



ACR NEWS BULLETIN

2010 - 06 - 18

Vol 1-4

To: Family Councils and Members of ACR

** Please help us spread the word! We encourage you to circulate this Bulletin among your networks of those interested in residential care in BC. **

ACR News

Riverview patient transfers to Providence Health Care (Vancouver) residential care facilities

Family Council News: Family Councils or Family Advisory Councils - what a difference a name makes...

Greater Vancouver United Way Funding received!

ACR Family Council Conference being planned for mid-October 2010

ACR AGM planned for Saturday, Sept 18, 2010 (Vancouver BC)

Vancouver Island Association of Family Councils (VIAFC)

****Study Released:*** *Nearly 45% of seniors in residential care live with depression or symptoms of depression...*

** Canadian Institute of Health Information (CIHI)*

July 2010 Events

Ask a Doctor – Ask a Nurse: Caring for Family and Friends with a Life Limiting Illness (Free Tele-workshop, Sponsored by North Shore Community Resources)

Dates (two time slots): July 5, 2010 7:00 pm and July 8, 2010 4:00 pm

Are you caring for someone who is seriously ill? Do you have questions and fears about what will happen and how you will cope? Join Dr. Douglas McGregor and Pat Porterfield (RN) for an information sharing of commonly asked questions when caring for someone with a life-threatening illness.

Douglas McGregor is a physician with the Vancouver Coastal Health (VCH) Palliative Care Team. He also has a small General Practice in downtown Vancouver and looks after patients in St. James Cottage Hospice. Dr. McGregor has participated in caregiver education and is interested in palliative/end of life care education for family physicians.

Pat Porterfield is the Leader of the Palliative Care VCH Regional Team. Pat has worked as a Clinical Nurse Specialist, Palliative Care, at Vancouver General Hospital and in Ontario. She is a Clinical Adjunct Professor at the UBC School of Nursing where she teaches palliative care nursing. Pat has a strong interest in caregiver support.

Register online: www.careringvoice.com or call 1-866-396-2433

Introduction to Seniors Advocacy (Volunteer Advocacy Training for Mature Adults)

BC Seniors Advocacy Network (BC SAN) will be conducting this three day course on the following three Wednesdays: July 7th, 14th and 21st from 9:30 am to 3:00 pm, at 411 Seniors Centre, 411 Dunsmuir Street, Vancouver BC.

This volunteer training is free and includes gaining knowledge and skills on being an effective Advocate and how to support vulnerable seniors who may be alone and dealing with complex situations. Advocates will learn how to deal with seniors issues, develop resources and networking skills, gain diversity awareness, practice effective listening skills and create self-care practices.

For more information and to register contact Jemma Templeton, BC SAN Coordinator at 604-684-8171 (ext 232) or by email: jtempleton@411seniors.bc.ca

More Info...

Riverview patient transfers to Providence Health Care (Vancouver) residential care facilities

ACR has written to the Ministry of Health and CEO's of the Vancouver Coastal and Fraser Health Authorities to express concerns about these transfers. Although, we support the move of Riverview patients to community based mental health facilities, we have several concerns about this proposal. These include the displacement (and disruption to their life) of current vulnerable residents from their present residential care facility, familiar surroundings and care providers, and a net decrease in available residential care beds in the community.

Family Council News

Family Councils or Family Advisory Councils - what a difference a name makes...

ACR has heard rumours that the Ministry of Health and Health Authorities are consulting on the formulation of a group that may be called a 'Family Advisory Council'. The role of this group is unknown, nor is its relationship with 'family councils' as per the Residential Care Regulations clear. The term 'Family Advisory council' has a quite different connotation from a Family council. "Family Advisory councils' suggest a restricted (perhaps invited) membership,

prescribed agenda and 'control' by Facility or Health Authority staff. Such a model is not, a Family council as per the ACR model or as exists (and will soon be enshrined in law) in Ontario.

Our concern about the rumours was heightened when we were contacted by a Family council that found a notice on their Family council Bulletin Board from the Facility Administrator announcing that their Family council no longer existed and would be replaced by a new combination Resident/Family council, that would meet in the afternoon, and that further information would be forthcoming once received from the Health Authority. We would like to hear from any other Family council who may have received a similar message and recommend that Family councils so advised also contact the Ombudsperson of BC directly with copies of any relevant notices or correspondence. Contact Info: Website: www.ombudsman.bc.ca Phone: 1-800-567-3247 Fax: (250)-387-0198; Mailing address: P.O. Box 9039, STN PROV GOVT, Victoria BC V8W 9A5

ACR has written to the Minister of Health to seek clarification on these rumours. We have also requested specific information on any plan and format for a 'Family Advisory council' model. We also requested information on any consultation underway on family councils in residential care facilities and with whom the consultation is taking place, as well as information on the action being taken to implement the recommendations of the Ombudsperson's Report (Part 1). Presently, Section 59 Family and Resident Councils, of the Residential Care Regulations provides for the establishment of Family councils in BC residential care facilities that are licensed and operated under the Community Care and Assisted Living Act.

