

CAREGIVER TIMES

A Network for People Who Are Caring for Family and Friends

Spring 2009

ANNUAL FAMILY CAREGIVER FAIR *Caregivers: Get the Tools For Your Journey* Saturday, May 9, 2009

To celebrate *Family Caregiver Week in BC* (May 9 – 15, 2009), please join us at our upcoming Family Caregiver Fair on **Saturday, May 9, 2009** at UBC Robson Square in Vancouver. There will be a variety of speakers through out the day. Additionally, there will be many resource tables and you can gather valuable information on practical resources.

Who should attend?

- An unpaid caregiver looking after a friend or family member who is elderly, chronically ill or living with a disability
- An individual planning to become a caregiver in the future
- A support group facilitator who meets with other caregivers
- A healthcare professional with an interest in helping caregivers

What can I learn about in the education sessions?

- Tools for Emotional Wellness- dealing with the emotions of caregiving
- Accessing Community Health Care Services
- Planning the Legal Aspects of Senior Care
- Fall Prevention Strategies
- Web-based Care Planning Tools
- Senior Living Arrangements- the difference between private pay and subsidized housing
- Creating Smooth Eldercare Plans for moving to seniors' living
- Role of the Public Guardian and Trustee
- Avoiding Abuse – Preventative measures to reduce the risk of abuse
- Respite Relief for Caregivers

Who's the Keynote Speaker?

Jan Spilman, MEd, is a BC Registered Clinical Counsellor, Compassion Fatigue Specialist and the director of Caregiver Wellness, a provider of workshops and professional training to family carepartners and helping professionals. Jan's primary qualification for giving this talk - **Tools for Emotional Wellness** - is the 7 years she spent as carepartner to her husband until his death from heart failure in 2004.

What's the cost to attend?

This is a **FREE** public event presented by the **Caregivers Association of BC** and **Vancouver Coastal Health Caregiver Support Program**.

Saturday, May 9, 2009
9:00 am – 3:15pm
UBC Robson Square
800 Robson Street
Downtown Vancouver

For more information contact **VCH 604-877-4683**
caregiversfair@yahoo.ca or www.caregiversbc.ca



CAREGIVER SUPPORT PROGRAM

3425 Crowley Drive
Vancouver, BC
V5R 6G3

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

Website:
www.vch.ca/caregivers/
E-mail:
caregiversupport@vch.ca

Fax: 604-872-2368

CURRENT PROGRAMS & SERVICES:

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

***BC Bereavement Helpline:
Putting Life, Loss & Love into Perspective***

Grief is a highly complex and absolutely normal reaction to a death. It affects each person differently. It takes time to work through, often much longer than people expect. Many people feel isolated in their grief and pressured by society's expectations to "get over it and move on". Symptoms such as the inability to sleep, lack of appetite, lack of desire to do anything, feelings like they are "going crazy", forgetfulness, and depression can all be natural reactions to the loss of a loved one; a bereavement support group can be the most helpful way to adjust to the loss.

The BC Bereavement Helpline (BCBH) was founded in 1986 by a group of concerned caregivers in the community who recognized that there was a need for a centralized information service to help grieving people to find bereavement support in their community. It has received almost 30,000 calls from the bereaved and their caregivers in the province, from Prince George, Fort St. John, Sidney, Prince Rupert, Castlegar to name a few. The caller receives immediate support from a knowledgeable volunteer who offers a compassionate ear and helps them locate support that is appropriate for their loss. The 1-877 number is available for anyone calling long distance.

Milestones of the Helpline include lobbying the government to declare November 14 as "Bereavement Day in BC" (since 1998), hosting well-known bereavement speakers at the Annual General Meeting including Sandra Elder, Dr. Nancy Reeves, Dr. David Kuhl, Rev. Michael Sabara and this year, Dr Gabor Mate, author of "When the Body Says No" and working closely with BC Hospice Palliative Care and other like-minded organizations that serve the bereaved. The Helpline also produces a one-of-a-kind Resource Directory of Bereavement Support in BC – it lists over 250 not-for-profit agencies in the province alphabetically by city.

The Helpline welcomes volunteers to answer the phone and offers training and support, as well as lots of appreciation from callers who are so grateful that the service exists!

