



Political Advocacy Resources

Prepared by The Provincial Political Advocacy Committee
September 2017

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Introduction

The Retired Teachers of Ontario/les enseignantes et enseignants retraités de l'Ontario (RTO/ERO) is a non-partisan organization, and therefore does not support or endorse political parties. In advocating for our members, who hold a variety of political views, and for seniors in general, RTO/ERO dialogues with all political parties to maintain open communication with all who purport to act in the public interest.

As a diverse and large organization of over 76,000 members, RTO/ERO represents the needs and interests of all retired Ontario teachers, educational workers and support staff and others from the education community.

The role of the District Political Advocacy Chair is extremely important. Positive changes affecting seniors and retirees are often the result of political advocacy. RTO/ERO has been a part of that advocacy and needs Districts to undertake this advocacy at the local level.

Political Advocacy does not just occur prior to an election. As Chair it is your role to see that the political leaders and officials in your District are aware of RTO/ERO's concerns on an on-going basis. If you concentrate on getting our message out on a regular basis the job becomes much easier when an election is called.

Although RTO/ERO does not support political parties, it does support policies. It is important to respect the political choice of our members. We ask questions and encourage parties to respond, then inform our members of the responses and trust them to decide who they will support.

Support for Public Education

RTO/ERO is well-known within our educational partners for its support of active teachers.

- RTO/ERO believes that well-funded, public education systems provide the best opportunity for a quality education for all citizens in Ontario.
- RTO/ERO supports active teachers in their efforts to maintain and improve the publicly-funded education systems of Ontario.
- RTO/ERO supports the Ontario Teachers' Federation and its affiliates in those activities that will enhance the quality of teaching and learning for teachers and students in the publicly-funded education systems of Ontario.
- RTO/ERO supports the right to strike of teachers and support staff in Ontario schools, both as a basic condition of employment and a legitimate means to achieve collective agreements.

What You Can Do to Become an Effective PAC Chair

- ✓ Be aware of the issues important to RTO/ERO and monitor issues in your communities.
- ✓ Use information distributed from the Provincial Office, from time to time, on political advocacy issues.
- ✓ Use this Manual to help get your message across to politicians.
- ✓ Report the results of meetings with politicians to your members.
- ✓ Recruit other members to join your committee.

Please remember to try and remain neutral. Report on the issues and the facts and try not to editorialize. No matter what the issue is there will be members on both sides.

Before issuing a news release or making a public statement on a political issue, make sure that it is passed by the District Executive and reflects the District's and RTO/ERO's position. Be careful that your personal opinion is not reflected.

General Role

1. Encourage RTO/ERO members to be active in the political process.
2. Survey members as to their priorities and issues.
3. Develop relationships with like-minded groups within the community.
4. Raise the consciousness of all candidates by getting a commitment from them on issues raised.
5. Advise District/Unit Executive on election-related activities.
6. Communicate with your provincial PAC rep about the activities and concerns of your District.
7. Remember that RTO/ERO is a non-partisan organization. Individual RTO/ERO members may publicly support anyone they choose.
8. Follow the RTO/ERO Code of Conduct at all times.
9. Provide research based reports if available.

Getting Started

1. Encourage the District Executive to include monies for local advocacy in its annual budget.
2. Try to recruit other members to join you to form an active committee.
3. Inform members of political advocacy initiatives, as sent to you by your Provincial PAC Committee liaison. This can be done through your District newsletter, on your website and/or at District and Executive meetings.
4. Survey members as to their needs and the initiatives that they feel need to be addressed locally and provincially.
5. Annually, establish an initiative for the District, e.g., encourage members to "Go Green."
6. Arrange to meet with, or write to, your local MPs and MPPs to share the concerns of your District and Provincial RTO/ERO. Find a member(s) to go with you to the meetings. Take the RTO/ERO provincial brochure Standing Up for Seniors.
7. Work with RTO/ERO neighbouring Districts for cost sharing of items such as advertisements.
8. Get to know your MP, MPP, Mayor and other community leaders.
9. Inform members of items that affect or benefit seniors, e.g., tax tips, flu shot clinics.

Strategies for Elections

Local

The following are suggestions for the development of election activities at the District/Unit levels.