(A copy of the BC Residential Care Regulations can be accessed through the Community Care Licensing Branch of the Ministry of Health: <http://www.hls.gov.bc.ca/ccf>)

The Ombudsperson's Report (Part I): "The Best of Care: Getting It Right for Seniors in British Columbia", key recommendations included:

-Creating a bill of rights for seniors in residential care and posting this documents in prominent location in every facility

-Creating a single provincial website containing comprehensive, comparable information on residential care

-Entrenching an expanded role for resident and family councils in legislation and supporting the development of regional family councils.

Vancouver Island Association of Family Councils (VIAFC)

The Vancouver Island Association of Family Councils (VIAFC) held its first Annual General Meeting in Duncan on 20 February 2010. VIAFC members (elected from their Family councils) in attendance included representatives from both VHIA residential care facilities and affiliates from the North and South Vancouver Island.

In keeping with the Ombudsman's recommendations contained within the recently released "The Best of Care: Getting It Right for Seniors in British Columbia (Part One)" the newly elected VIAFC executive is equally divided between the North and the South of Vancouver Island. The approved Terms of Reference establish the focus of the group: to advocate for enhancement and quality of care for those in residential care through understanding, sharing and advocacy.

The VIAFC meets monthly. For further information, contact Lyne England, Chair, VIAFC at 250-658-8593 (home); 250-658-1644 (fax) or email: jolyn@telus.net. Please indicate VIAFC in the subject line.

ACR Funding Update

We are pleased to announce that we have received a grant from the United Way of the Lower Mainland to undertake a number of projects.

A **Family Council Conference** is one of the projects underway and is being planned for mid-October 2010 – more information to follow. If you have a venue that may be suitable and your Facility/Family council would like to co-host, please let us know (info@acrbc.ca). Past venues for ACR Family council conferences were kindly provided and co-hosted by Holyrood Manor (Maple Ridge) and Normanna (Burnaby).

ACR – AGM

The ACR AGM is tentatively scheduled for Saturday, Sept 18, 2010. Information to follow.

Depression Among Seniors in Residential Care - Important Study Released

(News release extract)

May 20, 2010—More than two in five (44%) Canadian seniors living in residential care homes are diagnosed with or have symptoms of depression, according to a new study released today by the **Canadian Institute for Health Information (CIHI)**.

The study, *Depression Among Seniors in Residential Care*, is one of the largest of its kind in Canada to examine the prevalence of depression and the impact it has on persons living in residential care facilities, such as long-term care, nursing or personal care homes. Based on data from CIHI's Continuing Care Reporting System, the study included nearly 50,000 residents age 65 and older across four provinces and one territory (Nova Scotia, Ontario, Manitoba, Saskatchewan and the Yukon).

CIHI's study found that, while about one in four (26%) seniors living in a residential care facility had a diagnosis of depression, a further one in five (18%) had symptoms of depression with no documented diagnosis. Residents were considered to have symptoms of depression if they had a score of at least 3 on the Depression Rating Scale, which measures symptoms such as persistent anger, tearfulness and repetitive anxiety.

“Depression can have a major impact on individuals’ quality of life and also represents significant costs to society. Research also suggests that among seniors depression often goes unrecognized and therefore untreated,” explains Nancy White, Manager of Home and Continuing Care Development at CIHI. “As Canada’s population ages, and more people could potentially move into residential care, it is important to understand how this population is affected by depression or depression symptoms in order to be able to identify the right treatment options and improve quality of life for these seniors.” The full News Release and Study are available from: www.cihi.ca

Reminders...

[BC Seniors Advocacy Network \(BC SAN\)](#) - a source for advocacy assistance.

Those seeking "individual" advocacy assistance can now contact BC SAN to be connected to a trained Advocate. For information or to request an Advocate, contact Jemma Templeton at 604-684-8171 (ext 232) or by email at jtempleton@411seniors.bc.ca

If you contact BC SAN, please let them know that you heard about them through ACR!

Help Wanted - Family Council Workshops

We are looking for some volunteers to conduct our Family Council Workshops. If you have experience with a Family Council, or with residential care as a health care provider, are interested in spreading the word about Family Councils, and comfortable speaking to groups, this may be a good fit for you. We need a few good people throughout the Province, who share our passion for Family Councils. Our model promotes a collaborative relationship among families, facility management and staff, with the goal of improved quality of life and care in residential care facilities in BC. If this volunteer opportunity interests you, please contact us at info@acrbc.ca.

If you're interested in residential care in BC - we invite you to join us.

Have you an ACR membership? Does your Family Council have an ACR membership? Have you renewed your ACR membership? Would you like to make a donation?

Please consider joining us in working for the development of family councils in residential care facilities and advocating for improved quality of care and life for those in residential care facilities in BC. We just can't do it without you!

Membership and donation forms are downloadable from the ACR website (www.acrbc.ca), 'Get Involved' link. ACR is a non-profit society and registered charity.

What we do for ourselves dies with us. What we do for others and the world remains and is immortal.

Albert Pine

Disclaimer This bulletin contains material that is meant to be informative, thought-provoking and promote dialogue. This material is for information only and should not be construed as an endorsement of the views expressed; products or services mentioned and should not replace consultation with the appropriate qualified professionals. Individuals who require medical, legal or other expert advice should consult with the appropriate qualified professional. ACR does not endorse any specific approach to care. The views and opinions expressed are not necessarily those held by the ACR Board of Directors and staff.