

## News Release

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For more information, contact  
Jan Legeros at 477-9888

**Helpful Information for Manitoba Seniors and their Families:**

### **New Supportive Housing Section, Virtual Tours & More...**

Moving is often a difficult time, even more so when people are making decisions about the support needed as health status changes. To assist, the Long Term & Continuing Care Association of Manitoba (LTCAM) has updated its website, at [www.ltcam.mb.ca](http://www.ltcam.mb.ca), with practical information and tools to help people understand more about one of the newest option, Supportive Housing.

“We often get calls from the public asking for information and help with the process of looking for housing and care, the options available, and the things they should consider in order to make the right choice,” says Jan Legeros, Executive Director. “To better serve the public, we put that information on our website, with links to other relevant websites.”

#### **Supportive Housing**

Supportive Housing is the latest option available to seniors in Manitoba. In the ‘Supportive Housing in Manitoba’ section of our website, you will find a thorough description of supportive housing, a list of Supportive Housing Residences, and tools such as a financial calculator to help you determine if this option is right for you.

There are virtual tours of almost all of the Supportive Housing Residences who are members of LTCAM. We recommend that you review our ‘Supportive Housing General Considerations’ in order to make the best use of any actual tour you might decide to take.

#### **Virtual Tours and the Interactive Provincial Map**

The ‘Options for Seniors’ section of our website includes an interactive map where all the member residences across the province are plotted. Once people have narrowed down their choices from first impressions and the virtual tours, they may want to review our ‘Frequently Asked Questions’ for information on Personal Care Homes and “General Considerations” for Supportive Housing, before touring the chosen locations.

“A major part of our mandate is to help seniors and their families make the choices that are best for them,” adds Legeros. “The website goes a long way toward achieving this. We are already seeing over 3000 visits to our website each month. Our goal is to continue to update and expand the website by ensuring the information is valuable and current.”

#### **Supplies and Services**

Are you looking for that special long term and continuing care supply or service? Our **Commercial and Affiliate Members** are dedicated to providing exactly what you need. Their profiles are now located on our website in the ‘Members’ section.

#### **2010 Annual Provincial Conference & Exhibition, May 18<sup>th</sup>**

This year, we are featuring a live production titled “*I’m Still Here*”, a research based play from the Murray Alzheimer’s Research and Education Program. For all the details, see [www.ltcam.mb.ca](http://www.ltcam.mb.ca)

## **Background**

The Long Term & Continuing Care Association of Manitoba is a not for profit corporation with more than 60 members, representing over 4,000 beds and suites across the continuum of care. In 1959, our founding members consisted of a few 'nursing home' owners. Today, we represent retirement, independent and assisted living as well as supportive housing and personal care residences, spanning six of the eleven regional health authorities across Manitoba. Our membership has grown by more than 100% in the last two and a half years and has become much more diverse. Our primary objective is to advocate on behalf of seniors in Manitoba and the staff at the residences who serve them, throughout the long term care continuum.