1. Encourage the District Executive to include monies for local advocacy in its annual budget.
2. Contact candidates to introduce yourself and RTO/ERO. Use the District/Unit newsletter and local website to get the issues and RTO/ERO positions out to members and to solicit their input.
3. Encourage politically active RTO/ERO members to work on behalf of a candidate and/or party of their choice (as individuals, rather than as representatives of RTO/ERO).
4. Encourage interested members to run for office.
5. Collaborate with other local organizations with similar interests, e.g., teacher federations, seniors' groups and post-secondary institutions to organize all-candidates' meetings.
6. Encourage members to attend all-candidates' meetings and ask their own or prepared questions.
7. Use your committee and/or Executive members in your District to survey candidates on issues and communicate the results to your members using District newsletters and/or websites.
8. On election day, use a phone committee to encourage voting and offer transportation to the polls for your members.

Potential Activities of Individual Members

1. Members should verify they are on the voters' list.
 - Call the office of the riding returning officer; or
 - Call the office of the candidate of your choice.
2. Read the parties' and, candidates' literature to become informed.
3. Attend all-candidates' meetings to find out their stances on issues.
4. Volunteer to work for a candidate/party of their choice.
5. Make a financial donation to the party of their choice.
6. Vote on election day:
 - At the designated poll; or
 - By advance poll (if out-of-town on election day).

Strategies for Elections, cont'd

PRIVACY POLICY

1. Membership Lists **must not be distributed** to any politicians.
2. When emailing information, make sure that all email addresses are sent in a blind carbon copy (bcc) format to ensure that the addresses are secure.
3. Maintain strict adherence to the Provincial RTO/ERO and/or District/Unit Privacy Policy. (Appendix D)

Meeting with MPs, MPPs and Municipal Politicians

1. Seek a meeting with politicians far in advance of the requested date

Ask for an appointment in writing or by phone. Clearly inform the politician's staff about the exact purpose of your meeting. Send them a copy of the 'Standing Up For Seniors' brochure. Once you have the appointment, confirm the date, time and those who will be attending the meeting.

2. Prepare for your visit

Check out online information on the MP/MPP by visiting the politician's website. Have a pre-meeting with your delegation to determine who will be the primary spokesperson, ask questions, take notes, and review the key points to be discussed in the meeting. Keep your group small. Prepare a one-two page brief of these points for distributing to the politician/staff at the beginning of the meeting. Emphasize how many people you represent and are affected by the issue you wish to discuss.

3. Build Your Case/Argument – Do the Research

- a) Develop key messages that are short, clear and concise.
- b) Develop convincing arguments and review prior to presentation.
- c) Offer realistic solutions and alternatives.
- d) Provide solutions that are in the best public interest, not your own.
- e) Use the "language of the government"; avoid your jargon, use their jargon.
- f) Provide useful statistics.
- g) Position yourself/organization as a resource.
- h) Avoid arguments.

4. Desired Outcomes

Identify them; they may include:

- a) Create new or modified legislation, policies.
- b) Avoid legislation/regulation.
- c) Participate in the consultative process.
- d) Raise the profile of RTO/ERO; and build relationships with like-minded organizations.

Meeting with MPs, MPPs and Municipal Politicians, cont'd

5. Be on Time

Arrive about 30 minutes prior to your meeting to ensure all members of your delegation are present. Review your purpose, what you want to accomplish and who will be leading the discussion.

6. Focus the meeting

Briefly introduce the members of the delegation and, after thanking the politician for taking the time to meet, state your objectives for the meeting. Distribute your brief and highlight the essential points contained within it; don't read it. Make your requests as specific as possible and state why the politician should support these requests. Remember, your time with the politician will be limited.

7. Gather information

Listen well and engage the politician in a conversation; do not lecture. Ask for the politician's viewpoints on the issues presented. Stay calm and be polite. If the politician cannot respond to a question raised by the delegation, ask when a response might be expected.

8. Express your appreciation

At the conclusion of the meeting, thank the politician/staff for taking the time to meet and listen to your viewpoints. Ask if a photo with politician is okay and share with members of your District.

9. Debrief

After the meeting, spend 15-20 minutes with the delegation reviewing the discussion with the politician, what was accomplished, when you expect to hear back from the politician/staff, and what your next steps are regarding the issues presented and who will prepare a summary report to be shared with the District Executive.

10. Follow-up to Meeting

- Send a letter thanking the politician.
- Ask to be notified in advance if the politician plans to make a statement about the issue.
- Keep in regular contact with the staff, even if it is just a quick email with a report attached saying, "thought you might be interested...."

