

Welcome to *Connect* Newsletter



Cowichan
Family
Caregivers
Support
Society

Issue 38 - Fall 2019



"Cowichan Bay Bakery" by Jennifer Lawson

In this issue...

- New Resource: Medication Administration
- Welcome New Staff: Sara and Sage
- Sharing the Dementia Journey
- Caregiver Spotlight: Carol
- Farewell from Jodie
- United Way of the Lower Mainland Grant

**Cowichan Family
Caregivers Support
Society**

**1 Kenneth Place, Duncan
BC V9L 5G3
250-597-0886
www.familycaregiverssu
ppport.org**

**Our mission is to
acknowledge, appreciate and
support people in their
caregiving roles, to alleviate
their stress, to improve their
quality of life, and to raise
awareness of caregiving
through education and
advocacy for all caregivers.**

Definition of a Caregiver

A family caregiver is someone who gives care and support to an adult family member or friend with a chronic illness, disability, or medical condition.

Family caregivers are unsung heroes in our community. They look after our most vulnerable community members and provide over 80% of eldercare, often at a significant cost to themselves. With support, they can relieve our overworked health care system.

Without help, they can become ill, anxious, depressed, or burned out.

It's a great privilege to provide support to caregivers in the Cowichan Valley. Their work inspires us, and their struggles touch our hearts.

Artist Spotlight:



**NEW PAINTINGS FROM MY TRIP TO THE UK
JENNIFER LAWSON Open Studio
Cowichan Bay
Annual 25 % off Sale
Sat., November 2 and Sun., November 3,
11 - 5 pm
1516 Khenipsen Rd., Duncan
Watercolours including new UK Paintings,
Prints and Art Cards.
Cowichan Artisans
250 748 - 2142
Jenniferlawsonart.com**

Jennifer Lawson is a well known Canadian artist recognized for her beautiful watercolour florals and depictions of historical houses and gardens. Their refreshing impressionism and inviting images are radiant with light and colour.

Yorkshire born and having studied and travelled extensively, Jennifer obtained two Honours Arts degrees from the University of Guelph and Georgian College. Jennifer received the scholarship for highest achievement and best student at the latter, before going on to study further at the Ontario College of Art and the Schneider School of Fine Art.

Her sense of colour is informed both by the warm tangle of English country gardens and the intricate patterns of Indian textiles.

Jennifer paints solely in watercolour on pure rag paper. A plein air painter, her art reveals her as an optimist who is absorbed in the beauty around her.

Jennifer's awards are numerous and her paintings can be found in many private and corporate collections internationally.

She is also the founder of the 1st Studio Tour outside of Ontario, and is now part of the Cowichan Artisans Tour

Jennifer was thrilled to be Bermuda's Artist in Residence in 2013.

Cowichan Family Caregivers Support Society

Dear Reader,

I am thrilled to introduce myself as the new Executive Director of the Cowichan Family Caregivers Support Society. I have witnessed first-hand the importance of supporting caregivers in my own family experiences and with the caregivers I have worked with throughout my career.

As the Executive Director, I am responsible for overseeing the strategic direction of the organization, supporting the staff and developing outreach and advocacy for caregivers in healthcare and social services.

In my experience as a social worker in the Cowichan Valley, I know

the immense difference the Cowichan Family Caregivers Support Society can make in a person's life and I am committed to the management of this essential program in my home community.

In this newsletter, you will find information about a new resource in our community and you can have an opportunity to complete a survey about expanding a local Adult Day program. You will also learn more about the recent changes to our staffing and about the amazing opportunity CFCSS has been given to expand our services in the coming years. I am honored to be a part of this growth and to work with our dedicated team of caring Board members, staff and volunteers to continue to provide the excellent support we are known for.

I hope you find the information in this newsletter helpful.

Sincerely,



Sara Ferrario, BSW RSW
Executive Director



**Refer a Caregiver
Friend or
Refer Yourself**

Do you know someone who would benefit from direct support for their caregiving efforts? If so, ask the caregiver permission to give us their contact information and we'll follow up with them to arrange support.

Are you a caregiver who needs support? No formal referral needed, just give us a call.

Call: 250-597-0886.



Find us on
facebook

**DONATE
TODAY**

Cheques and cash gratefully accepted at:
1 Kenneth Place, Duncan BC V9L 5G3

We are a registered charity. Tax
receipts provided for donations over \$5

Congratulations!

