



Behavioural Supports Ontario

Soutien en cas de troubles du comportement en Ontario

# Behavioural Supports Ontario (BSO) Provincial Lived Experience Advisory

"Every good conversation starts with good listening."

The purpose of the Behavioural Supports Ontario (BSO) Provincial Lived Experience Advisory is to join other voices from across the province to establish a provincial network of individuals with lived experience. The advisory also guides BSO projects and participates in an accessible virtual platform to connect people through shared experiences.

## What is Lived Experience?

In the context of BSO, lived experience refers to the experience of living with dementia, mental illness, substance use and/or other neurological conditions or the experience of being a care partner of an individual with these conditions. Examples of care partners may include family members, friends, etc., who play or played an active role in supporting an individual living with the above conditions emotionally and/or physically.



## Why Should I Join?

We believe that in order to create meaningful services and supports the voice of those using these services must be heard! Our objective is to host provincial advisory conversations which will help inform how services are provided, designed and evaluated for older adults living with dementia, mental illness, substance use or other neurological conditions in Ontario.

## When and Where do we Meet?

The Provincial BSO Lived Experience Advisory meets once per month using one of two methods. The first month we meet by teleconference/videoconference and the next month we meet through an all-typed live online chat format called The Lived Experience Café, located at [www.dementiacrossroads.ca](http://www.dementiacrossroads.ca). If you do not wish to participate in an online typed chat, participants are invited to share their input on the site's discussion forum.

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**Our teleconference/videoconferences:** occurs the third Tuesday of every other month from 12:30-2:00 PM (July, September, November, January, March and May).

**Lived Experience Cafés:** occurs the third Wednesday of every other month from 6:30-8:00 PM (August, October, December, February, April and June).

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## Who do I get in touch with for more information?

Sharon Osvald - Provincial Lived Experience Network Coordinator  
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brainXchange

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For more information, please visit the Ontario page on  
[www.dementiacrossroads.ca](http://www.dementiacrossroads.ca)

## Partners



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