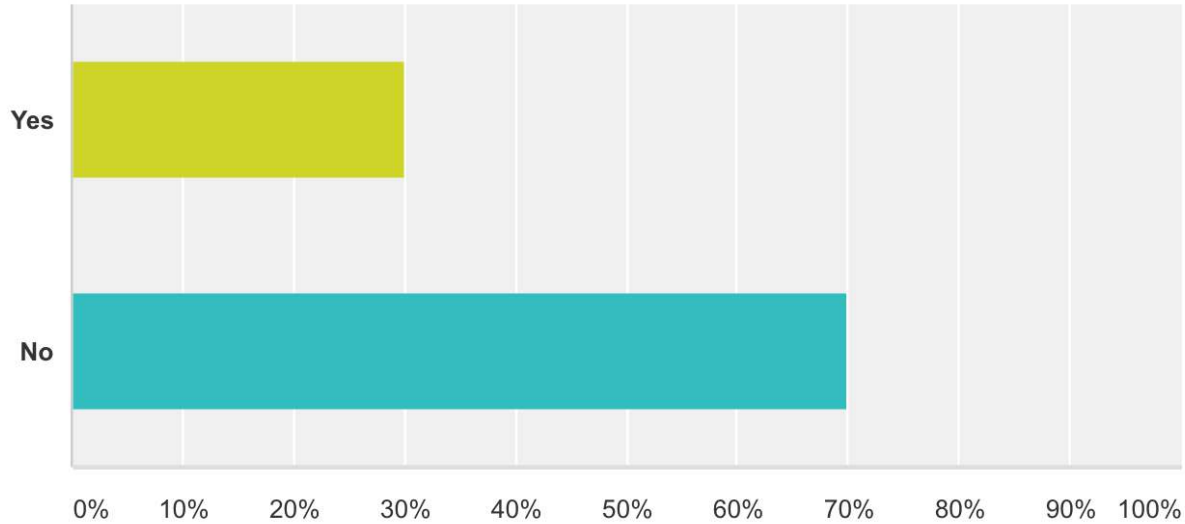


# Long-Term Care Survey Snapshot

The Freedom to Choose!

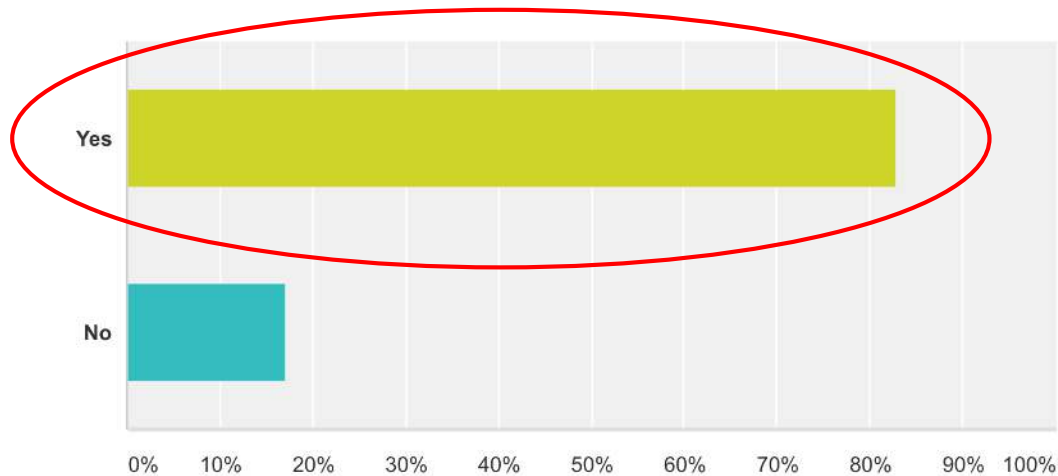
# Do you live on the Wahta territory?