Dan Vaillancourt

2019 Lake to Lake Fundraiser for
Cowichan Family Caregivers Support Society



Exactly what lengths will people go to help support family caregivers? In this case: 21.1 km, traversing the rural countryside between Shawnigan Lake and Cowichan Lake! On September 14, **Dan Vaillancourt**, President of the Cowichan Family Caregivers Support Society ran his best half-marathon yet to raise awareness and funds for family caregivers.

Help us reach our fundraising goal by donating at:
<https://www.canadahelps.org/en/charities/cowichan-family-caregivers-support-society/p2p/laketolake/>



Have Your Say: Adult Day Program

Providence Farm St. Ann's Garden Club Senior's Programming Survey

Providence Farm offers Adult Day Programs for Seniors with age-related illness in the well-known St. Ann's Garden Club. Providence Farm is exploring possibilities for expansion of programming on a pay-per use service model. Please assist them in learning how you would like to engage with Providence Farm's St. Ann's Garden Club by answering a few questions. Please find a few questions to help them on the last page of this newsletter. You may send your responses to: provfarm@providence.bc.ca or alternatively please call Providence Farm at 250 746 4204 and state your answers.

Thank you for your assistance.

Introducing our new Support Group Facilitator:



Sage

I am delighted to have this opportunity to introduce myself to the Cowichan Family Caregivers community! I have admired the work of this organization for some time, primarily because I am so grateful for all the hard, and often invisible, work that family caregivers do.

The work of caregiving is a beautiful gift to the care recipient, to their loved ones, and to the broader community. Everyone benefits from this care. When we know that it is possible for vulnerable members of our community to be cared for with kindness and humanity, each one of us can relax just a little. Even if we're not using this safety net now, we know that we might one day need care, or become a caregiver and need support. By supporting caregivers, and helping them to become less invisible, we all benefit.

I know how hard the work of caregiving can be. It can challenge our patience and our emotional and physical capacity. We may be called upon to act as advocate in a field that is unfamiliar to us. And the thing that always felt the hardest to me when I was a caregiver, was the grief of losing someone a little bit each day.

To share the journey through life with another is such an amazing human experience. This is true whether the other is a parent, child, friend, or life partner. These relationships can help to tell us who we are and help us to feel connected to life and to the world. When one of our partners on this journey begins to head in a different direction, it can be profoundly disturbing. We might feel betrayed, lonely, and angry. We might feel heartbroken. This shift in our life can also challenge our own sense of who we are. Depending on the relationship with the person who now needs us to take care of them, we may have lost a major part of our own support system. We may feel like we've lost our way.

At times like these an understanding listener, or someone to help us find resources, can feel like a life raft. Talking with others who share their own, similar experiences, can remind us that we are not alone. We are not crazy. We are not failing. We are, in fact, doing one of the most challenging jobs a human being might ever do.

As caregivers, we are very human heroes. We may not get it right. We may feel afraid and lonely. We may be frustrated. Some days the sadness might be overwhelming. And yet, we get up everyday, and do our best.

Cowichan Family Caregivers Support Society tells us that we never have to do it alone. We can laugh and cry together. We can share our knowledge and our wisdom. We can stay connected. And this makes me profoundly grateful.

Thank you all for the very hard work you do! And thank you for accepting me into this beautiful community!

CFCSS is so happy to welcome Sage to our team!

Caregiver Spotlight: Carol

Carol, could you share a little about yourself?

Sure! I'm 67 years old and retired about two years ago. I'm the kind of person who needs to keep active and be on the go. A few weeks after my retirement party, I got a phone call that mom had a stroke. I said to mom: "Well, here is my first retirement project!" Mom laughed and said, "In your dreams." We have the same sense of humour, as my poor husband will tell you.

Where did things go from there?

Mom had some choices to make and it wasn't easy. She loved living in Victoria, but none of us kids lived there and we didn't want her to have to only rely on home support. We invited mom to stay at our house until she got better. Well, it's been two years and we all realize that there is no going back.

How did you feel about this change in your life?

My mom has always been there for us kids, so for me, it was a no-brainer; but she had other ideas (laughter)! She worked hard for her independence after dad died. She was dad's caregiver for 5 years when he got dementia. So, for her to feel like she was losing that hard-earned independence, well, it was tough.

