

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



SHUSWAP
HOSPICE
SOCIETY

Volunteer

AN OPPORTUNITY TO PROVIDE
COMPASSIONATE CARE
TO OUR COMMUNITY.



www.shuswaphospice.ca



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WHO ARE HOSPICE *Volunteers?*

Our volunteers are men and women from the Shuswap 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.

VOLUNTEERS CAN...

- **Sit with the dying**
- **Support the grieving**
- **Assist with fundraising**
- **Help raise awareness**

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.



INTERESTED IN BEING A HOSPICE VOLUNTEER?

Please call 250.832.7099

HOW DO HOSPICE VOLUNTEERS *Help?*

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.

HOSPICE TRAINING *Training*

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

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

A minimum of 30 hours of training 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 of this program is required prior to being considered as a potential client volunteer. Training is not necessary to help the society in a non-client capacity.