Answered: 93 Skipped: 0



Answer Choices	Responses	
▼ Yes	30.11%	28
▼ No	69.89%	65
Total		93

# If you don't live at Wahta, would you consider moving to Wahta when you retire or get older?

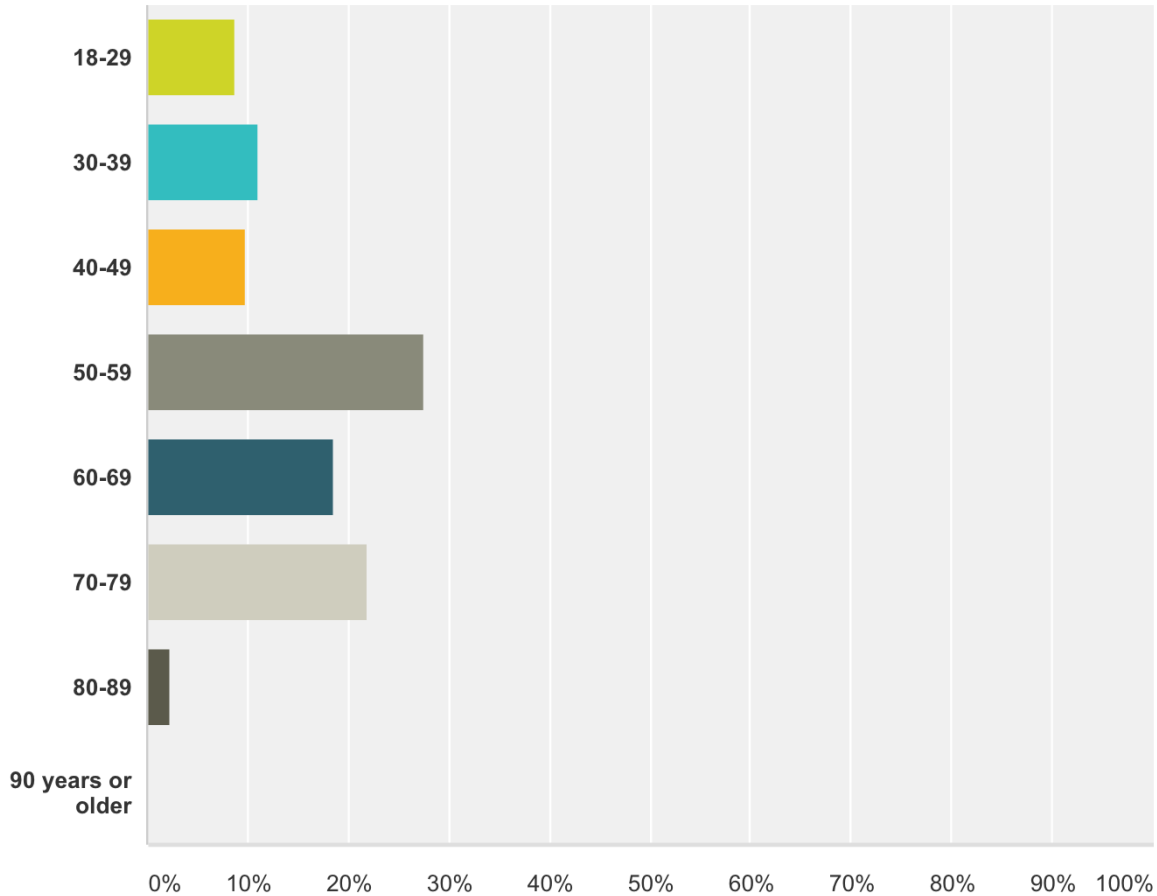


Answer Choices	Responses	
▼ Yes	82.81%	53
▼ No	17.19%	11
Total		64

## Reasons for answering “no”:

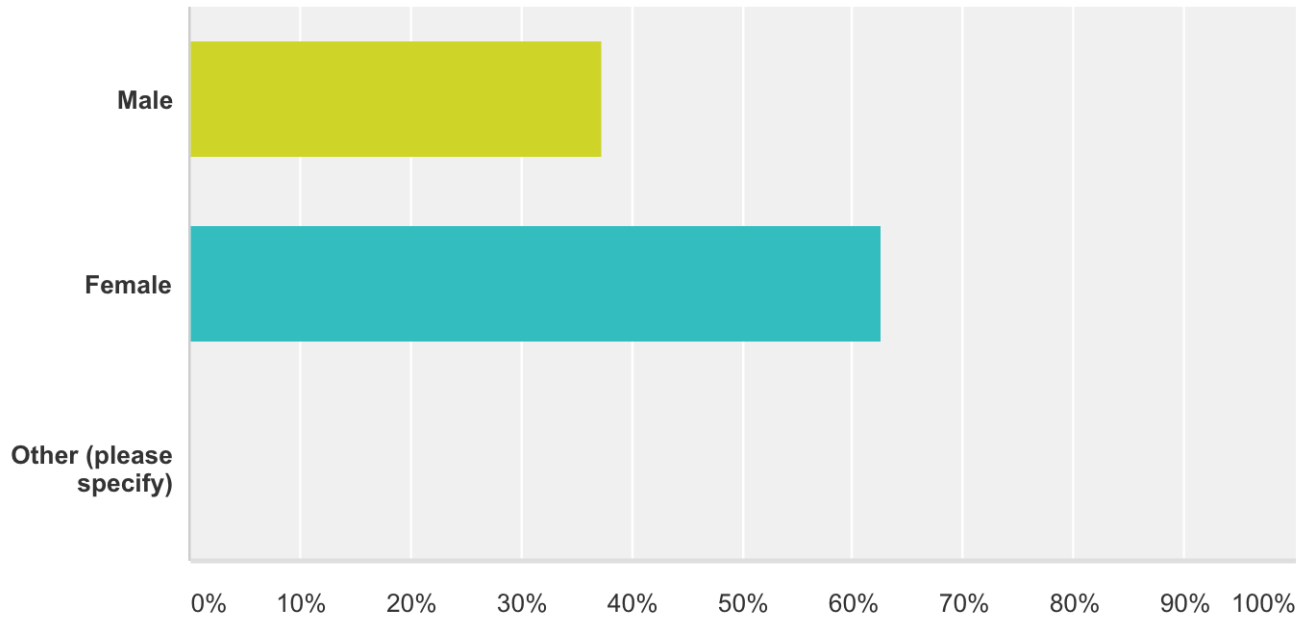
- Grew up off-reserve
- Wants to live close to children/grandchildren (who do not live at Wahta)
- No longer close with people who live at Wahta
- Might feel like an “outsider” when returning
- Live in the city and enjoy that lifestyle
- Too far away from amenities (doctors and shopping)

