

# CAREGIVER TIMES

A Network for People Who Are Caring for Family and Friends

Fall 2008

## Caregiver Respite Options At A Glance

It is very common for primary caregivers to pass over their own physical and spiritual needs and focus all of their time and energy on meeting the needs of the person they are caring for. Unfortunately, this self-neglect can catch up with you along your caregiving journey and eventually hinder or prevent you from providing quality, on-going care. Respite is one of the most important forms of self-care for caregivers to incorporate into their regular weekly schedule. The Merriam-Webster dictionary describes respite as: *a temporary delay; an interval of rest or relief*. Taking a break from caregiving is a necessary component of providing quality care to your friend or family member and is vital to your own health and well-being.

Different people or organizations can provide respite support. Some sources of support may be: family, friends, neighbours, home care agencies, volunteers, community programs, and the formal health care system.

The Continuing Care Division of the Ministry of Health provides options for respite that form part of the formal health care system. At the community level, these programs can be accessed through the local health authority. In Vancouver, a meeting with a "Case Manager" can be arranged by calling the **Vancouver Coastal Health Central Intake Line: 604-263-7377**. The "Case Manager" will assess the situation and recommend suitable options. Services that may be available include adult day centres, in-home respite, and care home respite.

### Adult Day Centres:

Adult day centres usually operate on weekdays and offer a variety of supportive social programs in a group setting. As well as respite time for the caregiver, the programs offer therapeutic recreation, social stimulation, and a nutritious meal for the care recipient.

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## CAREGIVER SUPPORT PROGRAM

3425 Crowley Drive  
Vancouver, BC V5R 6G3

**Pre-Recorded Information Line:  
604-877-4683**

Website: [www.vch.ca/caregivers/](http://www.vch.ca/caregivers/)  
E-mail: [caregiversupport@vch.ca](mailto:caregiversupport@vch.ca)

Fax: 604-872-2368

### CURRENT PROGRAMS & SERVICES:

Education Series & Workshops  
Monthly Caregiver Support Groups  
Annual Caregiver Information Fair  
Information & Referral

### INSIDE THIS ISSUE:

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## Caregiver Respite Options At A Glance *(continued from page 1)*

### **In-Home Respite:**

In-home respite is pre-arranged on an hourly basis. A care attendant goes into the care receiver's home to allow the caregiver respite time for appointments, shopping and social events.

### **Care Centre Respite:**

Care home respite can be arranged on a priority and needs basis with the help of a "Case Manager" from the local health authority. The caregiver may have up to a month of rest or vacation while their family member is cared for at a care facility on a pre-arranged booking.

### **Health and Home Care Society of BC: Family Respite Centre:**

Health and Home Care Society of BC runs a Family Respite Centre in South Vancouver. The Family Respite Centre offers 24-hour care when the caregiver requires rest. The facility includes 12 private ensuite bedrooms. Guests may stay up to 30 days and reservations can be made up to six months in advance. For more information about their respite services call **604-327-9525** or visit: **www.carebc.ca**

### **V.C.H. Volunteer Program Services:**

Services offered through the *Vancouver Coastal Health Volunteer Program* in Vancouver may be another source of support for caregivers needing a short break or time to him or herself. For example, Vancouver Coastal Health volunteers are available to provide assistance to and from medical appointments via Handy Dart or Taxi. Trained volunteers serving as "friendly visitors" can also provide social support, companionship, walking assistance or other activities to adults limited in their ability to access community resources. These visits take place in the care recipient's home once a week and allow the caregiver to engage in other activities while their family member visits with the volunteer. To learn more about these and other respite services available through **Vancouver Coastal Health**, please contact your local community health centre or call **604-263-7377**.

Despite these different options to obtain respite support, it is very important for you to define what event or activity helps you feel more rested and as though you have had a break from caregiving responsibilities. You may decide it is having time to read a book uninterrupted, meet friends for coffee, or engage in physical exercise. For others it may involve spending time with family members or friends at the beach, going out for a picnic, or treating yourself to dinner and a movie. Find what fills you with a renewed sense of energy and make it part of your weekly routine. **A rested caregiver is a good caregiver**, so both you and the person you are caring for will benefit!

*Caregiving is more  
than giving care.  
It is also receiving care.*



### **TAKE CARE: A FREE handbook for families caring for older adults**

The *Vancouver Coastal Health Take Care* handbook talks about the challenges and rewards that come from caring for an adult with a chronic illness or disability. It is a **free** tool for family caregivers and provides information and ideas about how to cope, access resources that are available in the community, develop a greater understanding of the changes that are taking place for the person they are caring for and how to manage as a caregiver.

