



Lived Experience

Network

Project Team

Sharon Oswald

*Lived Experience Network
Coordinator*



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Care partners of those living with dementia or other related diagnoses report feeling:

- They don't know where to find answers or services
- No one is listening to them
- Helpless and no one cares

We believe to create meaningful services and supports, the voice of those using these services must be heard. Our goal is to create a Lived Experience network – a “knowledge bank” of caregivers across the South East region sharing their experiences - to be that voice.

This ongoing project involves sharing of personal stories, filling out surveys, sending letters and emails, but it is so much more than that! This is an opportunity for people to have an advisory role - sharing insights and suggestions for change that will be directed to professionals who plan and provide services and supports in long term care, hospitals and primary care.

Sharon Oswald, an elder care advocate and the daughter of a mother with dementia, has taken on the role of Lived Experience Network Coordinator. Sharon is seeking persons living with dementia, family members, friends and care partners whose lives have been affected by dementia or other related diagnoses, to join her in regular conversations (face to face, phone or online) - providing an avenue to hear “real” people using our services and to discover – together, what is needed.

How can you be involved?

Take part in one of our discussion forums or Live Chat events on the Virtual Lived Experience Cafe at www.dementiacrossroads.ca. Share your advice and observations.

Contact Sharon or your local S.E. Ontario Alzheimer Society to find out how you can be part of a group that speaks with Sharon in person.

Phone/Email/Write Sharon Oswald and begin your own personal conversation with your suggestions for change.

How to Reach Sharon Oswald:

Phone/Fax: 613- 475-9943

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