# How old are you?



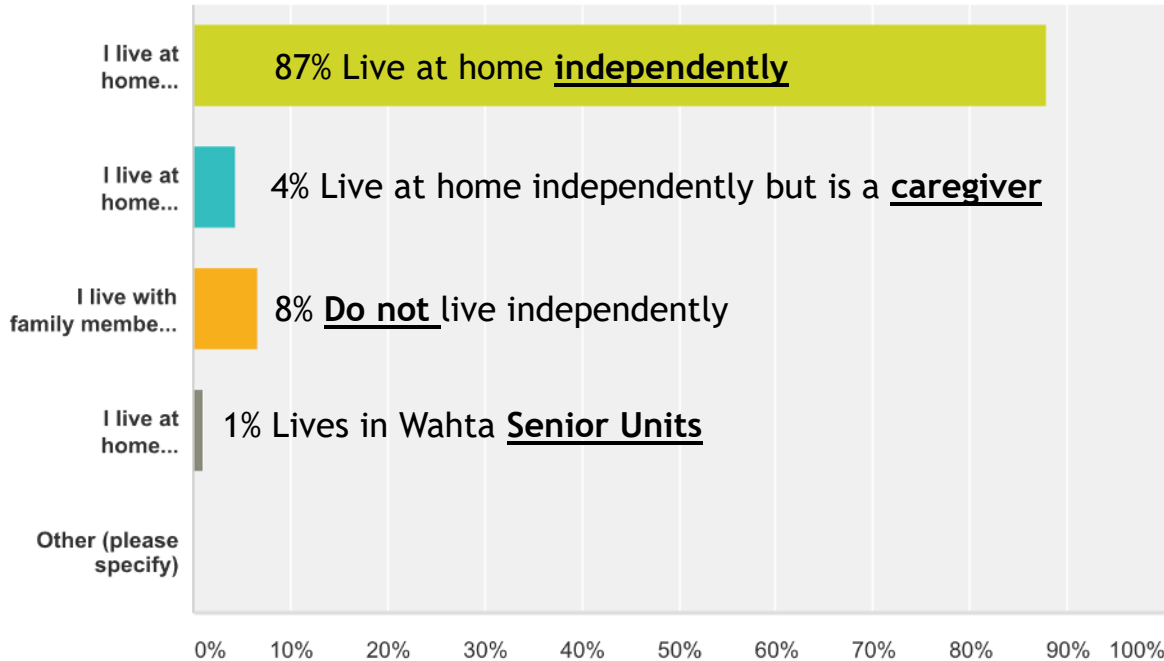
**Note: Nearly all age groups represented!**

# What is your gender?



Note: Great gender distribution.

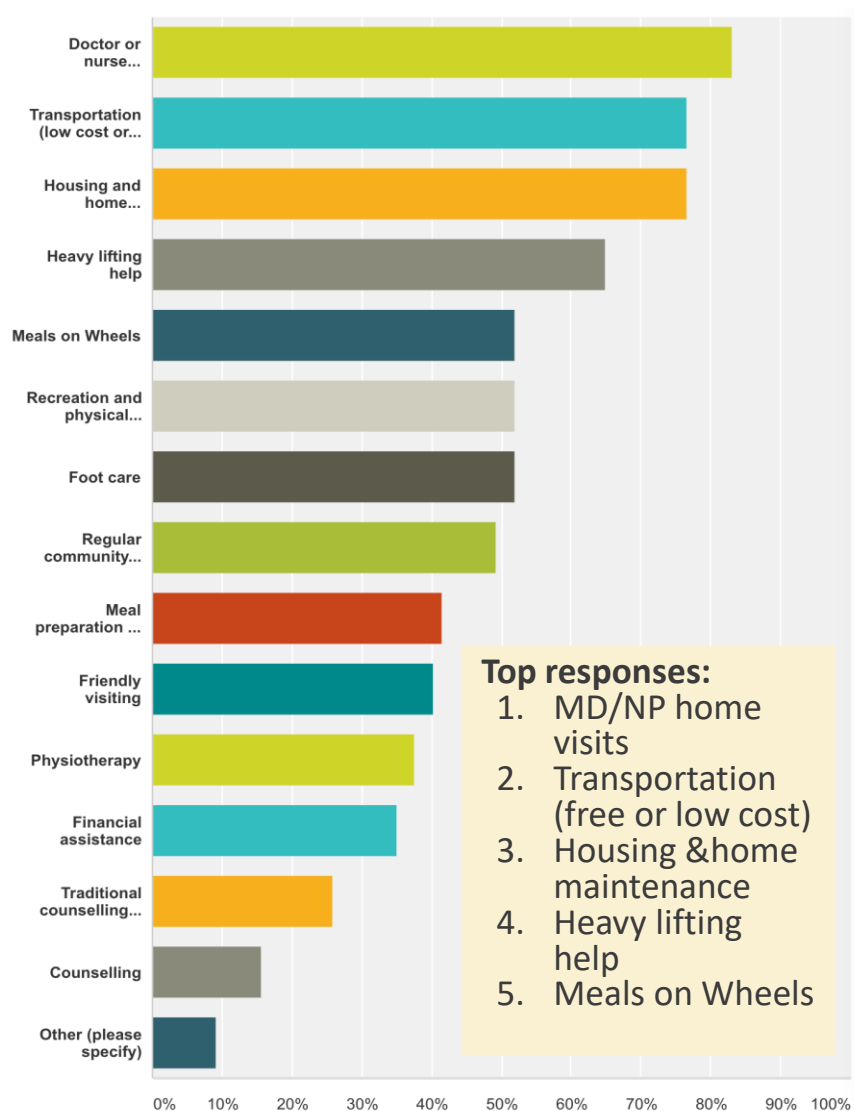
# Where do you reside?