Developing a Community Involvement Plan

1. Start small, with one work group per task.
2. Establish a budget for the work group.
3. Keep records to report to your District/Unit Executive.
4. Brainstorm strategies to develop the Plan.
5. Compile a list of community contacts on each issue.
6. Inform and motivate your membership to become involved.
7. Meet with the political leaders:
 - Promote your issues/stance;
 - Solicit support; and
 - Send letters to cabinet ministers, MPPs, MPs, Mayor, Council Members.
8. Work with other community leaders to gain support for letter writing campaigns.
9. Get involved in the community:
 - Speak to various clubs, service organizations, and religious groups.
 - Send thank you notes and/or congratulations to people in the community, the media, students and workers associated with a school if they have done something of note.
10. Organize Community forums/Town Hall meetings on issues.
11. Participate in coalitions with organizations and other groups on similar strategies.
12. Evaluate your Plan on a continuing basis and adapt as required.

Examples of District Involvement

District 2

Successfully lobbied the Provincial and Federal Governments for many years about the need for divided highways in Northern Ontario. Lobbied the Provincial Government and Municipal Mayor and Councillors regarding a new long-term care facility to be run by St. Joseph's Care Group. The Centre for Excellence for Integrated Seniors' Services (CEISS) resulted due to the efforts of many local organizations.

District 7

Supported efforts of Windsor-Essex mega-Hospital Committee regarding the site of the new proposed hospital. Supported the same Committee by informing the Minister of Health that RTO/ERO District 7 supported the building of the Hospital. Encouraged members to also write the Minister in that regard.

Developing a Community Involvement Plan, cont'd

District 36

Used some of the pre-election funding from RTO/ERO to support Trent University's Central Student Association and the Trent U. Politics Society's "Trent Votes" campaign to engage the students in an effort to get students to vote as well as understand the political landscape.

District 40

Co-sponsored all candidates meeting with university club and posted "Just vote" posters at local universities/colleges/high schools. Invited an individual to speak at AGM on being Muslim.

District 41

Presented a brief to the local MPP concerning the negative impact of requiring day trips to be booked by TICO agents. The MPP forwarded the brief to the Minister of Tourism. A year later the portion of the law requiring TICO involvement in day trips was repealed.

District 43

Met with the North Bay mayor to find out how the city is progressing with its age-friendly initiative. He suggested that District 43 establish contact with the city official leading the project and this contact has been made. District 43 will have representation at the Council meeting when discussions begin on next steps.

District 44

Met with their MP to discuss the progress of issues brought up at the elections' debate at Nipissing University/Canadore College in North Bay sponsored by RTO/ERO. Met with their MPP to discuss Patients First, Hydro costs, Age-friendly communities, LHIN's reformatting and Drivers' Licensing and Testing of Seniors. Partnered with District 43 for meetings.

Promoting RTO/ERO at the Local Level

PAC members are encouraged to engage in activities to raise our profile and thus lend weight to our advocacy activities.

1. Produce Radio Ads – “educational minutes” – in order to:
 - Promote RTO/ERO;
 - Comment on current issues;
 - Congratulate students/parents/community members.
2. Undertake a Media Campaign (News Releases, Letters to the Editor) on “We Are Proud of our Community”:
 - List community involvement/activities in which RTO/ERO members are involved;
 - Present “Excellence in Community” awards to people for specific or long term achievement; and
 - Acknowledge RTO/ERO support for local organizations.
3. Distribute RTO/ERO brochures.
4. Publicize local “Service to Others” projects.
5. Produce local RTO/ERO promotional materials, such as memo pads, pens, bookmarks, mugs, bumper stickers, shirts and hats.
6. Undertake various community projects, such as: participating in fundraisers with specific charities, promoting environmental awareness, or providing kits for crisis centres.
7. Provide transportation to the polling stations for members and seniors.

Promoting RTO/ERO at the Local Level, cont'd

Publicizing Your Events

1. Use a lead or "grabber" or "hook" so media knows at outset what is purpose of the release.
2. List a contact person at end to provide further information if requested by the media.
3. Use a creative headline that grabs attention – keep it short, edgy and descriptive.
4. Use the 5 W's – where, who, when, what and why.
5. Use the present tense, not past tense, as it adds to the "shelf life" of a release especially in areas where newspapers are published on a weekly, not daily basis.
6. Attribute assertions/announcements in the lead to a person or an organization.
7. Back up the lead with supporting statements.
8. Avoid jargon; use terminology that the public will understand.
9. Use quotes throughout to liven it up.
10. Be direct and concise.
11. Be factual; keep it simple.
12. Proofread; don't leave a poor impression of RTO/ERO with careless grammatical and/or typing errors.
13. Include a brief overview of RTO/ERO, your District/Unit at the end of the release as background information.

