



Network News

Volume 21, No. 6

March 2008

A newsletter from the Family Caregivers' Network Society

(250) 384-0408

fcns@telus.net

www.fcns-caregiving.org



Treasure Your Community Art and Treasures Sale and Silent Auction

Saturday March 8, 2008

10:00 AM - 2:30 PM

James Bay Community Project, 547 Michigan Street

Silent Auction items will be on display in the lobby of the James Bay Community Project beginning Monday, March 3rd. Come bid on your favourite items. Proceeds from this event will benefit programs and services at FCNS and JBCP.

FAMILY
CAREGIVERS
NETWORK
SOCIETY



*Thank you for supporting your community
one treasure at a time!*



Supporting Family Caregivers in the Workplace

A seminar for employers, human resource professionals and business owners.

Of the over 60,000 family caregivers in the CRD who are providing care for an adult family member approximately 70% are also trying to balance the demands of caregiving and employment. The pressures on these employees can directly impact the workplace through higher absenteeism, lateness, lower productivity and higher rates of employee turnover.

Employers today realize that having a flexible workplace is a critical component in recruitment and retention of good employees. Join others from the business community to explore practices that employers can adopt to support employees who are juggling work and caregiving roles and learn from organizations who have already successfully implemented these practices.

Friday, May 9, 2008

8:30 - 11:30 AM

Ballroom, Holiday Inn, 3020 Blanshard Street

\$35.00 for FCNS members

\$40.00 for non-members

(price includes breakfast)

Visit www.fcns-caregiving.org for more details. Register on-line, by email to fcns@telus.net or by calling 384-0408. Register by May 5th to reserve your space.

We would like to thank Philips Lifeline for their sponsorship of this event.



We also gratefully acknowledge VIHA and the BC Gaming Commission for their ongoing support.

Celebrate Family Caregivers' Week in BC

May 10 - 16, 2008

When Life Takes That Unexpected Turn

We all have hopes and dreams for how we would like to see our lives unfold, whether it is renovating your home, going back to school, getting promoted at work or looking forward to travelling with your spouse after retirement. But we never know what the future will bring and suddenly becoming a family caregiver can throw all our best laid plans out the window. Learn how to deal with the many feelings of grief, frustration, resentment and loss of control that accompany this sudden change and develop tools to help you let go of how it was supposed to be and find the best in how it actually is.

Facilitated by: Allison Reeves, MA, RCC

Saturday, March 1, 2008

9:30 AM – Noon

Canadian Cancer Society, Vancouver Island Lodge, 2202 Richmond Rd.

\$20.00 FCNS members \$25.00 non-members

Limited seating. Registration required by Feb. 25th. To register contact FCNS at 384-0408.

Increasing Your Resiliency

Our energy is limited. When we take on caring for another our resiliency first relies upon these energy reserves. As you've noted these reserves deplete quickly and there is nothing left. So then all we can rely on is adrenaline to get us through the crises. This exhausts our bodies. This workshop will focus on practical and concrete ways to increase your resiliency so that you too can feel cared for.

Facilitated by: Allison Reeves, MA, RCC

Saturday, April 12, 2008

9:30 AM – 12:30 PM

Canadian Cancer Society, Vancouver Island Lodge, 2202 Richmond Rd.

\$25.00 FCNS members \$30.00 non-members

Limited seating. Registration required by April 7th. To register contact FCNS at 384-0408.

Navigating the Stages of Caregiving

Join other family caregivers to learn how to more easily manage the stages of caregiving. Understand how the caregiving role evolves and changes over time and explore ways to best navigate these new "waters". Knowing how to protect yourself from burnout during each stage is essential. This new workshop is appropriate for both experienced and "newbie" caregivers.

Facilitated by: Allison Reeves, MA, RCC

Saturday, May 24, 2008

9:30 AM – Noon

Canadian Cancer Society, Vancouver Island Lodge, 2202 Richmond Rd.

\$20.00 FCNS members \$25.00 non-members

Limited seating. Registration required by May 16th. To register contact FCNS at 384-0408.



Enjoy Cycling? Join the *Tour de Goose!* Don't enjoy cycling? Sponsor someone else to ride in it. For more information, on the *Tour de Goose* and other dares in our Dare to Care Fundraising Campaign, visit www.daretocare.kintera.org or call 384-0408.

