



ACR NEWS BULLETIN

2011 – November 14

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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!

Do you know how health care is funded in Canada? Have you heard about the Health Care Accord?

ACR has prepared a '**Fact Sheet**' to help you answer "YES" to those questions. It provides a general overview of health care funding in Canada and explains the Health Care Accord that is expiring in 2014 and what that means to you. There will be some suggestions on how you can become involved in shaping "your" future health care system. Check our website for a downloadable copy (www.acrbc.ca) and become involved.

Upcoming Events

We are grateful for the terrific support that the North Shore Community Resources Society and the Caregiver Support Program of the Vancouver Health Authority provide to the diverse caregivers amongst us. We are particularly appreciative of their initiatives through tele-conferences and webinars that reach out and provide access to information and educational opportunities to caregivers throughout the Province.

Below are samples of current offerings from their schedules.

**** In particular, please note the imminent NOVEMBER 17TH Webinar (Communicating with Residential Care Staff), sponsored by the NSCRS (details, immediately below)****

North Shore Community Resources Society Caregiver Support Programs

All programs are for (unpaid) family or friends caring for someone with an illness or a disability. All programs are free.

Tele-Conferences and Webinars: Join-in from throughout the Province

Communicating with Residential Care Staff Webinar: November 17, 2011, 7:00 to 8:30pm.

When your family member moves to a residential care facility care giving changes. Learn communication strategies to cope with this transition, to work well with facility staff and to make the most of your visits. Increase your knowledge about staff roles and facility policies. Learn how to resolve concerns and about the role of family councils. Presenters are Social Worker, Mary Yates and Retired Nurse Lyne England, former family caregiver and health care advocate. To register call Care-ring Voice Network at 1-866-396-2433, or register on-line at www.careringvoice.com. Presented by North Shore Community Resources Society Caregiver Support.

Asking for Help, Receiving Help Tele-conference: November 21, 2011, 7:00 to 8:30pm.

Illness and vulnerability draw attention to how we offer and receive help. This session explores feelings inherent in how we receive and offer help and ways to set boundaries and build new effective dynamics. Facilitated by Clarissa Green, award-winning teacher and therapist, well known for her work with mid-life children and aging parents. To register call Care-ring Voice Network at 1-866-396-2433, or register on-line at www.careringvoice.com. Presented by North Shore Community Resources Society Caregiver Support.

Lower Mainland Events

Renewal and Rejuvenation—Self Care for Managing Stress:

Thursday, November 17, 2011,

1:00 to 3:00 pm at Inglewood Care Centre, 725 Inglewood Ave, West Vancouver. Unpaid family caregivers learn about coping with stress, creating balance in daily life, compassion fatigue, and relaxation strategies. Co-facilitated by Karyn Davies of North Shore Community Resources Caregiver Support and Michelle Fleming Social Services Coordinator at Inglewood Care Centre. To register call 604-982-3320 or email karyn.davies@nscr.bc.ca.

For additional information, contact: Helen Wait, Program Assistant, North Shore Caregiver Support Project, Direct line: 604 982-3313 Website: www.nscr.bc.ca/information/caregiver.html Phone: 604-985-7138

Address: Suite #201, 935 Marine Dr. North Vancouver, BC. V7P 1S3

Caregiver Support Program – Vancouver Coastal Health

The Fall 2011 Issue of the '**Caregiver Times**' is now available. For an eCopy, or to be placed on their eDistribution list, send an email to Sarah Galuska , Caregiver Support Program Coordinator at: 604-877-4699 or Sarah.Galuska@vch.ca

We recommend that all Family councils subscribe to the 'Caregiver Times' - it's a great source of information and possible topics for Family council 'education and information' sessions.

Caregiver Education opportunities in the Fall 2011 issue include the following, accessible throughout the Province:

Family Caregivers' Network Video Series on YouTube

The Family Caregivers' Network Society has launched a series of 60+ short videos on family care giving available on YouTube. This series has been designed for the busy, and stressed or overwhelmed family caregiver. Each video is only 1-3 minutes in length, making it easier for you to view them when you have only a small amount of time. We hope you'll not only find these videos educational and inspiring, but that they'll also act as a catalyst for you to seek additional support when you need it. **To view these videos visit:**

<http://www.youtube.com/user/rickinvictoria1#p/p>

Tele-Workshop: *Sibling Struggles and Successes* December 5, 2011 07:00 PM

For mid-life siblings, caring for aging parents often unearths old dilemmas as well as creates opportunities to extend and enrich relationships. In order for relationships to grow beyond old habits we need to identify and respect dilemmas, and recognize opportunities for change. This FREE session examines some of the most common dilemmas among siblings, and offers ways to invite growth. Clarissa P. Green is an award-winning teacher and therapist well known for her work with mid-life children and aging parents. She is writing a book about how mid-life children and their parents navigate the journey through aging. **To register call: 1-866-396-2433 Or online at: www.careringvoice.com**

Updates

***Personal Planning Legislation - important changes - Effective 01 September, 2011 ***

The VCHA 'Caregiver Times' provides an overview of these changes. Check out the recent issue (see VCHA above) and see what resources may be available in your community to address this topic.