\*\* Need to **actively recruit** participants to complete survey from the following groups:

- Caregivers
- Live with family members who take care of them
- Live at home independently in that Wahta senior units

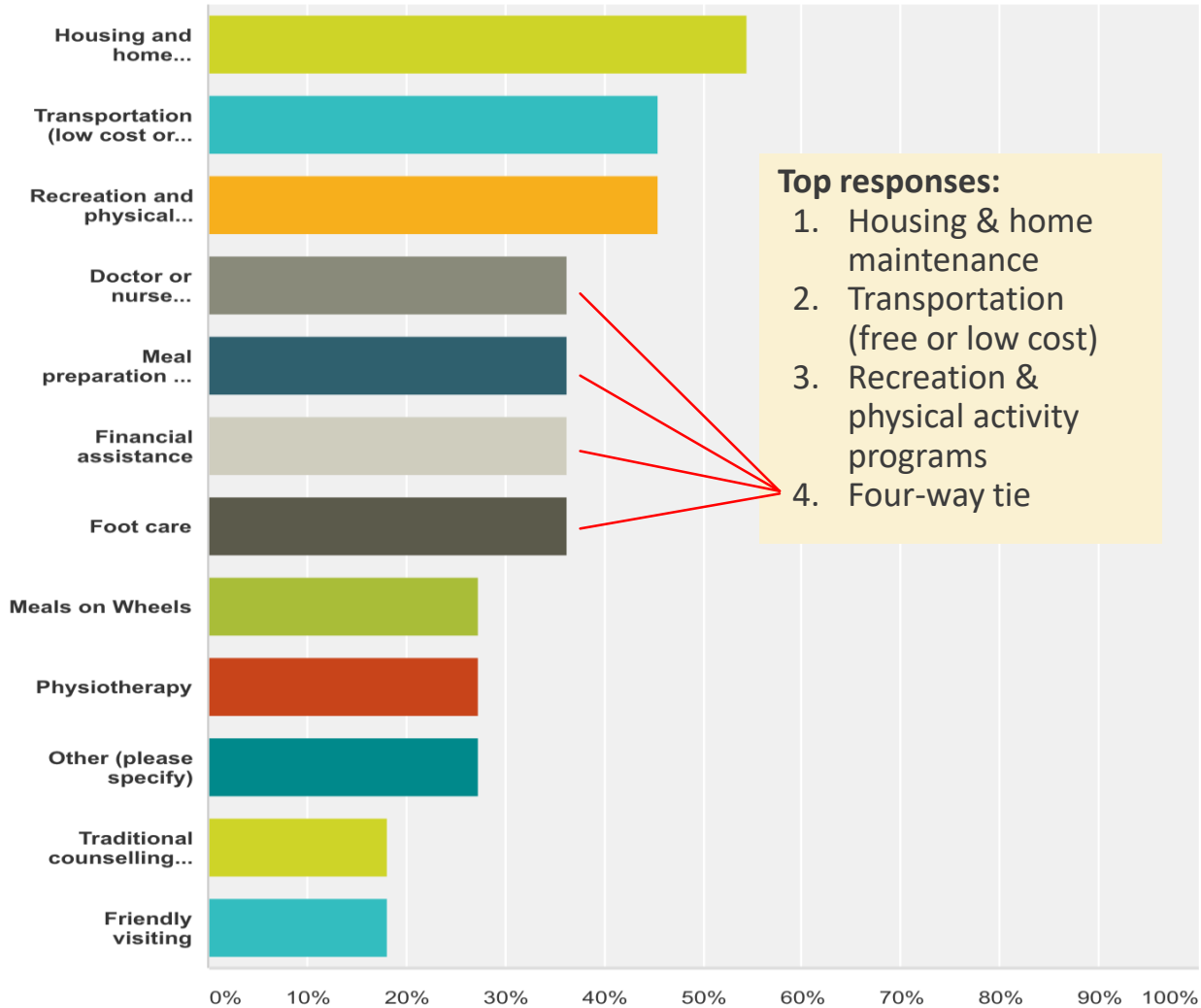
# Which services or support do you need to continue living independently as long as possible?