Organizing an All-Candidates' Meeting

Pre-Meeting Tasks – Plan Well in Advance

1. Create a committee to organize the meeting. Consider including other groups, e.g., the affiliates, colleges, service clubs.
2. Decide on an appropriate format, such as:
 - a) a series of short speeches followed by questions from the floor;
 - b) a moderator controlling the format; and
 - c) a panel of the media starting the question period.
3. The moderator should be fair, able to maintain control and have a sense of humour. Provide an honorarium for the moderator.
4. Establish a budget; attain from District and/or Provincial funds. Expenses include: hall rental, AV equipment, refreshments, advertising, honoraria, and committee expenses.
5. Contact all the candidates to agree on a date, taking into consideration other pre-existing debates.
6. Look for an area of the riding that is not serviced by other all-candidates' meetings.
7. Confirm the date and book a meeting place. It should be suitable for appropriate audio-visual set-up.
8. Confirm the date, place, time and format with the candidates.
9. Contact other local groups to inform them of the event.
10. Develop a publicity plan to include:
 - a) placing advertisements in local media;
 - b) preparing news releases;
 - c) distributing 'Standing up for Seniors' brochure;
 - d) sending notices to other groups, e.g. school councils, seniors' groups;
 - e) sending invitations to ETFO, OECTA, OSSTF, AEFO;
 - f) encouraging members to attend; a good turnout is essential.
11. Contact local media to request live coverage.

Organizing an All-Candidates' Meeting, cont'd

The Meeting

1. Assign people to greet the candidates, media and panel members.
2. Provide a program. Spectators often use these to record their questions.
3. Arrange the seating, tables and microphone placements.
4. Arrange for water, pens and paper for the candidates
5. Begin the evening by explaining the rules for length of speeches, questions and responses. Allow for rebuttals by the opening speaker. Determine the order of speaking.
6. Have people prepared to ask specific questions on the issues important to your District and RTO/ERO.
7. Time limit should be 2 hours. Responses limited to 90 seconds.

Post-Meeting Activities

1. Send thank you letters.
2. Prepare and issue a news release on the meeting.

Using the Media During an Election Period

Introduction

The following methods of using the media may be used to deal with specific events and activities that Districts/Units are involved in, as well as to promote a social or political advocacy cause.

During an election campaign, however, Districts/Units may wish to consider formulating a plan, using a multi-faceted or coordinated approach to take a stance on political issues or the platform of candidates, both during the pre- and post-writ periods of the campaign.

ADVERTISING

1. Try to obtain free advertising through the community bulletin section of newspaper or on radio station as PSA (public service announcement).
2. When paying for advertisements, ask for the non-profit rate.
3. Keep wording short and to the point; too much wording makes it difficult for the reader to "get the message".
4. Use no more than two fonts for title and message; vary size and use of bolding to draw attention to the key message.
5. Use the RTO/ERO logo and any local graphics to draw attention to the advertisement.

LETTERS TO THE EDITOR

1. The letters section is one of the most highly read sections in a newspaper.
2. This is an opportunity for a District President to inform readers how the local RTO/ERO District feels about a certain issue and/or to reflect provincial RTO/ERO policies.
3. Letters to the editor can correct or interpret facts that have been previously stated in an inaccurate or perhaps biased article.
4. Letters to the editor can also be used to comment on a recent editorial.
5. Respond directly to the publication in which you read the article/letter/editorial; chances are the other publications in your community will not be interested in printing your opinion on an item which they did not carry.
6. Be timely – if responding to an editorial or article, try to do so within 24 hours for a daily newspaper and for the next issue of a weekly or bi-weekly publication.