**The Helpline is open 9:30 am – 3:00 pm, Mon. thru Fri.
CALL 1-877-779-2223 OR 604-738-9950 for grief support groups in your community**

North Shore Caregiver Support Program

Adults Caring for Aging Parents: A Transformative Journey with Clarissa Green

A five week course on how caring for AGING parents CHANGES relationships and challenges work-life balance. Learn HOW TO OPEN conversations ABOUT HARD TOPICS and USE STRATEGIES THAT FOSTER work-life balance.

Mondays May 11, May 25, June 1, June 8, and June 15, 2009

The Caregivers' Journey - A Series of Five Educational Workshops

April 21 - May 19, 2009, Tuesday 10:30am – 12:30pm

This course looks at the emotional and practical aspects of caregiving. Space is limited and those living off of the North Shore can attend if space permits. Call Cindy Bouvet, Coordinator at 604-982-3320. Free for North Shore Residents. Those residing in other communities are asked to make a donation to the North Shore Caregiver Support Program.

**All our program are in the Community Room, North Shore Community Resources Centre,
#203 Capilano Mall, 935 Marine Drive, North Vancouver, B.C.**

Facilitator: Cindy Bouvet, M.Ed. Contact Info 604-982-3320, cindy.bouvet@nscr.bc.ca

The Vancouver Coastal Health Caregiver Support Program Education Workshop Series

These **FREE** Workshop Series provide an excellent opportunity to learn strategies for coping and to be informed about community health care services. They also provide a great opportunity to connect with other caregivers, share ideas, and learn about valuable resources to assist in decision-making. The West-side series will focus on general caregiver issues for the first five weeks, and have a palliative-care focus for the last two weeks only. The last two sessions will be facilitated by members of the VCH palliative care team. *Respite services may be available. Space is limited and pre-registration is required!*

EAST-SIDE SERIES: Wednesday Evenings for 7 Weeks

June 10 – July 29, 2009; 6:30 pm – 8:30 pm

No class on July 1st

Raven Song Community Health Centre,
2450 Ontario Street, Van.

WEST-SIDE SERIES: Caregiver Education Series with a Palliative Care focus

Monday Evenings for 7 Weeks

May 25 – July 6, 2009; 6:00 pm – 8:00 pm

Pacific Spirit Community Health Centre,
2110 West 43rd Avenue, Van.

Topics addressed in the Education Series include:

- ☛ Caregiver Roles & Responsibilities
- ☛ Self-Care & Stress Management
- ☛ Family Dynamics
- ☛ Legal & Health Care Decisions
- ☛ Community and Health Care Services
- ☛ Facility Placement

Topics addressed in the palliative care focus workshops include:

- ☛ Community resources (A brief overview);
- ☛ The Medical Picture: Have all your questions answered by a palliative care doctor and home care nurse.
- ☛ Grief and Loss; Managing your stress; Taking care of yourSELF

For more information and to register please call:

Vancouver Coastal Health: 604-263-7377

Website: www.vch.ca/caregivers/

E-mail: caregiversupport@vch.ca

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

We also appreciate any article submissions, recipes, poems, stories and feedback to share in upcoming newsletters.



Check out our new program
website : www.vch.ca/caregivers/



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 3rd 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 2nd Thursday of each month (6:30 pm – 8:30 pm); East side group meets 1st and 3rd Tuesday of each month (10 am – 12 pm).

Online Support Group for Caregivers

* Are you a caregiver or family member of a cancer patient with the BC Cancer Agency?

* Would you like to give and receive support, information and resources with other caregivers and family members?

* Are you comfortable being online (e.g. using email and the internet)?

Consider joining our free online support group, where you can connect with other caregivers living in BC and the Yukon.

These synchronous chats happen Wednesday afternoons between 1:00 and 2:30 pm, and are expertly facilitated by a BCCA Oncology Counsellor.

Feedback from participants has been overwhelming positive:

"I can't tell you how much I have learned from listening to all these caring people every week. It gives me such strength and knowledge."

To register please contact the Program Coordinator, Sophie at 604 707-5900 Extension 4955 or at:

sbartek@bccancer.bc.ca

Kitsilano

Caregiver Support Group

2nd Thursday of each month

6:30 pm – 8:30 pm

(On-going)

Kitsilano Neighbourhood House

2325 West 7th Ave.

Vancouver

For more information please call:

Vancouver Coastal Health

604-263-7377

Renfrew

Caregiver Support Group

1st and 3rd Tuesday of each month

10 am – 12 pm

(On-going)

Renfrew Park Community Centre

2929 East 22nd Ave.

Vancouver

For more information please call:

Vancouver Coastal Health

604-263-7377