

We urge that Provincial Departments of Welfare be encouraged to include a cost of living clause when drawing up scales for welfare allotments so that those receiving benefits do not find themselves caught in the tight squeeze of rising prices and static allotments.

Consideration should also be given to the concept of "Basic needs". Are human beings only in need of food, shelter, clothing, and medical care? Canadians must decide whether their measuring of need is qualitative or quantitative. Should a daily newspaper be considered a luxury? To many poor people it is. To achieve a more realistic conception of the adequacy of welfare benefits those who have experienced living under such conditions should be consulted when new scales and legislation are being considered.

Many of those with whom we spoke attributed inadequate wages as being one of the prime causes of poverty. They cited the fact that often jobs were available but that the salary was insufficient to live on. We would therefore RECOMMEND that a national guaranteed income be established either through the increase of basic wages or through supplementation of income earned—whichever is the more economically feasible.

We would suggest reassessment of Old Age Security and Family Allowance Benefits with a view to increasing benefits for those who are in need and decreasing or discontinuing them for those who are not.

Since there are approximately 1.5 million Canadians over sixty-five years of age we RECOMMEND that a study to ascertain their needs be carried out. Often living alone and in old neighbourhoods many of our senior citizens constitute our "hidden poor". Efforts must be made by which they are assured adequate income so that they can afford suitable housing and nutritious diet. So that they will have access to frequent medical check-ups to maintain their mental and physical health neighbourhood groups and organizations should strive to locate them and urge them to take advantage of the available facilities.

In keeping with our concept of maintaining a heterogeneous community life we RECOMMEND that when private organizations or governments sponsor senior citizen housing projects they locate such projects within the mainstream of the community so as to retain these people as active members of the social group. We also RECOMMEND that this segment of the community be looked to as an

untapped source of talent for becoming involved in volunteer programmes with the young.

Since many people on reaching retirement age are still young, businesses, industries and communities should be encouraged to prepare pre-retirement programmes which would better enable people to cope with the use of retirement leisure.

Families should be encouraged to assume their responsibilities towards aged members and governments should aid them in carrying out these responsibilities through visiting nurses, clinics and provision of nursing home facilities when the family is incapable of providing required care.

We would also RECOMMEND that in areas of chronic or high unemployment that Manpower Centres be set up using the human resources of those in the area. We suggest also that the psychological problems of the unemployed be further explored and that they (the unemployed) be given counselling to better deal with their plight. Frankl says:

Remarkably enough the most prominent symptom of this (the unemployment) neurosis is not depression, but apathy. The unemployed become increasingly indifferent and their initiative more and more trickles away. This apathy is not without grave dangers. It makes such people incapable of grasping the helping hand which may be extended to them.

Keeping this statement in mind it might be advisable that Manpower employees and community workers in the neighbourhood go to the unemployed rather than wait for the unemployed to come to them.

We would suggest that the problem posed by company pension plans which exclude the employment of relatively young persons because these people are too old to fit into such plans be studied by both business and government with the view to finding a solution to this kind of discrimination.

The need for an increase in adequate low cost housing was a recurrent theme in our discussions with people in preparing this brief. The effects of rat-infested, fire-prone, poorly-serviced buildings on those who occupy them cannot be measured. The psychological and sociological effects on children being brought up in such an atmosphere, as well as the morale of parents forced through circumstances beyond their control to rear their families in this environment contribute