Contact the **V.C.H. Caregiver Support Program** for a free copy or download one from the **V.C.H. website: [www.vch.ca/caregivers/](http://www.vch.ca/caregivers/)**

## Caregiver Self-Assessment:

### **ARE YOU AT RISK OF EXPERIENCING CAREGIVER BURNOUT?**

Answer **"yes"** or **"no"** to the following questions to see if you may be at risk for caregiver burnout:

- Do you ever find yourself trying to "do it all" and be responsible for all aspects of caregiving?
- Do you experience sleep disturbances, including inability to fall asleep or stay asleep?
- Do you frequently experience aches and pains, including muscle aches, neck aches or headaches?
- Do you say to yourself, "I should be able to...", "I can never..." or other similar statements?
- Do you get frustrated about something in particular you are unable to change?
- Do you experience chronic health problems and experience low energy or exhaustion?
- Do you resist asking for and receiving assistance from others?
- Do you feel that your family has no idea what you must go through and that they simply do not understand?
- Do you experience emotional outbreaks, including anxiety, depression, anger, guilt or loneliness?

If you answered **"yes"** to any of these questions, you are likely experiencing caregiver stress, which can put you at risk for caregiver burnout. You can manage caregiver stress so that it does not make you ill or interfere with your caregiving and the rest of your life. Many caregiving situations fail or caregivers become ill because they have failed to sustain the activities, interests and friendships that they love. It is critical that you have a few hours a week away from caregiving to recharge.

**Remember, you cannot provide quality care unless you care for yourself!** To locate respite services in your community that can provide you with a temporary break from your caregiving duties call your local health or senior's centre.

## **NEW CAREGIVER SUPPORT GROUPS!**

### **Kitsilano Caregiver Support Group**

**2<sup>nd</sup> Thursday of each month  
6:30 pm – 8:30 pm  
(Aug. 2008 – Jan. 2009)**

Kitsilano Neighbourhood House  
2325 West 7<sup>th</sup> Ave.  
Vancouver

For more information **please call:**  
**Vancouver Coastal Health  
604-263-7377**

### **Renfrew Caregiver Support Group**

**3<sup>rd</sup> Tuesday of each month  
10 am – 12 pm  
(On-going)**

Renfrew Park Community Centre  
2929 East 22<sup>nd</sup> Ave.  
Vancouver

For more information **please call:**  
**Vancouver Coastal Health  
604-263-7377**

If You Step On A Crack

1. It's the little deaths...  
Tug at the throat,  
And catch the breath.

Three fractured vertebra,  
(Numbers five, seven and  
eight)  
and suddenly  
life takes  
a turn.

Standing tall.  
Standing your ground.  
Just standing  
Becomes heroic.

I stand at the distance,  
Of a generation.  
Your Daughter

Mature now at 53 years  
Of this living business.

Uncertain,  
Like you,

How to put  
My left foot  
In front of  
My right foot  
In front of my left...

How to reach my hand out to  
you,  
Grab you  
With tenderness and fury of  
my love,

How to take these clumsy  
artist hands  
And fashion them into  
A cane, a brace, a walker  
A cradle, a basket...  
patience and respect.

How to cushion the bed,  
Steady the floor,  
Dress the wound,  
Fix the tray,  
Ease the mind,  
Salve the heart.

Part the reeds  
And hack through the  
underbrush of future.

2. When your granddaughter  
was born  
You came to help...  
Changed diapers, bought a  
rocking chair  
Rocked the baby.

Told me (when I asked  
"How will I cope without  
you?")

That now,  
I was the Mother.

Now,  
I am the Mother  
And you are the Mother.  
You are my Mother,  
And I am your other.

Rock me in your wisdom  
As I walk you in my fear.

Help me in my vision  
As I bathe you in my tears.

Walk me in your footsteps...  
Walk me in your footsteps  
Until the path is cleared.

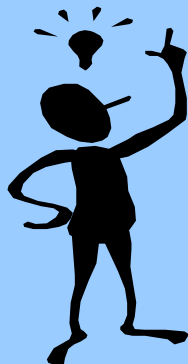
~ Anonymous  
Family Caregiver, 2008



If you would like to be  
added to our mailing list to  
receive our free quarterly  
newsletter, **Caregiver  
Times**, please leave a  
phone message or send a  
written or e-mail request to:

Caregiver Support Program  
3425 Crowley Drive  
Vancouver, BC  
V5R 6G3  
Tel. (604) 877-4683

E-mail:  
caregiversupport@vch.ca



**Do you have any ideas for  
the next edition of the  
Caregiver Times? We would  
welcome your suggestions,  
poems, stories, articles,  
recipes, and feedback!  
Forward all submissions to:**

**Caregiver Support Program  
Vancouver Coastal Health  
3425 Crowley Drive  
Vancouver, BC V5R 6G3**

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# CAREGIVER WORKSHOPS & EDUCATION

## The Vancouver Coastal Health Caregiver Support Program Education Workshop Series is Back!

This **FREE** Workshop Series is an excellent opportunity to learn strategies for coping and be informed about community health care services. It is also a great opportunity to connect with other caregivers, share ideas, and learn about valuable resources to assist in decision-making. *Respite services may be available. Space is limited and pre-registration is required!*

### **SEPTEMBER SERIES:**

**Wednesday Evenings for 4 Weeks**

**Sept. 3 – 24, 2008; 6:30 pm – 8:30 pm**

Evergreen Community Health Centre, 3425 Crowley Drive, Van.