## Comments include:

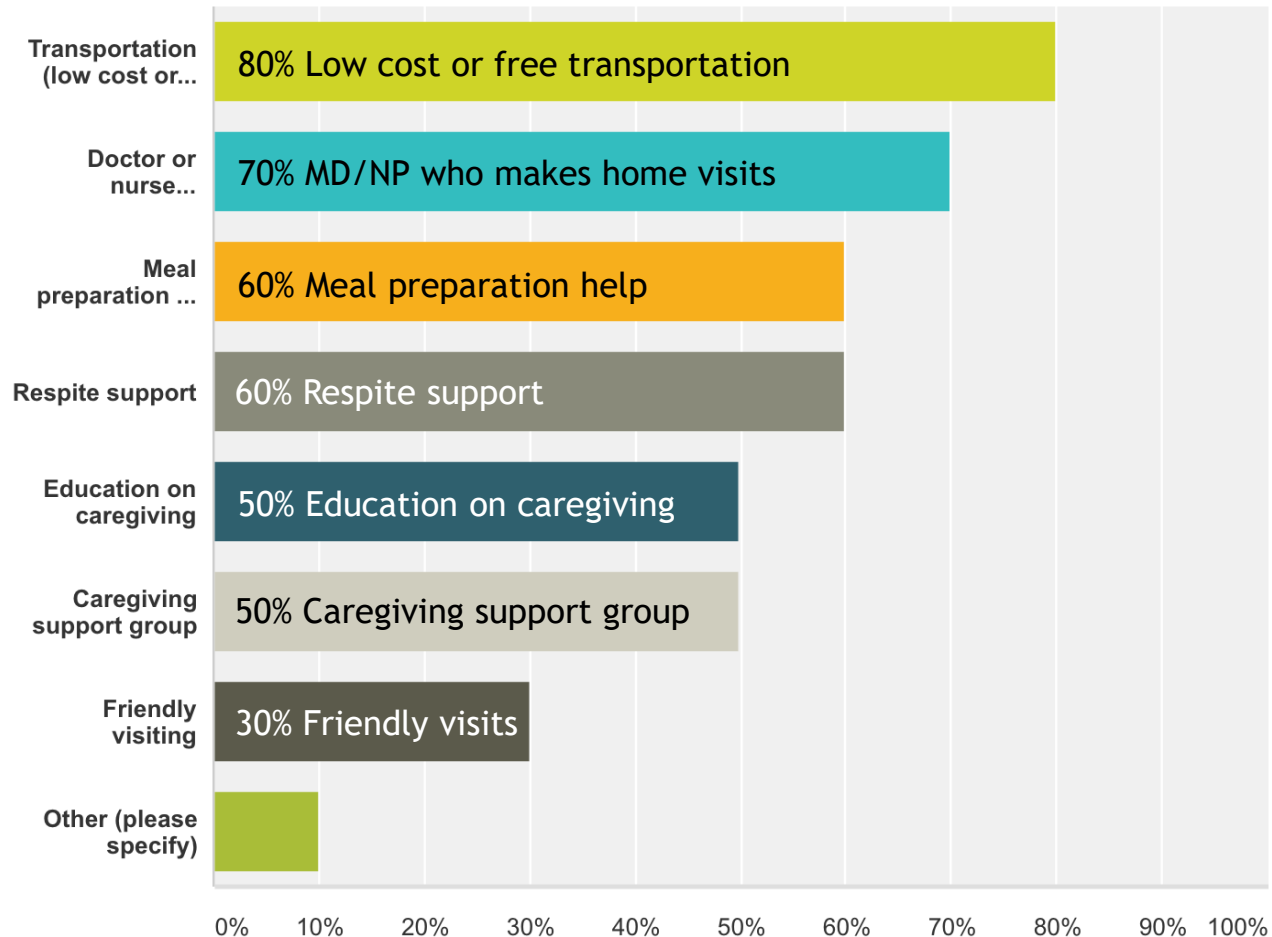
- Snow shoveling, house cleaning, hair cuts at home, mending clothes.
- Helping people keep in touch with relatives.
- “This cannot be answered until I am older – 18-29 yr old respondent.”

