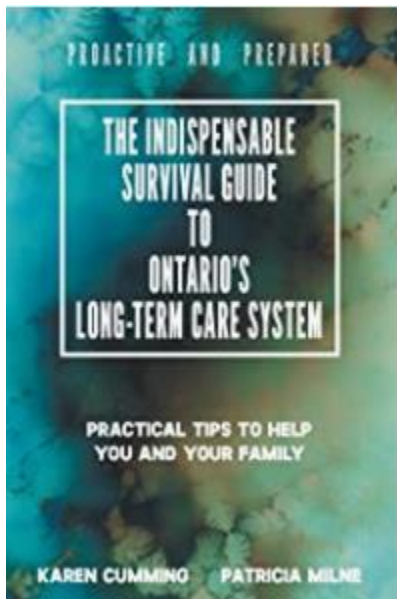


## Tips for Being Prepared Ahead for Long-Term Care

This survival guide, by Karen Cumming and Patricia Milne, provides practical tips to help you with the long-term care system. It has 140 pages of very meaningful information. They say to think of them as Glinda the Good Witch of the North in the Wizard of Oz. “We have a magic wand, and we’re here to wave it over you every step of the way.”



### Where To Start

- Talk to your doctor
- Contact 211 - Community and Social Services Help Line
- Talk to people who have experienced LTC
- Read the book “The Indispensable Survival Guide to Ontario’s Long-Term Care System”

The guide provides links to helpful resources. For information, visit [www.indispensableguide.ca](http://www.indispensableguide.ca)

**Be prepared!**