Understanding and Navigating the System

Amanda Proznick, Community Case Manager, Home and Community Care, Vancouver Island Health Authority

Getting the Most Out of Home Support Services

This month's column will explore ideas on how clients and family caregivers can make visits by Community Health Workers (CHW) more productive and helpful for both the client and the worker. Community Health Workers assist individuals in their home with personal care tasks. Although the information presented relates to CHW arranged through the Home and Community Care (HCC) program in the community, these ideas apply to workers hired privately as well.

Normally when receiving help through HCC a discussion has already occurred with your Case Manager identifying care needs and arranging appropriate services covered under the program. The Case Manager has then authorized hours with the contracted agency and formalized a care plan for the workers to follow. These steps are then followed up with a visit from an agency supervisor who will discuss the care plan with the client and family caregiver and commencing March 1/08 a communication book will be provided in each home with the agency care plan included in it. The communication book will primarily be a tool through which the CHW and agency supervisors can communicate. But if family members have additional information that would

be appropriate to be included in the care plan, please ensure that the case manager or agency is made aware so that this information can be included.

A care plan is also of great help when a regular worker might not be available for a shift. Even though the agencies try their best, they are not always able to send the same worker due to sick calls or staffing requirements. The new worker is made aware of the agency care plan, but may not be acquainted with specific preferences and routines if they are not written down.

This is when lists provided by the primary family caregiver and other family members may be helpful. These lists need to be simple, legible, brief and placed in appropriate spots such as the bedroom for dressing tips and the bathroom for personal care tips. You can include such information as clothes or grooming preferences, routines, habits, or particular characteristics that might help the worker understand the client better and allow for a smoother provision of care. If memory impairment is significant, workers can update the next scheduled worker with notes in the communication book about any issues that need addressing.

It is also helpful for the Community Health Workers, if clients and families can ensure that there are adequate supplies

available for grooming and bathing if the worker is helping with personal care. If memory impairment is an issue it may be helpful to have a calendar in a prominent place to highlight dates and times that the workers are scheduled to visit and if appropriate, mark in appointments and significant family events that the worker can remind the client of.

When a client is receiving assistance with medication management or administration, all information for the Community Health Workers regarding this process must be directed by the agency care plan. That is why it is important to keep the agency up to date with any medication changes or alterations to administration times or routines and to ensure medication prescriptions are current and appropriately packaged. Community Health Workers are only able to make medication administration changes with direction from the agency RN supervisor.

Having help in the home can initially be overwhelming and it will take time to settle into a routine with the various workers that come to help. It is important to communicate directly with the agency if you or your family has any questions regarding the help you are receiving, or call your Case Manager directly if you are requiring increased assistance at home.



Our **RESOURCE LENDING LIBRARY** hours are Monday to Friday, 8:30 AM - 4:30 PM. The resource lending library is available to the public on a trust basis. Borrowers will be invoiced for payment to replace lost, damaged or stolen items. Failure to return books and videos, or to pay for replacement costs results in the loss of borrowing privileges. **Books can be borrowed for 3 weeks and videos for 1 week.** A drop box is available outside our building at 526 Michigan Street for after-hour returns.

Difficult Conversations How to Discuss What Matters Most

By: Douglas Stone, Bruce Patton and Sheila Heen

Published by: Penguin Books

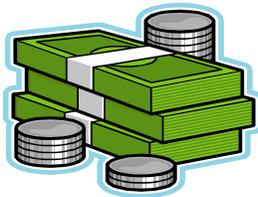
ISBN #: 0-14-028852-X

Date: 1999

Whether you're dealing with an underperforming employee, disagreeing with your spouse about money or child-rearing, negotiating with a difficult client, or simply saying "no," or "I'm sorry," or "I love you," we attempt or avoid difficult conversations every day. No matter how competent we are, we all have conversations that cause anxiety and frustration.

This book can help. Based on fifteen years of research at the Harvard Negotiation Project, *Difficult Conversations* walks you through a step-by-step proven approach to having your toughest conversations with less stress and more success. It shows you how to prepare yourself; how to start the conversation without defensiveness; and how to keep it constructive and focused regardless of how the other person responds.

Filled with examples from everyday life, *Difficult Conversations* will help you on the job, at home, or out in the world. It is a book you will turn to again and again for advice, practical skills, and reassurance.