***BC SAN (BC Seniors Advocacy Network)**

Sadly, we've learned that BC SAN (BC Senior's Advocacy Network) has lost its funding and is no longer active until future notice.

In the past ACR has made many referrals of family and friends, of those in care, to BC SAN for individual advocacy assistance around a residential care concern. Their 'individual advocacy' service will be sorely missed; we hope that funding will soon be found and they can resume important work in support of vulnerable seniors in residential care.

Can you help us out?

Both ACR and the North Shore Community Resources Society have been attempting to develop a current valid email database of residential care facility contacts throughout the Province. This has proven to be an onerous task, with limited success. The purpose for both organizations is simply to be able to communicate directly and efficiently with residential care facilities.

We invite all residential care facilities to advise us of a current email address(es) for appropriate contacts within their facility. For ACR: info@acrbc.ca For North Shore Community Resources Society: Helen Wait, Admin Asst. 604-982-3313 or helen.wait@nscr.bc.ca

Family councils - help spread the word of your presence!

Part I of the Ombudsperson's Report has raised the profile of Family councils as an important feature of a residential care facility. We frequently receive enquiries about which facilities have Family councils and how they can be contacted. We also receive enquiries from various other non-profits, advocacy groups and government organizations about the number of Family councils active in the Province.

ACR, would like to update our (outdated) listing of Family councils in residential care facilities in BC; to date the response to our earlier invitations to tell us about your Family council, has been extremely low.

Our goal is to provide updated, current Family council information on our website. We've made it easy. The information we need is indicated on a Form available on our website www.acrbc.ca

It takes only a few minutes to either complete the form and send it to us (email or regular mail) or simply send us the information on the form, via email to: info@acrbc.ca We are unable to accept faxed documents at this time. ACR website: www.acrbc.ca ACR email: info@acrbc.ca

We'd really appreciate your help!

Part II Ombudsperson's Report on their Investigation into Seniors' Care in BC

The anticipated public release date of the Part II Report is the Spring of 2012. The response to this Investigation has been unprecedented – and every indication is that Part II, will be most comprehensive, as it will address additional aspects of Seniors' Care as well as revisit residential care.

A reminder that a copy of the **Part I Report** is downloadable from their website (www.ombudspman.bc.ca), or by calling them at: 1-800-567-3247 It's a most important document for Family councils, anyone who is a senior, who may be providing care for a senior, or who may someday be, a senior in BC!

Now would be a good time to read it for the first time, or to reread it and consider what recommendations have (or haven't) been implemented. Please note that the Ombudspersons' office continues to invite comments, concerns, experiences and stories about senior's experiences with the health care system in BC.

Resources

The Remaining Light - Have you seen it yet? It's a must see!

"A film by Goh Iromoto and Shannon Daub. **The Remaining Light** is a journey through an often-invisible part of Canada's health care system. Set against the backdrop of an aging population and a system of seniors' care in crisis, the film explores what it means to age and die with dignity. Seniors, their families, and experts in the field – including those who work day-to-day with seniors – talk about the services and supports that are needed, where we are failing, and their hopes for stronger system of care.

The film set in British Columbia, Canada – also provides context about community-based health care policy and funding in BC. [A discussion guide and fact kit is available to go with this film.](#)

A poignant, thought-provoking film that both raises awareness of the 'elder care' component of health care and serves as a stimulus for dialogue. Great for family councils, seniors groups, health care staff, community groups, families, and anyone who is getting older - to view, learn, think about and discuss.

We have recently learned that **The Remaining Light** will very soon be available with subtitle options in four languages – Chinese (Traditional or Simplified characters), Punjabi, Vietnamese and Spanish. If you would like to receive one or more copies of the DVD, please send a note to Danny Li, bcseniors@policyalternatives.ca -- please let him know how many copies you'd like, and whether you can pick it up from the CCPA office (at Cambie and Hastings in Vancouver) or prefer to receive it via mail.. The DVDs are available at no cost, thanks to funding from the United Way of the Lower Mainland.

Sponsors: The research was conducted through the [Economic Security Project](#), a research initiative led by the CCPA and Simon Fraser University, and funded by the Social Sciences and Humanities Research Council of Canada (SSHRC). The film is a joint presentation by the CCPA and the Hospital Employees' Union. Financial support received from the HEU and Vancity for this project.

For additional information and to view "The Remaining Light"

Online: All the materials can be accessed from the website:

<http://www.policyalternatives.ca/projects/seniors-care>

If you wish a DVD and hardcopy Presentation Kit, email bcseniors@policyalternatives.ca with your full contact information (name, address, etc.)

"A caregiver is anyone who provides unpaid care and support at home, in the community or in a care facility to an adult friend or family member who is living with a disability, chronically ill, elderly or palliative."

*Caregiver Support Program,
Vancouver Coastal Health Authority (brochure)*

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.