Like all new projects I tackle, I had a lot of gusto and energy at the beginning. But, I began carrying too much worry and responsibility for her rehabilitation and it was creating some conflict between us. I wasn't sleeping as well; I was giving up on my interests. My husband would not hesitate to tell you I was irritable (laughter)! One of my friends marched me over to Family Caregivers, bless her. There I got a chance to see my situation more clearly. I came to realize that caregiving is not a project, but a journey. I have to stay connected to my joy. No matter what the week involves with caregiving, I prioritize making time with my husband. I get out for my walks no matter what. I found a neighbour who is really good with mom and she helps out with some of the day to day stuff so I can get out of the house more often. And you know what happened? My mom liked me again, my husband liked me again, and I liked me again (laughter).

What support do you receive from Family Caregivers?

I go in for a one to one tune up about once a month (laughter). They know me: they know what my strengths are and they know where I fall down. My mom says she wishes she had caregivers support when she took care of my dad. She's actually the biggest fan of your services – she doesn't hesitate to tell me that I need a tune up (laughter)!

Thank you, Carol, for being our caregiver spotlight for this issue.

We are grateful for your honest answers and wonderful sense of humour.



A Farwell from Jodie



After five years as the Executive Director of CFCSS, I decided to leave the position to focus more on my family, and my work as a therapist in private practice, and as an educator. I'm grateful for the time I spent working at CFCSS, and for everything I've learned: about caregivers and their wisdom, resilience, and strength; about what a difference social service organizations like ours can make in people's lives; and about how important it is to support frontline staff in their work.

When I became the Executive Director at CFCSS in the fall of 2014, the organization carried a caseload of 55 caregivers. When I left in the summer of 2019, the number of current caregivers was 180! Most surprising is that we had the same budget and staff members. Many things changed in that five-year span, but CFCSS' commitment to supporting caregivers has not; nor will it change with the change in leadership to our new ED, Sara Ferrario.

Reflecting on what has changed over the past five years, I believe we're living a moment that I call "the perfect storm," combining a few social shifts to create a situation that's especially challenging for today's caregivers.

1. First, as we all know, we have an aging population, meaning there are more people reaching senior status all at the same time, due to the baby boom. So, there are simply more older people than before.
2. Second, there's a trend for adult children to move away from where they were born and raised for school and jobs, and not to return, so aging parents are on their own. Sometimes it's the parents who move away, to retire on our wonderful island.
3. Third, the generation of people in their 30's and 40's have a problem with busyness, and are often struggling to juggle responsibilities of work and parenting, because expectations are so high for both of those things. People are having kids later in life, giving rise to the Sandwich Generation.
4. Fourth, there are higher rates of dementia-related illnesses, which are rising higher than the rate of the aging population – meaning there are more people with dementia than before. Folks are getting diagnosed with dementia earlier, and people with dementia can stay physically healthy for a long time.
5. And the fifth trend is that we have shifted our values around people staying home, and not going into residential care. More and more, people are stating their preference for "aging in place," and we have the slogan, "better at home."

All of these things combine to place a great deal of stress on family caregivers. If we believe in better at home, the question becomes, "who's at home?"

The perfect storm is being felt in every organization that supports seniors. While over a third of caregivers in BC report they are in distress, 92% of caregivers report that caregiving is rewarding. Caregivers want to keep on caregiving, but they need help. Our organization has been supporting caregivers for 20 years, and we understand how to help them. We want to help caregivers feel recognized, valued, and held by community.

While I won't be as active in that goal as I have been in the past five years, I have committed to volunteering as a board member for the next year, to ensure a smooth transition. I have every faith in Sara, Amanda, Sage, and our growing organization to continue CFCSS' 29-year tradition of responsive, quality support for caregivers.

The Board, staff and volunteers at CFCSS Thank you Jodie for your dedication and expertise these past 5 years!

Sharing the Dementia Journey



The video series, created by Island Health's Distributed Multimedia Systems with funding support from the Victoria Hospitals Foundation, is called 'Sharing The Journey: Practical Approaches to Caring for a Loved One With Dementia.'

Each five to 12-minute video segment focuses on a specific topic, such as communication, sleep or dressing. The videos honour the voices and lived experiences of family caregivers, providing practical advice to help other families respond to new challenges while maintaining healthy, respectful relationships with their loved ones. A wide variety of medical experts are interviewed to provide context for the recommendations.

The videos will be freely available for viewing at IslandHealth.ca starting in January, 2019.