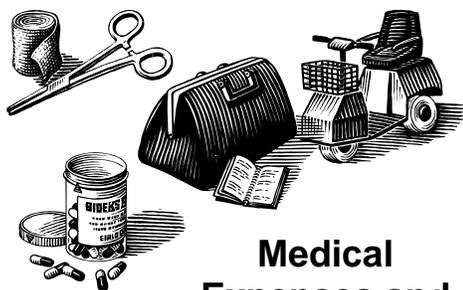


Top 10 Ways for Caregivers to Spend Dollars Wisely

Many caregivers grapple with financial choices that can allow them to continue providing care, support their loved one's needs and keep them safe. Here are some actual ways that caregivers have wisely invested their dollars:

1. An Adult Day Program to support the care receiver and allow the caregiver some respite or the ability to stay employed.
2. Durable medical equipment such as bath benches, safety bars, raised toilet seats or portable commodes.
3. ID or medical alert bracelets especially for those with dementia or chronic medical conditions.
4. A personal emergency response system (PERS) to summon help when the caregiver is out of the home.
5. Home delivered meals to support the nutritional needs of both the caregiver and the care receiver.
6. Personal care attendant to accompany the caregiver and their loved one to weddings, reunions, meetings or parties.
7. Weekly house-keeping services and chore services for lawn care, snow removal and repairs.
8. Personal wandering alarm or home or door alarms to support the safety of a loved one who may wander.

(Continued on page 5)



Medical Expenses and Your Dependants

Probably the most commonly overlooked tax deduction is the medical expense. Most taxpayers assume a prescription of some kind, glasses too and leave it at that. A general rule of thumb is if a doctor says you need it, it's deductible for tax purposes. This isn't always the case so make sure before you spend your money.

The first thing that you should be aware of when caring for a dependant (other than a spouse or your child) is that the maximum amount of medical expenses that can be transferred in one year is \$10,000. The calculation is the same as you or I, take your net income from line 236, multiply by 3%, deduct that from the actual medical expenses and any amount that is left over can be used. You should first apply the medical expenses to your

dependant, and if any available expenses are left over, then transfer them to yourself.

As for kinds of medical expenses that are missed, here is a brief list of some that you may not be aware of:

If your dependant is wheel chair bound, then modifications to your home to accommodate the wheel chair are tax deductible. Things such as widening the hallways, grab bars, tub modifications, and ramps and elevators. If you modify a vehicle for a wheel chair lift, the lift equipment is fully deductible and if the van was purchased within 6 months of the modification, then you can deduct 20% of the purchase price of the van up to a maximum of \$5,000.

If your dependant is working or going to school, and requires attendant care such as a nurse, then the cost of the nurse can be deducted against regular income now called the Disability Supports Deduction. In order for your dependant to qualify for this deduction, they must have the disability credit approved by CRA.

There are many more expenses that one doesn't

usually think about when it comes to medical expenses. These include, but are not limited to: wigs for cancer patients, medical travel expenses for both the patient and the caregiver (including meals and accommodation) to see a specialist who is not normally available in your area, chiropractor services, massage therapy, acupuncture, dentist & dentures, scooters and the costs to maintain them, medical travel insurance, and the list goes on...

Visit the CRA's website at www.cra.gc.ca and search "medical expenses" for a complete listing of qualified medical expenses.

If your dependant qualifies for the disability amount, you may be able to transfer any unused credit to yourself as well.

As with any tax deduction or credit, you should seek out professional advice to make sure that you are getting the most that you are entitled to when filing your personal taxes.

*By Bill Stafford
President, Lionheart Tax Services
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Toll Free: 1-888-234-4114
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www.lionhearttax.com*

(Money, Continued from page 4)

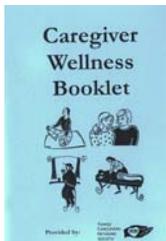
9. A lawyer to assist with questions, prepare legal papers and get personal affairs in order.
10. Use of home support programs to allow time for

personal needs or time to attend a local caregiver support and education group.

There are many options available to support the role of the caregiver. Spending dollars where they will matter the most can be the key to a caregiver's

capacity to endure and to the well-being of the care receiver.