### **FALL SERIES:**

**Tuesday Evenings for 6 Weeks**

**Oct. 21 – Dec. 2, 2008** (No session Nov. 11<sup>th</sup>)

Pacific Spirit Community Health Centre, 2110 West 43<sup>rd</sup> Ave., Van.

### **Topics addressed in the Education Series include:**

- |                                      |                                      |
|--------------------------------------|--------------------------------------|
| ☞ Caregiver Roles & Responsibilities | ☞ Legal & Health Care Considerations |
| ☞ Self-Care & Stress Management      | ☞ Community Health Services          |
| ☞ Family Dynamics                    | ☞ Facility Placement                 |

For more information and to register please call:

**Vancouver Coastal Health: 604-263-7377**

**Website: [www.vch.ca/caregivers/](http://www.vch.ca/caregivers/)**

**E-mail: [caregiversupport@vch.ca](mailto:caregiversupport@vch.ca)**

## **CARING & LEARNING TOGETHER PROGRAM – Vancouver Coastal Health**

This **FREE** 4-week Education Series explores: normal aging; brain structure & functioning; psychiatric disorders in older people (dementia, delirium & depression), communication strategies, and behaviour management.

**Oct. 3, 7, 14, & 21, 2008 from 1:00 pm – 4:00 pm**

**Location: George Pearson Centre**

To register for this **FREE** Series, please call: **604-875-4111 Ext 67240**

### **CAREGIVERS' JOURNEY:**

#### **North Shore Caregiver Support Program**

A **FREE** five-week series of workshops for family caregivers. Workshops are held on the North Shore.

**Tuesday Mornings: 10:30 am – 12:30 pm**

**Sept. 16, 2008 – Nov. 4, 2008**

**Thursday Evenings: 7:00 pm – 9:00 pm**

**Oct. 9, 2008 – Dec. 11, 2008**

For more information please contact:

Cindy Bouvet at North Shore Community Resources

**Tel. 604-982-3320**

### **DEMENTIA EDUCATION SERIES**

#### **Alzheimer Society of BC**

Four – 3 hour sessions provide family caregivers with the opportunity to learn effective ways to care for a person with Alzheimer's disease or a related dementia. Cost: \$25

**Thursday Evenings: 6:30 pm – 9:30 pm**

**October 2, 9, 16, & 23, 2008**

Little Mountain Care Facility  
330 East 36<sup>th</sup> Ave., Vancouver

For more information please contact:

Judy at **604-742-4926**

## CAREGIVER SUPPORT GROUPS AVAILABLE IN THE COMMUNITY

- 1. Alzheimer Society Family Caregiver Support Groups:**  
**Contact: Dementia Help line 604-681-8651 or toll free 1-800-936-6033.**  
*For groups available in Mandarin and Cantonese, please call 604-687-8299*
- 2. Lion's Den Adult Day Centre Caregiver Support Group: Call Carolyn, 604-718-5848.**  
Meets 3<sup>rd</sup> Thursday of each month from 7 pm – 9pm (Sept. – June).
- 3. Mood Disorders Assn. of BC Family Support Group: Call 604-873-0103.**
- 4. Multiple Sclerosis (MS) Society Caregiver Support Group: Call 604-689-3144.**
- 5. North Shore Caregiver Support Program Family Caregiver Network Groups: Call Cindy Bouvet, 604-982-3320.** Day and evening groups available.
- 6. Parkinson Society British Columbia: Call 604-662-3240 or toll free 1-800-668-3330.**
- 7. Support Groups for Caregivers of Stroke Survivors – Contact: Stroke Recovery Assn. of BC, 604-688-3603 or 1-888-313-3377.**
- 8. V.C.H. Monthly Caregiver Support Groups: Call 604-877-4683.** West side group meets 2<sup>nd</sup> Thursday of each month (6:30 pm – 8:30 pm); East side group meets 3<sup>rd</sup> Tuesday of each month (10 am – 12 pm).

### Supporting the Dementia Journey

No matter if you've received a formal diagnosis or if you're simply questioning if you or a loved one has the disease, dementia can often lead to a path of fear and frustration. Yet thanks to partnership and research, new hope and new help for those affected by dementia is available. Vancouver Coastal Health and the Alzheimer Society of BC launched the Dementia Journey website (now expanding province wide) that aims to help people with dementia and their loved ones not only track the dementia journey, but connect them with tools and resources to help them plan the next steps of their lives. Please visit; <http://www.vch.ca/dementia>

### ALS Society of BC Caregiver's Day

The ALS Society of BC is planning a Caregivers' Day on September 29, 2008 that will be filled with food, fun and thoughtfully presented information. Please contact the ALS Society for more information or to learn more about the services offered by the ALS Society.

**ALS Society of BC**  
**#119-1600 West 6<sup>th</sup> Avenue**  
**Vancouver, BC V6J 1R3**  
**Tel. 604-685-0737**  
**[info@alsbc.ca](mailto:info@alsbc.ca)**

If you no longer wish to receive this newsletter, please let us know so we can take you off of our mailing list.  
Call (604) 877-4683 or e-mail: [caregiversupport@vch.ca](mailto:caregiversupport@vch.ca)