

## 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](http://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**



# VOLUNTEER

*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](mailto:admin@shuswaphospice.ca)**

**[www.shuswaphospice.ca](http://www.shuswaphospice.ca)**



## WHY DO YOU WANT TO BE A HOSPICE VOLUNTEER?

Maybe you've had a loved one die and recognize the impact that hospice made in their final months. Perhaps you know you have a special gift that you can use to bring comfort and peace to patients and families when they need it most.

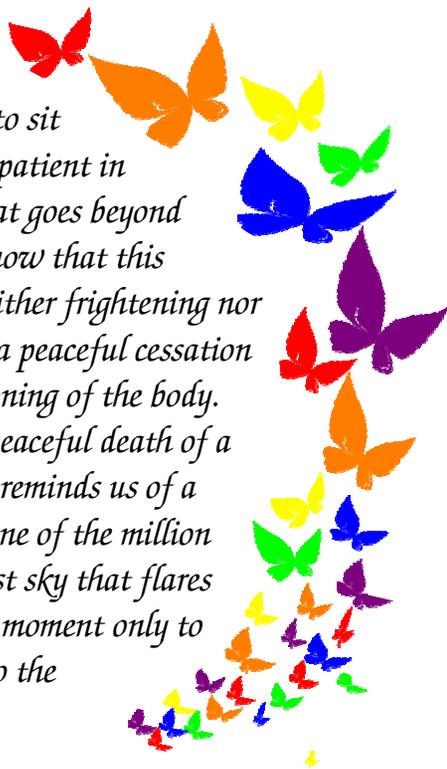
### **VOLUNTEERS CAN:**

sit with the dying  
support the grieving  
assist in fundraising  
assist in raising awareness

**please CALL  
250.832.7099**

*Those who have the strength and the love to sit with a dying patient in the silence that goes beyond words will know that this moment is neither frightening nor painful, but a peaceful cessation of the functioning of the body. Watching a peaceful death of a human being reminds us of a falling star; one of the million lights in a vast sky that flares up for a brief moment only to disappear into the endless night forever.*

Elisabeth Kubler-Ross



## VOLUNTEERS

Our volunteers are men and women of this community who provide emotional support to clients in homes, hospital, or long term care facilities.

They are carefully screened and trained to provide services tailored to Individual needs.

Volunteers are special people who are able to support others in a knowledgeable, confidential and compassionate manner, thus making a positive difference to the quality of someone else's life.

As part of our compassionate care end-of-life program, **volunteers** can:

- ◆ listen without judgment and help reduce fear and anxiety.
- ◆ provide a safe place to talk about "what matters", life's journey, to reminisce.
- ◆ provide emotional support to the ill, the bereaved and to caregivers.
- ◆ offer practical assistance. e.g. reading, writing letters, running errands, outings, etc.
- ◆ offer companionship\provide helpful information related to end-of-life, care giving and bereavement.
- ◆ act as an advocate to ensure the client's needs are met.
- ◆ sit vigil at the bedside of a loved one at the end of life.
- ◆ offer respite for family caregivers.

And more ...

## HOSPICE VOLUNTEER TRAINING

The Shuswap Hospice's Society's training follows the guidelines as set out by the British Columbia's Hospice Palliative Care Association's model of training.

This training is meant to provide standardization amongst all hospice volunteers throughout British Columbia.

The training is a minimum of 30 hours and includes the following areas of concentration:

- ◆ Introduction to Hospice
- ◆ Communication Skills
- ◆ Death and Dying
- ◆ Grief and Loss
- ◆ Care of the Spirit and Self
- ◆ Advance Care Planning



Successful completion is required prior to being considered as a potential client volunteer. Training is not necessary to help the Society in a non-client capacity.

*Volunteers offer wonderful gifts to people requiring end-of-life care and support.*

*In return, volunteers discover opportunities for self-growth and education through their generous giving to others.*

*The opportunity to make a difference for humanity by offering caring support is a rich and rewarding endeavour.*