



Lived Experience Network South East Ontario

Who We Are

The Lived Experience Network South East Ontario is an open community of people living with dementia and/or similar diagnoses and their family/ care partners, sharing their lived experiences, advice and input with health care and community supports partners and with each other in hopes of enhancing the system of care.

Our Goal

Exchanging Knowledge, Partnering for Change.

Lived Experience advisors are invited to participate in six themed advisory group conversations per year via Zoom, as well as individual advisory conversations by email or phone.

Acting as a collective “knowledge bank,” the Lived Experience Network exists to build an ongoing and sustainable communication bridge that supports active and meaningful participation of people with lived and living experiences across South East Ontario, with those who develop, provide, and evaluate services for individuals impacted by dementia and similar diagnoses across the entire continuum of care.

Lived Experience Facilitator

Sharon Osvald was the first Facilitator and part of the launch of the Lived Experience Network South East Ontario from 2013-2018. Sharon returned to the role in January 2024.

Drawing on ten years’ experience supporting her mother through dementia in the home, hospital and long-term care, and her work experience with the Alzheimer Society and V.O.N. Adult Day Program, Sharon understands from both a lived experience and professional perspective how great the needs are in this community.

Get Involved

Online: Visit livedexperiencenetworkseo.ca

Sign Up: to receive the Lived Experience Perspectives quarterly e-newsletter at <https://mailchi.mp/brainxchange/lense>

Professionals: Reach out to Sharon with your question or discussion topic to bring to the Lived Experience Network.

Phone or email: Contact Sharon by phone on Mondays or Wednesdays. Email your feedback, personal lived experience story and suggestions for change.

Contact

Phone: 343-645-6240.

Email: sosvald@alzking.com



The Lived Experience Network South East Ontario is a cooperative effort of the Alzheimer Societies of SE Ontario in collaboration with Providence Care Community Seniors Mental Health Behavioural Support Services. Website: livedexperiencenetworkseo.ca