Caring for a loved one with a dementia disorder requires families to navigate unfamiliar and sometimes bewildering experiences. A new series of video tools, created in partnership by real family caregivers and experts, is designed to provide practical, honest and easily accessible tips for dealing with many of the common challenges faced by families living with dementia.



Do you shop at Country Grocer in Cobble Hill?

If so, please save your till tapes for us. Country Grocer supports caregivers by giving us a percentage of till tapes we return. Simply bring the till tapes to your support group meeting or let Sara know you have some to give: 250.597.0886.



Thank you, United Way of the Lower Mainland!

We are so happy to announce that CFCSS's application for funding through the United Way of the Lower Mainland's "Higher Needs Grants for Older Adults—Caregiver Stream" was successful!! Beginning in January 2020, our organization will receive an incredible \$187,500 in funding for two and a half years, until June of 2023. CFCSS is one of seventeen caregiver support programs across the province of BC who will receive grant funding from the UWLM. The funding is slated primarily for expansion and enhancement of our programming, including extra staff for one-on-one support and more staff time for support groups. We plan to expand our support groups to more communities, and serve more caregivers with our exceptional one-on-one support model. The UWLM will be rigorously studying the work and outcomes of all seventeen caregiver support programs over the entire period of the grant, gathering important information on best practices for caregivers, and what models and interventions truly make a difference in the lives of seniors. Outcome measurements include increased social connectedness, stronger relationships with health care providers, and lower levels of burnout for caregivers. CFCSS is thrilled to receive such life-changing funding, and to be included in this research about how to make a substantial difference in the lives of caregivers and seniors.



Community Information: New Local Resource

Island Pharmacy's Medication Administration Program

Island Pharmacy is excited to announce that we now offer a Medication Administration Program providing for the full spectrum of care for our patients. This starts with clinical assessment and medication dispensing and counseling by our dedicated team of Pharmacists and now includes in-home medication administration by our team of Nurses.

There is a huge need in the community for pharmacy-supported home care as there is often a gap between patients picking up their medicines at the pharmacy and medication compliance at home. This innovative program keeps seniors and other eligible patients on track with their medications so that they are able to remain at home and removes the burden of medication administration from Caregivers.

We at Island Pharmacy will work collaboratively with Caregivers, Patients, Clinicians and Home Support Workers to build capacity in support of patients living healthy and independent lives. In doing so we hope to alleviate some of the care challenges by keeping pace with an ever increasing demand from an aging and complex patient population.

Our RNs and LPNs visit patients in their homes every day and assist with medication administration, injections, insulin, witnessed ingestion, patch changes, delivery of crushed meds, etc. They also provide critical monitoring of blood glucose and blood pressure, as well as providing a clinical assessment of the client.

This program is covered by Pharmacare dispensing fees, subject to routine Pharmacare deductibles. This means that eligible patients will pay no more than their yearly Pharmacare deductible for medication but will have the added bonus of a daily check in and medication administration by one of our Nurse team.

The following services are provided:

- Blood glucose, blood pressure and other requested monitoring
- Administration of breakfast dose of insulin
- Daily administration of oral medication
- Daily delivery of prefilled insulin syringe for dinner dose
- Delivery of daily blister packaged medication
- Daily and weekly injections

A successful Medication Administration Program rises to meet the needs of the most vulnerable of our community by providing consistent, compassionate and professional care 365 days per year. We will also contact the Caregiver, Physician, or Community Health Services with any questions or concerns regarding patient care.

Please call Island Pharmacy at 250-746-4680 if you have any questions regarding this service or if you would like to refer your loved one to the program.

Thank you,

Anna Callegari BSc(Pharm)

Pharmacy Manager and Coordinator for the Medication Administration Program



Cowichan Family Caregivers Support Society

CAREGIVER RESOURCE CENTER
www.familycaregiversbc.ca



- Information you need to care
- Calendar of events
- Sign up for our monthly e-news:
 - Upcoming events
 - Articles
 - Opportunities to participate in research, health system improvement



Free Webinars for Family Caregivers

Webinars can be accessed simply by subscribing to Huddol (free) at www.huddol.com. You need to register for the webinars online ahead of time, then follow the instructions given.

Recorded workshops can be found at:

www.familycaregiversbc.ca/events/webinars/ and
<https://events.huddol.com/channel/caregiving-en/>

Thank you, 100 Warmland Women!