*By Kris Maxham, Staff Writer
Copyright 2008, Today's Caregiver magazine. Subscriptions are available online at www.caregiver.com or call 800-829-2734.*

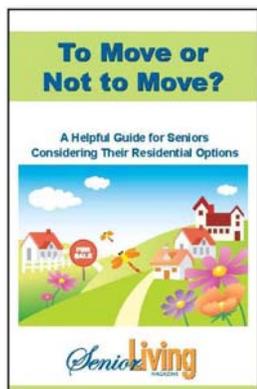


Free copies of our new **Caregiver Wellness Booklet** are available at the FCNS office.

It is a personal wellness journal where family caregivers can record ideas, tips and quotes that help them feel more relaxed, energized and positive overall.

To Move or Not to Move?

A helpful Guide for Seniors Considering Their Residential Options



Published by Senior Living Magazine, this is a handy reference guide for seniors and their families wrestling with the issues around whether relocation is the best option.

This 128-page book provides helpful, easy to read information and suggestions to help seniors and their families understand the decisions they need to make. It offers advice from professionals who are experts in the area of assisting seniors with their relocation questions and concerns.

Cost: \$9.95 (\$4.95 from the sale of each book goes to support FCNS)

Copies are available for purchase at the FCNS office at 526 Michigan St.

Medical Information Package

The revised Medical Information Record is now part of our new **Medical Information Package (MIP)** which includes a:

- Medical Information Record
- Information on Incapacity Planning
- BC Transplant Society info
- Heart and Stroke Fdn. info

These are all contained in a magnetic pouch that can attach to your fridge. The MIP is free for FCNS members and \$3 for non-members. Pick-up your copy at the FCNS office.

Special thanks to the Sidney Lions Club.



Help Support FCNS

For every purchase you make at *In Bloom Floral Boutique*, FCNS will receive 5% of your total purchase! When paying all you have to do is tell them that it is for the Family Caregiver's Network.

In Bloom Floral Boutique

#115 - 3995 Quadra St.

Victoria, BC V8X 1J8

(250) 479-7124

www.inbloomfloralboutique.ca



Thrifty's Smile Cards

5% of the total dollars loaded on to FCNS Smile Cards will go toward **the purchase of a new laptop computer and LCD projector** to use for our community presentations and caregiver workshops.

Call us or come in to the FCNS office at 526 Michigan St. to pick up your FCNS Smile Card.

Dare to Care

CURRENT PLEDGES
\$9,255

We invite you to jump into our Dare to Care campaign with both feet.

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There are a lot of tough things in life. This is not one of them. In the spirit of playfulness and pure fun, we offer a chance to act on a dare or dare someone else. Just for fun. Oh, and to raise funds for family caregivers, the people who care.

I dare you. I double dare you!

Care to dare someone or to donate to support someone else's dare. Or create your own dare and collect pledges from your circle of friends and family who would love to see you follow through with your dare!

(250) 384-0408

www.daretocare.kintera.org

Do Blondes Have More Fun?



A brunette all her life - Yolande DeMont raised \$2,000 and **Dared to Go Blonde.**

Polar BRRRRR Swim, January 1, 2008



Rick Hoogendoorn raised \$3,500 and **Dared to Dunk** into the chilly waters of Elk Lake.

Barbara Warman came for moral support and was awarded best Costume and Honorary Polar Bear 2008 by CFX 1070 & 107.3 KOOL.FM.



Thanks to everyone who supported these brave souls.

Legal Considerations in Caregiving



by Ruth Magnusson, Lawyer, Straith & Company

What Happens If You Die Without A Will?

A Will is a document written by a person called a *testator*. In his or her Will, a testator appoints another person or persons as executor(s) and trustee(s). The executors and trustees are responsible to carry out the testator's wishes as set out in the Will, especially how assets are to be distributed to beneficiaries. If you die without a Will, no one may know what your wishes are; or if they do, your wishes are not enforceable. Also, there is no one appointed to carry out your wishes.

When a person dies without a Will, they are said to have died *intestate*. The *Estate Administration Act* of British Columbia sets out how an intestate's property will be distributed to beneficiaries – a sort of "default list" of beneficiaries. The Act also sets out the procedure to appoint a person or persons to manage the affairs of the deceased and effect the statutory distribution scheme.

