

WHAT IS HOSPICE CARE?

The Shuswap Hospice & Palliative Care Resource Centre provides a variety of programs and services to families throughout the Shuswap region. We are here to meet the needs of those suffering and we offer support to individuals in their homes, or in hospital and care facilities. **All of our services are free of charge.**

We provide thoughtful care to those suffering with terminal illnesses, and those living with life-limiting illness. We offer compassion and understanding to families, and help with bereavement following the death of a loved one.

SHUSWAP HOSPICE SOCIETY

- We provide trained volunteers for visitation of patients with life-limiting illness, either in home, hospital or in care facilities 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 support.
- We are integral members of the Shuswap end-of-life palliative care team.
- We are members of the British Columbia and Canadian Hospice Palliative Care Associations and the British Columbia Bereavement Helpline.

The Shuswap Hospice Society supports those who are struggling to cope with death and the associated emotional realities of that process. We provide grief and bereavement support to the families and friends of those whose loved ones have died. Referrals can be made by anyone.

All of our services are free of charge.

FUNDING

To help supplement our programs, we received partial funding from the Interior Health Authority. We are a non-profit, volunteer organization that depends on donations and support from:

- In-Memory Gifts
- Memberships
- Service Organizations
- Bequests
- 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



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SHUSWAP
HOSPICE
SOCIETY

PROGRAMS
& SERVICES

www.shuswaphospice.ca

GRIEF & BEREAVEMENT SUPPORT

ONE-ON-ONE BEREAVEMENT SUPPORT

Clients meet one-on-one with a grief support person to receive guidance in developing coping skills to handle their grief and; in time learn to live as fully as possible without their loved one.

PALLIATIVE SUPPORT GROUP

Support provided to those requiring palliative care thus helping to alleviate the emotional burden of a life limiting illness.

PARENTS' BEREAVEMENT GROUP

A support group for parents whose child(ren) have died to meet and offer support to one another and receive care from hospice.

MEN'S SUPPORT GROUP

A support group for men to discuss their grief.

YOUNG WIDOWS SUPPORT GROUP

A support group for young widows to participate, share and learn from others who are facing similar losses while raising a family.

PRE-CHRISTMAS HOLIDAY SUPPORT

A support group for those whose loved ones have died and are seeking help during the Christmas and holiday season.

CARE FOR THE CAREGIVERS

Guidance and support to assist caregivers to cope with the stress and demands of providing support to their loved one at the end of his/her life.

SUDDEN OR TRAUMATIC DEATH SUPPORT

Individual or group grief support sessions for those whose loved ones died a sudden or traumatic death.

COMPASSIONATE CARE

Respite and compassion provided by **trained volunteers** to people living with a life-limiting illness in the hospital, home or any facility chosen by the client.

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

- **Listen** without judgement and help reduce fear and anxiety.
- Provide a **safe place to talk** about "what matters", life's journey, or to reminisce.
- Provide **emotional support** to the ill, the bereaved and to caregivers.
- Offer **practical assistance** such as reading, writing letters, running errands, or assisting with outings.
- Offer **companionship** and 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.

TO REFLECT THE NEEDS OF THE
COMMUNITY, OUR SUPPORT
GROUPS, PROGRAMS AND SERVICES

Constantly Change!

OTHER PROGRAMS & SERVICES

ADVANCE CARE PLANNING

By planning ahead, you have a voice in your future health care decisions and will be sure your wishes are respected.

LIVING WELL DAY PROGRAM

Valuable information and services to assist those managing a life limiting and chronic illness to enhance everyday living. Weekly sessions providing education, coping tools and companionship towards reducing stress during a confusing time.

HEALING TOUCH

Assorted sessions for relaxation therapy involving light touch in aid of energy flow in the body. These sessions are offered by both trained and professional volunteers.

PUBLIC AWARENESS AND EDUCATION

Public awareness is provided through workshops, seminars, training courses and media releases.

CELEBRATE A LIFE

Annual remembrance event which provides an opportunity for individuals to take a moment to pause and remember a loved one.

LIBRARY SERVICES

Loans of books and videos on end-of-life issues, bereavement and caregiving. Free information pamphlets.

VOLUNTEER TRAINING PROGRAM

Training sessions are held following the British Columbia Hospice Palliative Care Association's training guidelines.

Everyone HAS THE
RIGHT TO LIVE TO THE END OF
THEIR LIFE JOURNEY WITH
Dignity &
COMPASSION.