Using the Media During an Election Period, cont'd

7. Referring to a previously-written article increases the chance of a letter being published as it becomes relevant for both editorial staff and readers; state this reference (title of article/editorial and date in the opening sentence).
8. As readers may not have seen the original article/letter/editorial, restate the basic premise of it in the letter to the editor.
9. State your position clearly and concisely at the outset so readers know why you are writing – offering support or criticism to a previously-written article/letter/editorial, or offering new ideas; most publications have a maximum length for letters to the editor and your letter, if it is too lengthy, may be edited.
10. If lending support to or criticizing specific politicians, mention them by name to get their attention.
11. Keep your letter short and simple, with short sentences as they have more impact.
12. Be as factual as possible.
13. Stick to a single subject – deal with one issue per letter; do not try to respond to all the issues, but select the key ones and concentrate on them.
14. Respect legalities –your letter should not be defamatory or obscene, no matter how upset you may be about a specific issue or individual.
15. Type your letter if possible; if they can't read it, they won't print it.
16. Proof your letter before sending it to ensure it is clear and to the point without repetition, and of course, for spelling and grammatical errors.
17. Include your name, address and phone number for verification purposes, but only your name and city will be identified.
18. Depending on the issue, encourage your friends and colleagues to write as well.
19. Don't be discouraged if the letter is not printed as editors receive numerous letters and simply don't have room to print them all; be persistent and eventually one should be printed.
20. Whether the letter is published or not, think of others who might be interested in your stance – municipal, provincial and federal politicians; chief bureaucrats, other RTO/ERO Districts, RTO/ERO Provincial Office.

Using the Media During an Election Period, cont'd

SURVEYS/QUESTIONNAIRES

1. Send a questionnaire to declared candidates to ascertain their stance on key issues facing specifically, the members of the District/Unit, and generally, the residents of the area (municipality/electoral riding).
2. Pose four-to-five key questions and ask for responses to be returned within a reasonable timeline.
3. Advise candidates that responses will be shared with members of the District/Unit, municipality/riding; and how, such as through a newsletter, a release to the media, advertising in the media, etc.

BEING INTERVIEWED BY THE MEDIA

If you are going to be interviewed by the media, you may wish to contact Simon Leibovitz or Sylvia Link at the Provincial Office for more detailed information and guidelines.

Appendix A

Code of Conduct

This Code of Conduct expresses the ethical principles of The Retired Teachers of Ontario/les enseignantes et enseignants retraités de l'Ontario (RTO/ERO) and serves as a guide to the conduct of staff and those who act on behalf of RTO/ERO. You should be familiar with the Code of Conduct, located on the provincial website.

Integrity/Accountability

Demonstrate integrity when acting on behalf of the organization. Model the principles of equity, trust, fairness, and respect. Recognize the importance and value of RTO/ERO members and employees. Respect the time, energy and effort of the many volunteers who work on behalf of the organization.

Governance

Uphold the Constitution, Policies and Procedures established by the organization. Support the governance structures (Senate, Provincial Executive, Provincial Committees, Districts and Units) to ensure the organization's democratic strength. Manage time, expectations, costs and resources responsibly and effectively.

Communication

Demonstrate open, honest communication with staff, RTO/ERO members, other professional groups and the community.

Share information in a timely manner, using a variety of methods.

Value the use of both official languages.

Appendix B

Use of Social Media

1. When posting, use a conversational tone and don't be afraid to show a little personality.
2. Keep your messages clear and concise. Use simple, but catchy, language. Remember: online users don't read, they 'scan'.
3. Be genuine and responsive. Don't sound like an advertisement and respond to comments, messages, and post.
4. To use social media effectively, you need to be active on it. This means logging into social media sites at least three times a week.
5. Post credible sources and opinions i.e. respected journalists, accredited websites and blogs, and professional experts.
6. In order to be better received, post between 9-10 a.m. and 4-5 p.m. If you're strapped for time, schedule tweets in advance and re-post important tweets to ensure they get read.
7. Post frequency: Generally, try not over-post. For Twitter, do not post more than three tweets at a time. For Facebook, do not post more than twice at time. Posting more than this might give the appearance of spam.
8. Integrate social media on your mobile phone. If you attend an event, post about it before, during and after to create hype and start conversations. This can also be applied to online events such as chats.

During An Election Period

1. Connect with RTO/ERO's social media networks for news and updates. Go to www.rto-ero.org and on any page are links to Facebook and Twitter under the heading "Find Us On". For direct access to RTO/ERO's Twitter account, go to www.twitter.com/rto_ero.
2. Visit politwitter.ca for Canadian politics in social media including conversations, news, and profiles.
3. Use social media to help online users understand the issues, force politicians to take a stand, and tell people to vote.
4. Use Twitter, Facebook to start conversations about key issues by asking questions, replying to and sharing posts, and creating polls.
5. When using Twitter, use hash tags (#) to search for candidates and issues and to make your tweets more searchable.
6. Start Facebook pages for candidates and issues you support. Spread them widely amongst your social networks.
7. Post pictures of candidates, events, and your advocacy initiatives
8. Post comments on blogs to raise awareness of candidates and issues that matter to you. Use blog comments to redirect users to websites that provide credible information.

