

RETIREMENT CONCERNS - A WORKING DOCUMENT

"STAGING OUR AGING": A CENTRE FOR WORKSHOPS AND RESOURCES

The following is a list of possible Retirement Concerns that have been identified by ourselves and at the recent provincial workshop in brainstorming sessions that will serve as a starting point. These topics can then be developed by ourselves (PRCC), by other provincial Committees, and Districts to **develop and share with all**. (the letter-number resource refers to its "Fact Sheet " number on the website which is already developed)

A CENTRE FOR INFORMATION AND RESOURCES CHART

TITLE/RESOURCE	PRESENTER /CONTENT	EXTERNAL LINKS	DETAILS/RESOURCES & FORMAT	LOCAL INFO & RESOURCES
Pension Workshop	PRCC - RTO	RTO Website	G-1,G-3,G-4, Power Point	
Pension report	PRCC - RTO		Power Point complete	
Defined Pension Plans	PRCC -RTO		Document complete	
Aging Successfully Through Wellness	PRCC - RTO		Document and Power Point complete	
Accessing RTO Benefits	RTO, Johnsons Insurance		G-4, Power Point and Brochure What is, what is not, covered!	
How to Age Well				
Keeping the Brain		Hundreds of U-Tube clips		

Healthy				
Nutrition, & Exercise				
Sleep			C-14	
Minimizing Osteoporosis		http://www.osteoporosis.ca		
Wellness Fair				
A variety of different Fairs	PRCC - RTO		Document complete	
Health				
Caregiving, An Introduction	PRCC - RTO		Document Complete	
Drug Plans after 65	On Govt	http://health.gov.on.ca/en/public/programs/drugs/programs/odb/odb.aspx		
	BC Govt	http://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents		
Telehealth		Southwesthealthline.ca Youtube - Ed Brown CEO, Telehealth Ontario		
Navigating the Health Care System		http://www.health.gov.on.ca/en/public/programs/hco	C-9", C10, C11, LHINS and CCAC "Central East CCAC Info"	
Community Care Access Centres		http://healthcareathome.ca http://youtube.com/watch?v=QPbnBt_qsZU		
Safe Medications and			C-4,C-5,C-6, C-8,	

Drugs			Pharmacist E.g. Shopper's Drug Mart will present to groups	
Trillium Drug Plan		http://www.health.gov.on.ca/en/public/programs/drugs/faq.aspx		
Dealing with Palliative Care Issues/Hospice	PRCC - RTO		Document Complete	
Caregivers and Families	PRCC - RTO		Document Complete	
Assisted Devices/Medical Equip		www.marchofdimes.ca/EN/programs/adp/Adp.aspx www.youtube.com/watch?v=RBWZWYzzIoY	C-1	
LHINs		http://www.lhins.on.ca		
Chronic Pain				
When a loved one dies				
First Aid for Seniors				
Alzheimer's		U tube... "The Doctors" , , "Alzheimer's, Dementia by the numbers" http://www.alzheimer.ca Youtube.com/watch?v=I7sUFMWZXX8	C-12, C13	
Parkinson's		Youtube...Parkinson's http://www.parkinsons.ca Youtube.com/watch?v=rbQSqyaLW-Q		
Sleep		http://www.css-scs.ca youtube.com/watch?v=PIJU1q3meFk		

Goodwill Guidelines	RTO website			
Companion Animals				
Family Caregivers				
Looking after yourself Diet, Exercise, Sleep, Relaxation, Respite Care			Centre for Independent Living (Ontario Govt supported)	
Looking after a loved one				
Sandwich Generation				
Safety in Home/Residence				
Falls	PRCC - RTO	https://www.youtube.com/watch?v=T5x6kTrwgYw	Document complete	
Home Security	PRCC - RTO		Document and Power Point complete, H-7	
Home Invasions				
Elder Abuse		https://www.youtube.com/watch?v=ORN1bcVisoY HelpGuide.org Elder Abuse in Canada commercial	C-3, GO TO PAC website for more information on Elder Abuse Local Police Services Presentations	
Pedestrian Safety				
Home/Residence evauation				
Scams				
Little Black Book of Scams	Govt of Canada	http://www.competitionbureau.gc.ca/eic/site/cb-bc.nsf/eng/03074.html		