# Which services or support would you have wanted to receive so you COULD HAVE lived longer at home?

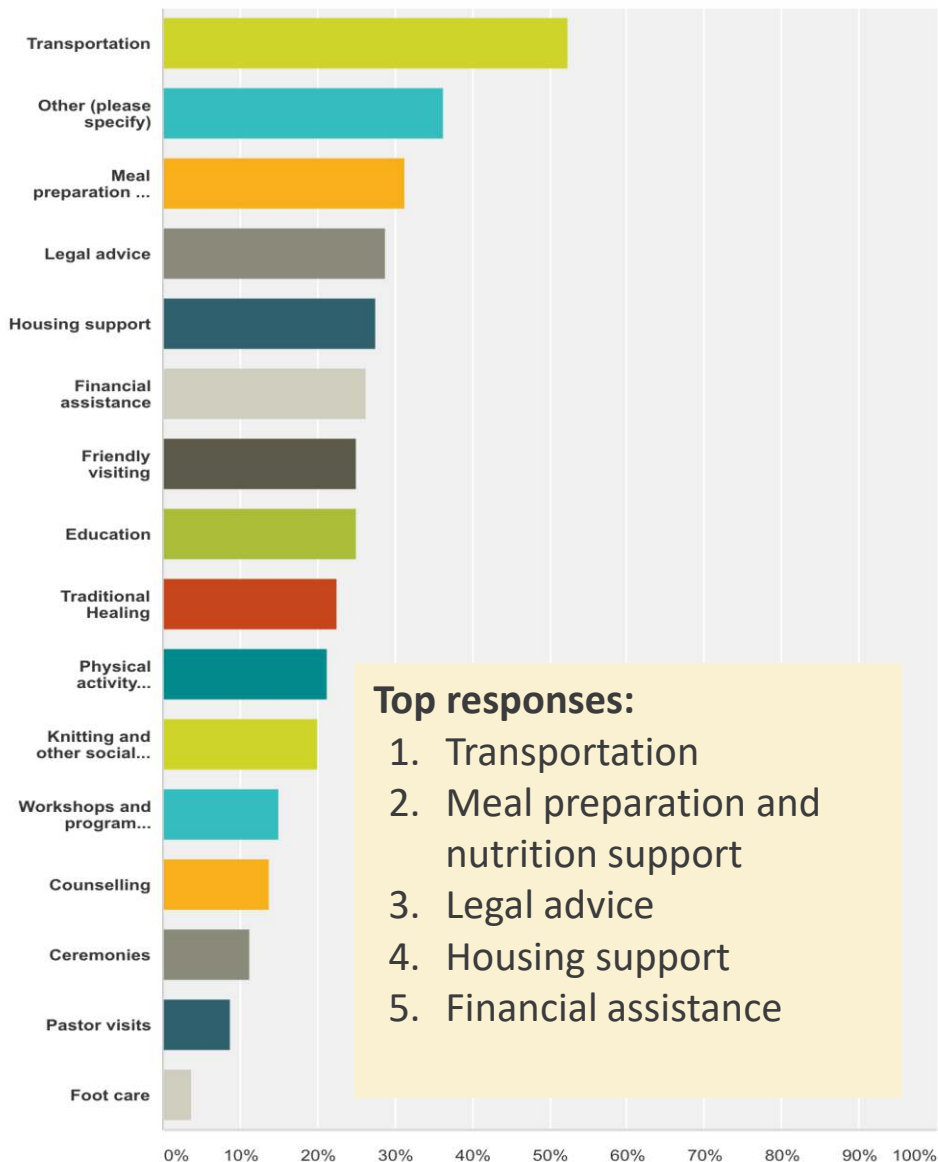




# Which services or support do you need to help you keep healthy and less stressed while taking care of a family member?



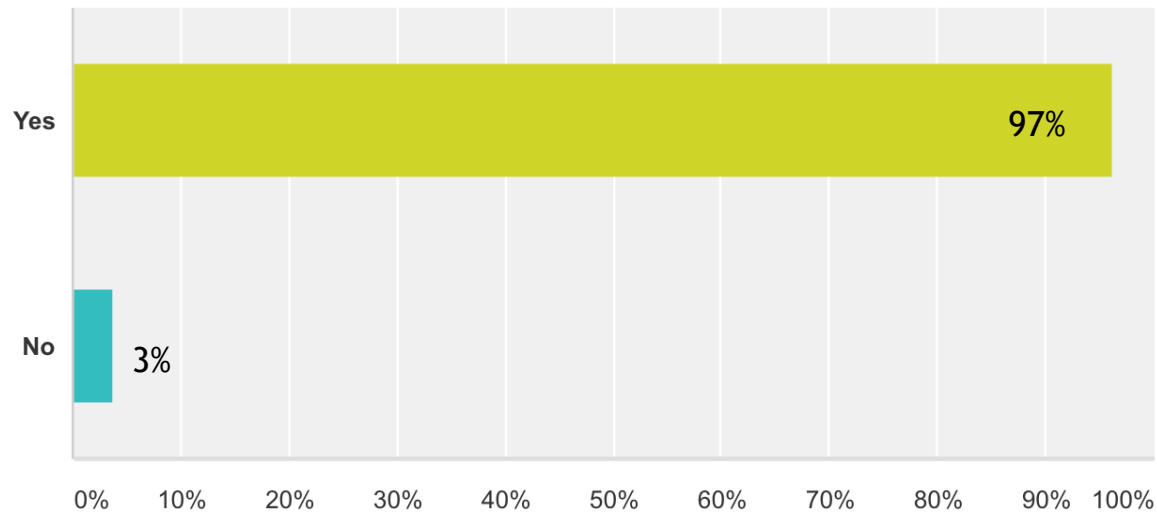
# Which services are lacking at Wahta?



## Comments for response “other” include:

- Community gatherings
- They seem to do a good job with what Wahta has
- Safe outdoor walking paths across the territory
- Assessments for “safe” homes (i.e. showers and ramps)
- Programming for all ages
- Programming for mental health and addiction issues (all ages)
- Cleaning and light dusting
- Common response – not sure as I live off reserve
- “Wahta staff do an amazing job with Meals on Wheels and social programming! They care about us and it shows!”

# Do you think Wahta band members would benefit from a LTC home on the Territory?



## Comments include:

- It is important for our people to feel independent with LTC – they will still want to do things on their own, just need to have help readily available.
- The closer the LTC home is to family and community – the less stressed family will be.
- It is important for our elders to be taken care of **properly** and with **dignity**.
- Important to have our elders in the community so others have access to their knowledge and history.
- The population is aging, we need to plan for the future!
- Not sure if there is enough seniors who live at Wahta to justify a LTC home.
- I had a family member move into the Lodge at Six Nations and they appreciated staying in the community – services there made it easier for family and brought peace of mind knowing our loved one was safe.

# What are the benefits to having a LTC home at Wahta?

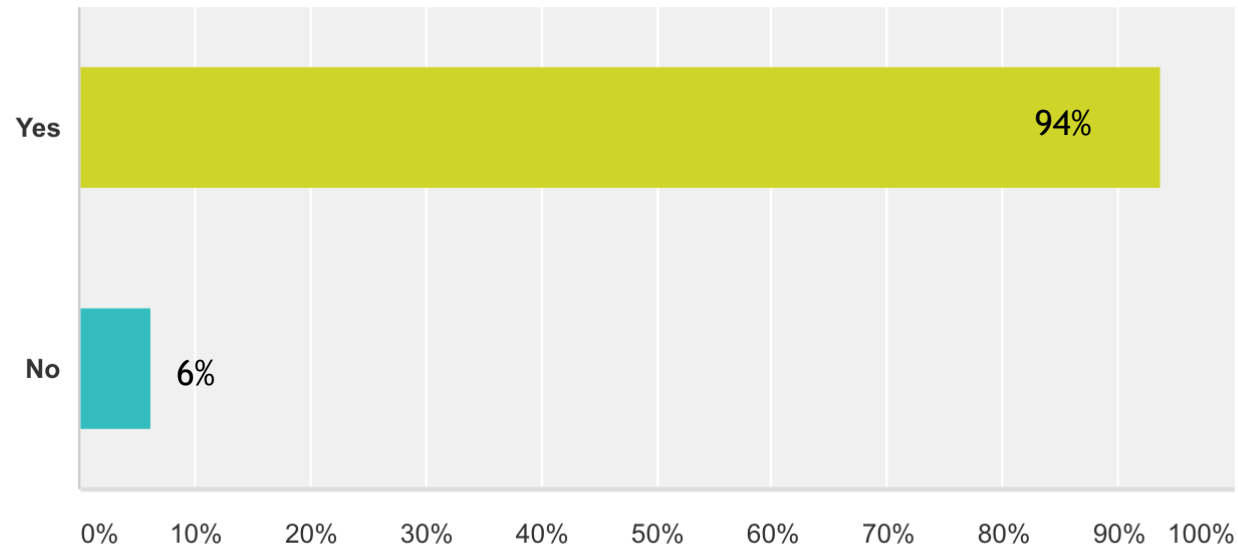
- Elders don't have to leave the **community**.
- Close for **visiting** purposes / no long trips into town.
- Provides **employment** and **volunteer** opportunities.
- This is their **home**... they shouldn't be made to leave.
- Good for everyone in the community to have Elders close by.
- **Safer** for our Elders to be in our community.
- **Reduces stress** for family and the individual needing care.
- Access to a more consistent **support system**.
- Elders can **participate** in community programs and socials.
- Be apart of **cultural exchanges** of sharing **traditions, music** and **teachings**.
- Fresh air and access to mother **nature**.
- Being in **contact** with people daily – loneliness is a predictor for poor health.
- Creates **jobs** for our band members.
- Promote **companionship** and is more “secure” for our elders.
- Long waiting lists off reserve.
- Our people are scattered across the province – it will **bring people home!**
- Elders would feel **less anxious** about aging and family members **less guilty** about having to place their parents into a home.
- It would show that we **care** and **respect** our Elders and want them included in the **community for a lifetime**.