The statutory scheme for distribution of an intestate estate is:

1. If the person dies with a spouse but no issue (children, grandchildren or great-grandchildren), 100% to the spouse;
2. If the person dies leaving a

spouse and issue but the estate is worth not more than \$65,000.00, 100% goes to the spouse;

3. If the person's estate is worth more than \$65,000.00, the spouse gets the first \$65,000.00 and then the residue is divided between the spouse and the children in varying proportions depending upon the number of children;
4. In addition to the above rights, a surviving spouse may be entitled to a *life estate* in matrimonial property and all household furnishings. A life estate is the right to live in the matrimonial home for the rest of your life;
5. If the person dies with no spouse or issue, the estate goes to his or her parents;

and so on down the line of next-of-kin of the deceased person.

However, it is not necessarily this simple. Some assets are not considered part of the "estate", and therefore they will not be distributed as set out in the *Estate Administration Act*. For example, an RRSP or RRIF will go to the named beneficiary or beneficiaries. This is true also for proceeds under life insurance policies or annuities. Assets registered in joint tenancy with another person will go to that other person (unless that other person is a child or in certain other circumstances, in which

case more complicated considerations may apply).

When a person dies without a Will the court must appoint one or more persons to make sure assets are distributed properly as set out in the *Estate Administration Act*, debts are paid, income tax returns are filed for the deceased person, and other estate matters are looked after. Such persons appointed by the court are called *administrators*. Before appointing an administrator, the court will ask about his or her entitlement to act, if other family members consent to the appointment, if creditors consent, and certain other matters. The procedure is somewhat more complicated than applying for probate of a Will, and there may be delays and extra expenses.

Although there are rare occasions when, as a matter of tactical planning, a person might deliberately choose not to make a Will, it is usually easier for family and friends to deal with the estate of a deceased person where there is a proper Will and estate plan.

Editor's Note:

The purpose of this column is NOT to advise people on their legal affairs or concerns, but to provide basic information for discussion with their own legal counsel.



Volunteer Appreciation

We would like to express our appreciation and thanks to our volunteer, **Rick Hoogendoorn**.

Rick began volunteering with the Family Caregivers' Network in 2005, contributing to the Network News newsletter and meeting with staff regarding promotions and fund development ideas. Rick's years of experience in public relations, marketing and media and interest in seniors' issues make him a good fit with FCNS.

Rick joined the Board of Directors in May 2005 and is currently the Vice-President. He is a very energetic part of the Fund Development Committee and an endless source of ideas. But not just a source of ideas - he personally follows through – going so far as to plunge into the icy waters of Elk Lake for the Polar Bear swim for FCNS' Dare to Care fundraising campaign! (See pictures on page 7). Rick is also fabulous at promoting and raising awareness of the Family Caregivers' Network Society in the community.

Thank you Rick for your commitment and continuing support of FCNS!

We would like to welcome our newest volunteer, **Sheila Bellows**. Sheila attended FCNS' Charity Bridge Game in October 2007 and began to volunteer with us soon after. Sheila has been an active volunteer in the community over the years and we look forward to getting to know her. Welcome, Sheila!

A great opportunity for family caregivers to focus on their lives, and take time for themselves!

University
of Victoria



Friends of the
Centre on Aging

Telling Your Life Story

Guided Autobiography Workshop Series for Adults

Interested in leaving a legacy, enhancing personal growth, beginning an autobiography or memoir and enjoying the thrill of self-discovery? **Telling Your Life Story** can provide you with the tools to do this in many ways. At all of the Guided Autobiography workshops you will explore and share common life themes. Register for one of the three workshop series. Each workshop series runs from 1:00 - 4:00 PM.

Wednesdays, March 12 – May 14, Salvation Army Citadel, 4030 Douglas St.

Tuesdays, May 6 - June 24, Beacon Community Services, 10030 Resthaven Drive, Sidney

Tuesdays, Sept. 16 - Nov. 25, Saanich Silver Threads, 286 Hampton Road

For more information visit www.coag.uvic.ca/biography or contact the Centre on Aging at 721-6369 or lcassie@uvic.ca.

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Beacon
Community
Services



Government
of Canada

Gouvernement
du Canada

Canada

Although the following story was originally written about caring for a child with a disability, it is also an excellent portrayal of what family caregivers of adults experience when they suddenly find themselves caring for a family member or friend.



Welcome to Holland

I am often asked to describe the unique experience of raising a child with a disability - to try to help people who have not shared the experience to understand it, and to imagine how it would feel. It's like this...