Appendix C

Privacy Policy

Privacy Code

Privacy Statement

RTO/ERO values the relationship it has with its members and therefore is committed to respecting your privacy. We protect this privacy by maintaining personal information in the strictest confidence and securing it using appropriate safeguards. RTO/ERO does not share members' information with other organizations without your consent.

Collection, Use and Disclosure of Information

RTO/ERO collects, uses and discloses personal information only for those purposes necessary to administer membership and in accordance with the Personal Information Protection and Electronic Documents Act (January 1, 2004). This information includes, but is not limited to: Name, Address, Telephone, Email, Date of Birth, Date of Retirement, and Social Insurance Number (required by Teachers' Pension Plan to directly deduct your annual membership fee, if appropriate) Collection of this information allows RTO/ERO to establish and maintain communications with members, provide ongoing programs and services, and respond to inquiries. Personal information collected from members prior to the implementation of the Act is subject to the Act. Since it has already been collected, RTO/ERO assumes the right to continue to use and disclose such personal information, unless notified otherwise by individual members.

Safety & Security Measures

RTO/ERO has developed, implemented and reviewed its security procedures to ensure that members' personal information is protected against loss, theft, and unauthorized access or disclosure. These procedures include physical measures such as the use of locked cabinets; technological tools such as computer passwords and firewalls; and internal organizational controls such as restricted access.

Accessing Personal Information

RTO/ERO members have the right to access and amend personal information. You may withdraw consent, at any time, to the collection, use or disclosure of personal information, understanding that RTO/ERO, upon request, will explain the implications of withdrawing such consent, as it may hamper or prevent the provision of service.

Appendix C, cont'd

Contact for Further Information

In accordance with the Act, RTO/ERO has appointed a Privacy Officer who will ensure that we comply with all aspects of the legislation and continue to uphold all of the principles for protecting members' personal information. Individual members may contact RTO/ERO to ask questions about, access or amend personal information, withdraw consent on having information used, or file a complaint on this use. Questions and concerns should be directed to RTO/ERO's Privacy Officer, the Executive Director, or designate, the Chief Administrative Officer at privacy@rto-ero.org or 416-962-9463/1-800-361-9888.

Appendix D

Resources

Listed below are some resources. You might want to add more information to this list as it becomes available to you.

Age Friendly Communities

British Columbia

Website: <http://www2.gov.bc.ca/gov/content/family-social-supports/seniors/about-seniorsbc/seniors-related-initiatives/age-friendly-bc/age-friendly-communities>

Canada, Public Health Agency

Website: <http://www.phac-aspc.gc.ca/seniors-aines/afc-cao-eng.php>

Ontario, Ministry of Seniors Affairs

Website: <http://www.seniors.gov.on.ca/en/afc/>

Elder Abuse

British Columbia

Provincial Website: <http://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/protection-from-elder-abuse-and-neglect>

Canada

Government of Canada – Public Health Agency of Canada

Website: <http://www.phac-aspc.gc.ca/seniors-aines/ea-mta-eng.php>

Ontario - Elder Abuse Ontario

Provincial Organization that provides information on Elder Abuse, Training and Educational Opportunities, Conferences, Webinars, etc

Website: <http://www.elderabuseontario.com/>

Ontario

Website: <https://www.ontario.ca/page/information-about-elder-abuse>

Elected Officials

Federal Member of Parliament (MP)

Who is my MP?

Website: Parliament of Canada (search by Postal Code)

<https://lop.parl.ca/ParlInfo/Compilations/HouseOfCommons/MemberByPostalCode.aspx?Menu=HOC>

Information on House of Commons: Members, Contact Information, Biographical Information, etc.

Source: Parliament of Canada

<https://lop.parl.ca/parlinfo/compilations/HouseOfCommons.aspx?Menu=HoC>

British Columbia

Who is my MLA

Website: <https://www.leg.bc.ca/learn-about-us/members>

Ontario Member of Parliament (MPP)

Who is my MPP?

Source - Elections Ontario (search by Postal Code)

Website: <https://www3.elections.on.ca/internetapp/fyed.aspx>

Contact information for all MPPs and their roles and responsibilities

Source: Legislative Assembly of Ontario

Website: <http://www.ontla.on.ca/lao/en/members/>