# What are the drawbacks to having a LTC home at Wahta?

- Growth in the Wahta community brings about possible disagreements and challenges.
- Cost – it is expensive to build a LTC home (sustainability, overhead and maintenance).
- Inevitable battle over who gets to stay in the home.
- Getting qualified help to work there (from Wahta and beyond).
- Keeping home fully occupied might be stressful – building smaller might be better.
- Not enough people in Wahta that would be eligible right now.
- Worried that focus on this project will take focus away from other projects, Wahta will need to multitask!

\*\* Majority of respondents reported that there are **NO drawbacks**. One respondent shared “We should be investing our money to assist our seniors and to help those with aging parents. This is a worthwhile expense. We spend money on less important things.”

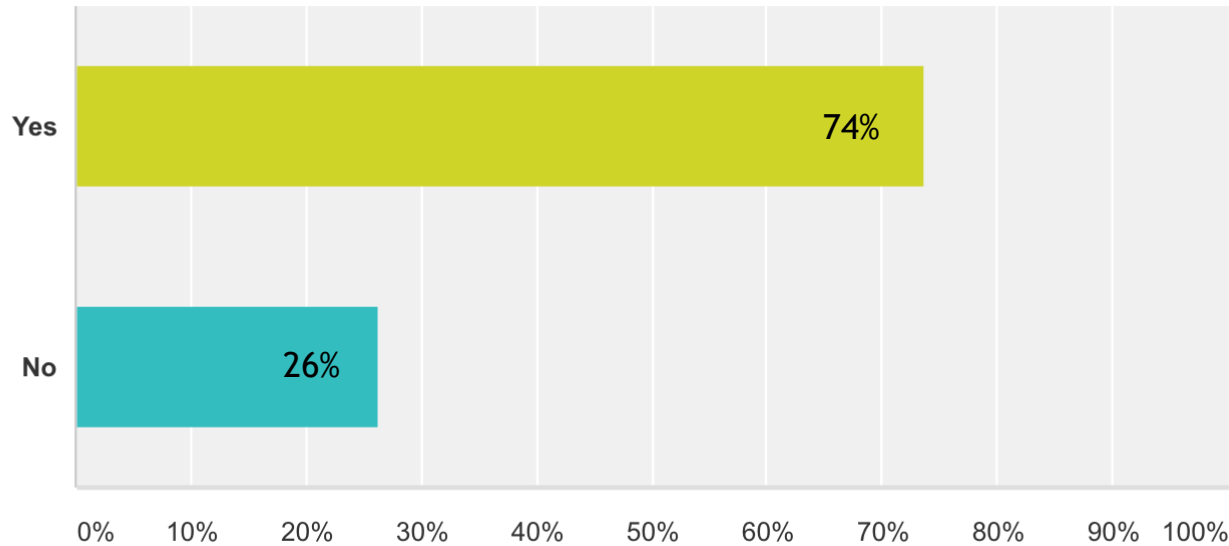
# Would you be open to other First Nation people living at the LTC home?



## Comments included:

- We need to keep the beds for our own Elders. It would be a shame if our community couldn't get in because it was full of non-Wahta residents.
- Yes, but only a limited percentage.
- This could be a for-profit enterprise – to reach economies of scale, it will be important to bring in other folks.
- It could become a “slippery-slope” letting non-members onto the reserve.
- Depends on vacancies.

# Would you be open to Non-Native people living at the LTC home?



## Comments included:

- Many of us are married or in relationships with non-natives, how could we not let them in too? Only if they are married to a Native.
- It's our reservation – there are lots of nursing homes around for non-natives.
- Only if space allows (members should have first dibs)!
- For only those residents who have been apart of the Wahta community for five years or more.
- Worried that if non-native people are allowed, then our traditions will be diluted over time.
- This is our reserve and there are already enough "white" people telling us what to do in our life.
- Don't want it to be an open door to non-natives taking over the LTC home completely.

