

Strategizing for Positive Aging

SSM research indicates that older adults are concerned about the following healthcare needs:

- Access to primary healthcare in their community
- Timely access to specialists and procedures
- Affordability of all aspects of healthcare including prescription drugs
- Greater emphasis on preventive measures and wellbeing
- Access to affordable respite care
- Access to multi-lingual services when needed

Health concerns need to be taken seriously and addressed at any age.

Ageist attitudes in the healthcare system can impact the level or quality of medical care available to older adults:

- Older adults unfairly seen as a drain on healthcare services
- Older adults seen as time consuming and difficult to serve
- Assumptions that a health problem is just a 'normal' part of aging and therefore not worth trying to treat

Provisions that may help address these concerns:

- More specialists in seniors' physical and mental health
- Education of health professionals on the particular needs of seniors

You are invited to engage others on this topic:

- Meet with your local MLA and/or candidates
- Write letters – to politicians or local papers
- Organize a local discussion group
- Talk with your friends and neighbours

Include examples from your personal experiences



HEALTH CARE



SSM is a provincial organization that partners with other organizations to address issues and to promote quality of life for all older adults in Saskatchewan. Based on two years of research, SSM believes a provincial Seniors Strategy is imperative in order to support and empower our population of older adults as they continue to contribute to their local communities and to our province.

SSM Member Organizations include: Canada Post Heritage Club - Golden Sheaf Chapter; Carp - Regina Chapter; Fédération des aînés fransaskois; Lifelong Learning Centre; Moose Jaw & District Seniors Association; National Association of Federal Retirees; Power Pioneers Association of Saskatchewan Inc.; Regina Seniors Citizens Centre Inc.; Saskatchewan Union Retirees Federation; Saskatchewan Retirees Association; Saskatchewan Seniors Association Inc.; Saskatchewan Senior Fitness Association; Saskatoon Council on Aging; Saskatoon Services for Seniors; SaskTel Pioneers Chapter 59; Senior Power; Superannuated Teachers of Saskatchewan; Women of the Dawn.