



The **Walk with Me 2024 Conference** brought leaders and changemakers from across Canada to learn with and from each other to nurture social models of care and enhance the aging journey for all.

Culture Change leaders, as attendees and presenters, shared the following key takeaways:



Meaningful relationships and knowing people's stories are a crucial part of moving towards a social model of care because authentic, reciprocal relationships are at the core of quality of life and care.



Freedom of choice is a fundamental right of people living with dementia and a proactive, strengths-based approach to well-being can address distress in people living with dementia.



Collaboration is key. Community partnerships and engagement can support the development and operation of inclusive long-term care homes, while resident engagement can contribute to a sense of purpose and belonging.



Music therapy holds unique and inherent potential as a creative and dynamic means of facilitating culture change and spearheading social justice initiatives in long-term care.



There is dignity in risk. We overemphasize safety for those we love at the expense of autonomy, yet we want autonomy over safety for ourselves.



Intergenerational relationships are powerful, we need older adults and children integrated together in genuine, meaningful ways to learn and grow with one another.

## Take Action!



Find ways to engage older adults in all decisions



Challenge the idea of secured units and grouping people based on diagnosis



As a leader, check your bias and subconscious biases



Focus on quality of life, there is no age limit on adventure!



Balance risk and autonomy, ask older adults what they would like to do in life and help make it happen!



Be mindful of your language and shift it to reflect person-centred language



We only have so many opportunities in life to make an impact, so make the most of each opportunity.

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