

ABOUT HOSPICE:

Hospice is patient-centered palliative care which aims to make the last months of life as comfortable and peaceful as possible for patients and their caregivers. Hospice strives to improve quality of life at the end of life, not only for patients, but also for their family and friends. The patient, family and volunteer caregivers are considered an integral unit. Hospice is not a place - it's a concept. The focus is on caring, not curing; on life, not death. Quality of life, family wellness, community involvement and personal dignity are all part of the compassionate and progressive vision of Hospice.

AT THE SHUSWAP HOSPICE SOCIETY:

◆ We provide trained volunteers for the visitation of patients with life-limiting illness, either in their home, in the hospital or in facilities and in partnership with a team of health professionals.

◆ We support the rights of all persons to receive consistent physical, emotional and spiritual assistance to maintain individuality and dignity while facing life-limiting illness and bereavement.

◆ We offer continuing bereavement grief support through one on one or group sessions.

◆ We are integral members of the end-of-life palliative care team in the Shuswap.

◆ We are members of the British Columbia and Canadian Hospice Palliative Care Associations (BCHPCA, CPHPCA) and the British Columbia Bereavement Helpline (BCBH).



The Shuswap Hospice Society supports those who are struggling to cope with death and the associated emotional realities of that process.

The Society provides grief and bereavement support to the families and friends of those whose loved ones have died.

FUNDING

To help supplement partial funding from IHA

We are a non profit, volunteer organization that depends on donations and support from:

- > In-Memory Gifts
- > Memberships
- > Service Organizations
- > Bequests
- > Your Donations
- > Fundraising

YOU CAN HELP

- > Become a Member
- > Become a Volunteer
- > Make a Donation
- > Leave a Bequest

Please make your cheque payable to Shuswap Hospice Society or go online to donate at www.shuswaphospice.ca

ACCESS

Our Services are provided **free** to anyone who needs them. Referrals can be made by anyone, for yourself or anyone you know.

We want you to know:

That you are **not alone**,
That we **care**,
That we are here to **help**,
Please **CALL**
250.832.7099



SELF CARE

Providing Compassionate Care Services to the Shuswap Since 1986

Shuswap Hospice Society

PO Box 967,
#209 - 231 Trans Canada Highway
Salmon Arm, BC V1E 4P1

250.832.7099

admin@shuswaphospice.ca

www.shuswaphospice.ca



TEN TIMELY TIPS FOR CAREGIVERS

1. **Get help with tasks and chores early on in the illness** - your loved one will get used to having other people around the home.
2. **Involve other members of your family from the beginning** of the illness - even if you are the only one who sees the changes which are taking place - pass these on as information only - not as a debating issue.
3. **Access all the information you can about the illness and educate yourself as much as possible about its progression** - disease specific organizations, your doctor, and the public library, for example, are sources of information.
4. **Recognize and learn to accept that anger, anxiety and guilt are normal feelings**— given the situation you are experiencing - they come not only from being tired but also from the losses you are experiencing.
5. **Join a support group as soon as you can** - you do not need to be alone on this journey.
6. **Every change in your loved one means more adaptation and change for you**—acknowledge that this gives you the right to feel off-balance some days.
7. **Forgive yourself for not being perfect.** caring for someone with a chronic or terminal illness turns your life inside out.
8. **Connect with your family physician** — ask for time to speak with her/him alone - if you need to do so.
9. **Get regular physical check-ups, eat a balanced diet and try to take time out to express sadness, anger and helplessness** - accept yourself for being human and try to do at least one thing that you enjoy every day.
10. **Take one day at a time while planning for the future** - good planning means getting to know and implementing any legal and financial considerations, facility placement issues, or palliative care, and **BE KIND TO YOURSELF.**

adapted for all family caregivers by the Family Caregivers' Network Society.

Caregivers may be so focused on caring for a loved one that they neglect their own well-being which may affect the quality of care they provide.



Remember, our attitudes about stress and fatigue in general sometimes make it difficult to make changes. However, one important point to remember is that with support and encouragement from others, most of us can learn to make positive changes in our attitudes and behaviours.

You might find it helpful to have a discussion with others about caregiver fatigue/ stress. Identify your own signs and symptoms of burnout. Discuss individual and group approaches to self-care that will help you enjoy both work and play.



Shuswap Hospice Society offers a variety of Bereavement and Grief Support Programs. You are not alone and we are here to help you
250.832.7099
www.shuswaphospice.ca

HOW TO HELP YOURSELF WHEN YOU ARE DEALING WITH GRIEF

1. **If you don't feel brave or strong**, don't try to be. Dealing with grief means accepting your feelings and expressing them. Talk to someone you trust who listens without trying to fix "it". If you can, cry when and where you need.
2. **Dealing with grief means taking time for you** - read, remember, write, look at pictures, think about your day, draw, paint, run, or soak in a tub.
3. **Eat healthy food.** Your mental health is affected by your physical health. Drugs and alcohol misuse will only deaden and prolong the pain when grieving. It will still be there after the effects of the drugs wear off.
4. **Rest as much as you need to.** Don't do any activities others think you should do if you don't have the energy. Take short naps.
5. **Keep a regular schedule** that includes exercise. Keep lists to help you remember what you are supposed to be doing.
6. **Avoid** people or places that are irritating.
7. **Avoid making major life decisions** (moving, changing jobs). Small changes in furniture arrangement or in your routine will help you deal with your grief.
8. **Seek healing help** - massage, support groups, counselling.
9. **Use constructive ways** to deal with anger - exercise, writing, fighting for positive change.
10. **Write a good-bye letter** or prepare some other meaningful ritual such as candle lighting, planting a tree, etc.
11. **Make a memory book or CD** with favourite pictures. Buy a memory bench, etc.
12. **Make a memory box** with objects that belong to or remind you of the person who died.
13. **Try to do things** that bring you pleasure.
14. **Accept that people will say incredibly insensitive and hurtful things** when you are grieving.
15. **Give yourself permission** to have rough times on birthdays, holidays, and anniversaries.