



## What are Councils in LTC?

**Councils in Long Term Care (LTC)** are organized groups of residents, family members, friends and representatives of residents, who meet on a regular basis to work together to enhance the quality of life of residents. All councils are intended to be self-led, self-determining and democratic.

There are three different types of Councils:

**Family Councils** - comprised of families, friends and representatives of residents.

**Resident Councils** - comprised of residents.

**Resident and Family Councils** - comprised of residents, families, friends and representatives.

A LTC home may have more than one type of Council and each may have a different focus. Each care home is required to provide support and resources as requested by their Council(s).



## VCAFC - Who We Are

**Vancouver Coastal Association of Family Councils (VCAFC)** exists to support residents, families and care home operators, to develop mutually beneficial relationships between Family Councils and care home management.

**Our mission is to raise awareness** of the role of independent LTC Family Councils in the Vancouver Coastal Region of BC. Our goals:

1. Establishing new Family Councils;
2. Providing education and support to existing Family Councils;
3. Facilitating transitions to independently, family-led councils while strengthening partnerships with long-term care home operators;
4. Advocating for family and residents in LTC.

**VCAFC** is a proud member of the [Independent Long-Term Care Councils Association of BC](#) (ILTCCABC), our provincial association of long-term care councils. VCAFC is one of five member regional associations who comprise ILTCCABC.



*Together, we strive to enhance the wholistic experience of all Residents in Long-Term Care*



## VCAFC - What We Do

**VCAFC** helps family members start new Family Councils and is an ongoing support and resource.

**VCAFC** mentors families about roles and expectations of Family Council executive members.

**VCAFC** educates on best practices and provides templates and resources to help councils get set up to run independently and collaboratively with senior leadership.

**VCAFC** works with LTC staff and management to educate them about how they can best support Family Councils.

**VCAFC** informs residents and families about residential care regulations and guidelines.

**VCAFC** meets monthly to share and discuss lived experiences with the common goal of improved quality of care and life for residents.

**VCAFC** serves to elevate the voices of resident and family councils through sharing at regional forums and in meetings with the Ministry of Health.

## CALL to ACTION!

Do you have a Family Council? We encourage you to find out! The management team at your care home can provide you with information on whether or not a Family Council exists at your home. If no council exists, we are here to help you get one started. If you already have a Family Council, VCAFC is here to support you!

1. **VCAFC** provides support and mentorship to new and existing Family Councils.
2. **VCAFC** hosts educational sessions on topics meaningful to Family Councils.
3. **VCAFC** offers networking, sharing and problem solving through bi-monthly forums.
4. **VCAFC** elevates the voices of residents and advocates to our provincial association, [ILTCCABC](#), which meets with the Ministry of Health on a regular basis.

## RESOURCES

[Vancouver Coastal Assoc. of Family Councils](#)  
[Independent LTC Councils Association of BC](#)  
[Residents Bill of Rights](#)  
[Seniors Advocate of BC](#)  
[Ombudsperson BC](#)  
[BC Ministry of Health News Release](#)  
[BC Ministry of Health 2024 Guidelines](#)

## VOLUNTEER with VCAFC

Join us in our meaningful work! VCAFC and our provincial association, [ILTCCABC](#), are always looking for people to share our volunteer mission advocating for quality resident and family experiences in LTC.

We welcome independent Family Council members, as well as individuals with a desire to advocate for residents in LTC. Volunteers can serve on various committees towards fulfilling our purpose and goals.

Together, we can deepen and strengthen relationships between families and care home staff, fostering collaborative communication and driving quality improvements for everyone!

## CONNECT with VCAFC



[VancouverCoastalFamilyCouncils.ca](https://vancouvercoastalfamilycouncils.ca)

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*Vancouver Coastal Association  
of Family Councils*