# What type of services would you like to see available at the LTC home?

## Top ten responses (in descending order):

1. Nursing and personal care 24 hours/day (90%)
2. Free transportation to medical appointments (88%)
3. House keeping and laundry services (88%)
4. Healthy meal preparation and serving (83%)
5. On-site medical visits by an NP/MD (83%)
6. Dental services (81%)
7. Rehabilitation services (occupational therapist and/or physiotherapist) (76%)
8. Social activities (75%)
9. Excursions and outing to local attractions (73%)
10. Vision care (optometrist) (73%)

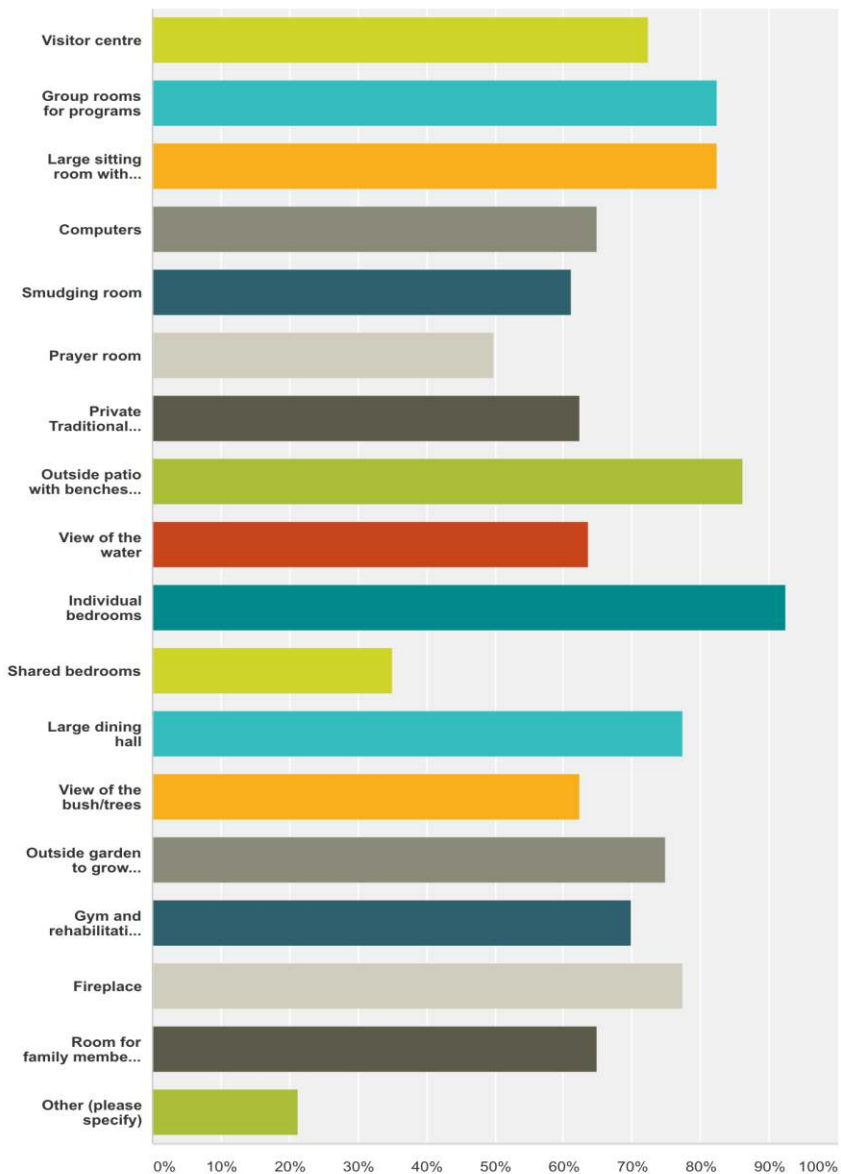


# Where should the LTC home be located/built?

## Most common responses:

1. At the lake (need a nice view).
2. By the Administration building (nice view and is quiet).
3. By the Cultural Centre (it is central).
4. As near as possible to the Nursing Station.
5. Close to Hwy 38 or close to Hwy 400 – important for emergencies.
6. Easy access to the main road – where the land is accessible for walking with wheel chairs and other mobility devices.
7. Near senior units for convenience purposes.
8. Across from Admin building on Black Lake (north end of Webster Lake).
9. The Bubble House.
10. On the Strengths old property.

# When designing the LTC home, what does it need to include?



## Top ten responses (in descending order):

1. Individual bedrooms (93%)
2. Outside patio with benches and seating (86%)
3. Large sitting room with TV (82%)
4. Groups rooms for programs (82%)
5. Fireplace (78%)
6. Large dining hall (78%)
7. Outside garden to grow veggies (75%)
8. Visitor centre (73%)
9. Gym and rehab room (70%)
10. Computers (65%)

# Additional comments that you would like the Administration to know?

We needed this years ago... Please do not wait any longer!!

Consult... consult... consult! Make sure we are all on the same page. This is a good first step in the right direction.

Please ask our Elders and try to think like an Elder. Not “oh, this will be good for them...”

Find a good and honest contractor that we can trust!

Take in how the future is changing fast with technology. Family sizes are smaller, but we need positive attention to the past, present and future in order to grow our community.

I may consider selling my house and moving back to Wahta if this is built.

The need is there. Don't skimp. Build larger now instead of adding on later. It doesn't have to look like a sterile hospital. It is a home.

I think this is the nicest idea and the BEST idea that Wahta has had in a very long time. I may not get to enjoy it, but I am happy knowing that others will.


If we, as members, are able to care for our people for as long as they are living on this Earth... then we should. It is our duty. It is our responsibility.

**Stage One report will be available to all members in early April!**

# Stage Two: Time for Planning

- Regular meetings with Council and Administration, staff and Advisory Circle.
- Visioning process for LTC vision/mission/guiding principals.
- Develop population profile – LTC current and projected demand.
- Consultation and engagement with local First Nations to develop interest and support in LTC home at Wahta.
- Consult with youth and middle adults.
- Develop palliative care team.
- Cultural programming and service plan.
- Identification of staff and external collaborations.
- Identify training/education/mentorship opportunities for palliative care and LTC.
- Recruit Wahta band members to fill roles.
- Stage two report and planning for Stage Three!

**Thank you for your time  
and participation!**

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