Scam Presentations	Regional Police	Links on police websites		
Latest Scams	Govt Anti - Fraud	http://www.antifraudcentre-centreantifraude.ca		
Computer scams				
Financial Planning for Retirees				
Important Papers			H-3	
Wills, Estate Planning			E-5, E-1 RTO Memorandum : Estate Administration Tax Act Revised Regulations	
Powers of Attorney and Living Wills		http://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/livingwillqa.pdf or /poa.pdf		
Taxation			A-1, A-2, A-6	
Managing your Money in Retirement				
Reverse Mortgage			A-5	
Financial Planners			A-10	
Disability Savings Plans				
Tax efficient investing for Seniors			A-9	
Organizing an Estate			E-8,E-9	
Education Funding for Grandchildren		https://www.youtube.com/watch?v=1DmHJ6KHVcU		
Government Benefits		http://www.ctf.ca/ctfweb/EN/Newsletters/Canadian_Tax_Focus/2013/2/130204.	B-1,B-2,B-3,B-4,B-5	

		aspx		
Housing				
Housing re-design/ renovations and tax breaks		https://www.youtube.com/watch?v=ocOLB4aytes also http://www.ctf.ca/ctfweb/EN/Newsletters/Canadian_Tax_Focus/2013/2/130204.aspx		
Simple housing changes for Seniors		http://www.211ontario.ca/	Call 211 for info	
Rental Income possibilities				
Housing Downsizing			H-4	
Housing "rightsizing"		https://www.youtube.com/watch?v=UECQXCZDQBw	H-5	
Seniors Housing... Shared Housing				
Independent Living		http://cilt.ca/df_centres.aspx	Ontario Network of Independent Living Centres (ONILC).	
Retirement Home				
Assisted Living			"Caregiving" Document complete	
Affordable Housing				
Long Term Care		http://www.health.gov.on.ca	"Caregiving" Document complete	
Hospice		Local Hospice groups		
De-cluttering for Seniors				

Seniors Transportation				
Drivers License renewal 80+		http://www.mto.gov.on.ca/english/driver/senior-driver-licence-renewal-program.shtml	H-2 Knowing when to quit driving	
Urban vs Rural				
Group Travel				
Travel Options for Seniors			H-1	
Travel outside Canada				
Time in USA			See RTO Plan,	
Transportation in "North"				
Transportation assistance				
Seniors Travel				
Travel Insurance		RTO Plan Other Plans		
Booking your own Travel				
Timeshares Pro/Cons				
Bus/Group Travel				
Travel advisory	Govt Canada	http://travel.gc.ca/travelling/advisories		
Insurance for Seniors				
All aspects of Insurance			D-1,D-2,D-3,D-5,D-6	
Education				

Lifelong Learning programs				
Computer Skills for all levels				
New Skills		YouTube videos	e.g. Appliance/small engine repair	
Career transition				
New directions for life after teaching			E-6	
Volunteer Opportunities				
Various Clubs & Service Organizations				
Schools			Note working after retirement rules however	
Library				
Political				
Seniors groups				
CCAC's				
Recreation				
Personal Fitness...Yoga				
Nordic Pole Walking				
Intro to Painting... Oil, Water				
Photography				
Landscape Painting				
Computer updating...				

ipads, playbooks, smart-phones, etc				
Leisure and Hobby Ideas				
Scrabble, Bridge				
Bird- Watching				
Political.... All Candidates meeting				
Quilting				
Dancing				
Seasonal/Interior Decoration				
Crafts Workshop				
Carpentry				
Wine making				
Curling				
Golf				
Hiking for Seniors				
Arts, Theatre				
Book Clubs				
This list is unlimited				

BC Retired Teachers INFO: (is being worked on separately)

Health ... Caregiving... <http://www.familycaregiversbc.ca> 1877-520-3267