On behalf of everyone at the Cowichan Family Caregivers Support Society, and the caregivers we serve, we wish to say a heartfelt "Thank you!" to all the members of **100 Warmland Women** for voting and donating to support caregivers in our community. The money we received has already contributed to important changes in our organization, allowing us to hire a new part-time staff member exclusively to facilitate our support groups. As we are now serving more family caregivers than ever before, this incredibly generous donation has enabled us to immediately expand our response to caregivers, and increase our capacity to support them. We are so grateful to this group!



Do you shop at Thrifty Foods?

Cowichan Family Caregivers is now a part of Thrifty Foods Smile Card program.

The system is simple and has a big impact! Simply get a Smile Card from us and Thrifty Foods will donate an amount equal to 5% of the dollars you load on to your Smile Card.

Supporting caregiver resources and supports is as easy as that.

Call today to get your Smile Card:
250.597-0886



Cowichan Family Caregivers Support Society

Donations Welcome!

Please consider making a donation that will help us maintain and expand our services to assist in supporting caregivers in the Cowichan Valley.

Make your cheque payable to Cowichan Family Caregivers Support Society or you can use your VISA or MasterCard. Donate online at www.familycaregiverssupport.org or mail your donation to 1 Kenneth Place, Duncan, BC V9L 5G3

Caregiver Support Groups

Duncan

1st & 3rd Tuesdays
2nd & 4th Mondays

Ladysmith

2nd & 4th Tuesday

Chemainus

Contact 250-597-0886

To attend a support group, or for more information call 250-597-0886.

Please contact us if you'd like to see a caregiver support group in your area. We are considering starting new support groups in Lake Cowichan and South Cowichan/Mill Bay, so please let us know if you'd like to attend a group in these areas. Email us at sara@familycaregiverssupport.org

Board of Directors

Dan Vaillancourt, President
Tracy Taylor, Vice-President
Jim Dakin, Treasurer
Robert Weston
Georgie Grant
Phil Devitt
Jodie McDonald

Staff

Sara Ferrario, Executive Director
Amanda Marchand, Caregiver Support Lead
Sage Goode, Support Group Facilitator



Planned Giving

A portion of your estate can be directed as a gift to benefit and support a charitable organization. There may be significant tax benefits to your estate for such gifts.

With a planned gift to the Cowichan Family Caregivers you can leave a legacy to improve the quality of life for other caregivers.

Contact our office for more information:

250-597-0886

Thank You to our Funders



We are proud to be a Community Partner of the United Way Central and Northern Vancouver Island for 2018/2019 which helps to fund our Family Caregivers Support program.

We are also funded by:

- Island Health
- BC Gaming
- Chemainus Health Care Foundation
- Ernest and Frances Hudson Family Fund
- Town of Ladysmith

Providence Farm St. Ann's Garden Club Senior's Programming Survey

Providence Farm offers Adult Day Programs for Seniors with age-related illness in the well-known St. Ann's Garden Club. Providence Farm is exploring possibilities for expansion of programming on a pay-per use service model. Please assist us in learning how you would like to engage with Providence Farm's St. Ann's Garden Club by answering the following questions. Thank you for your assistance.

1. Do you or your loved one wish to attend privately supported adult day programming?

Yes No

2. Is transportation a barrier to accessing services?

Yes No

3. Would provision of shuttle services support an opportunity for participation?

Yes No

4. When considering the merits of experienced and quality care unique to seniors – please indicate which self-pay model offering nature based therapy, creative social engagement, and a nutritional community meal you would prefer.

Please circle the highest daily dollar amount you would be willing to support for 6 hours of care.

- A \$105-\$110
- B \$110-\$120
- C \$120-\$135

4. Please circle which service model would provide the most convenience and support for your needs?

- A Day time hours with lunch service: 9:00am – 3:00p
- B Extended evening hours with dinner service: 3:00pm – 8:00pm

5. Which premium services are of interest to you or your loved one?

- A Expressive arts programming – music, dance, art
- B Mindfulness practices – yoga, meditation, mindful movement and breathing
- C Dietitian prepared meals
- D Additional one on one care
- E Desired service suggestion –

6. Which increase in daily rate would you be willing to pay for premium services? Please indicate the highest daily dollar amount you would be willing to support below.

- A \$10.00
- B \$15.00
- C \$20.00

You may scan and email your survey results to: provfarm@providence.bc.ca, or alternatively please call Providence Farm at 250 746 4204 and state your answers