When you're going to have a baby, it's like planning a fabulous vacation--to Italy. You buy a bunch of guidebooks and make your wonderful plans. The Coliseum. Michelangelo's David. The Gondolas in Venice.

You may even learn some handy phrases in Italian. It's all very exciting.

After months of eager anticipation, the day finally arrives. You pack your bags and off you go. Several hours later, the plane lands. The flight attendant announces, "Welcome to Holland." "Holland?" you say. "What do you mean Holland? I signed up for Italy! I'm supposed to be in Italy. All my life I've dreamed of going to Italy." But there has been a change in the flight plan. You've landed in Holland and here you must stay. The important thing is that you haven't been taken to a horrible, disgusting, filthy place full of pestilence, famine and disease. It's just a different place.

So, what do you do? You must go out and buy new guidebooks. You must learn a whole new language. You will meet a whole new group of people you would never have met. It's just a different place. It has a slower pace, and is less flashy than Italy. But after you've been there for a while and you catch your

breath, you look around and begin to notice that Holland has windmills. Holland has tulips. Holland even has Rembrandts.

But everyone you know is busy coming and going from Italy, and they're all bragging about what a wonderful time they had there. And for the rest of your life you will say, "Yes, that's where I was supposed to go. That's what I had planned."

And the pain of that will never, ever go away, because the loss of that dream is a very significant loss. But if you spend the rest of your life mourning the fact that you didn't get to Italy, you may never be free to enjoy the very special, the very lovely things about Holland.

By Emily Perl Kingsley



Call for Research Participants Responsibility for Aging Parents Across Cultures

University
of Victoria



Centre
on Aging

Do you live in the Victoria area and have a parent(s) over 60, in Victoria, for whom you provide at least three hours a week of support?

If so, UVIC Centre on Aging would like to invite you to participate in a research study about responsibility for parents, being conducted through the Centre on Aging. Dr. Neena Chappell is the project lead. At present, they are seeking to interview those who identify as Caucasian (White) Canadians for the Victoria component of this project; who were born in Canada and have parents born in Canada/the U.S./the U.K.

If you would like to participate or learn more, please contact Linda Outcalt at the Centre on Aging at 472-4169 or email loutcalt@uvic.ca.

FCNS Family Caregiver Support Groups

Victoria Evening Support Group

1st Monday of each month, 7:00 - 9:00 PM
FCNS office, 526 Michigan Street

Sidney Support Group

2nd Monday of each month, 10:00 AM - Noon
Lounge, Shoal Centre, 10030 Resthaven Dr.

Salt Spring Island Support Group

Every Wednesday, 11:00 AM - Noon
Seniors for Seniors Centre, Ganges

Attendance at all our support groups is on a drop-in basis. For further information call the FCNS office at 384-0408.

Online Support Group

The Caregivers Association of BC offers a free on-line support group for family caregivers. For more information visit the CABC website at www.caregiverbc.ca or call 1-800-833-1733.

Sidney Coffee Break

This is an informal get-together for family caregivers to meet with each other and chat.



4th Tuesday of each month, 2:00 - 3:00 PM

The Meeting Room, Beacon Community Services, Shoal Centre, 10030 Resthaven Dr.

For more information call the Family Caregivers' Network at 384-0408.

Other Community Support Services for Caregivers

A.L.S. Society: 721-0633 (caregivers can attend same support group as care receivers)

Alzheimer's Resource Centre: 382-2052

BC Cancer Agency: 519-5525
(caregivers can attend same support groups as care receivers)

BC Schizophrenia Society, Strengthening Families Together Program: 384-4225

Fibromyalgia and Chronic Fatigue Syndrome: 877-437-4673

Huntington Society of Canada: 704-2512

Multiple Sclerosis Society of Canada: 388-6496
(caregivers can attend same support group as care receivers)

NEED Crisis and Information Line
386-6323

Pender Island Healthcare Society:
1-250 -629-3346

Peninsula Stroke Recovery Club: 652-3016

Vancouver Island Head Injury Society:
598-9339

Victoria Epilepsy and Parkinson's Centre: 475-6677

Victoria Stroke Recovery Assoc.: 383-2623

Thanks! We gratefully thank the volunteers who contributed to this issue of Network News: Amanda Proznick, Ruth Magnusson, Bill Stafford & Joyce Harper.

Family Caregivers' Network Society
526 Michigan Street
Victoria, B.C. V8V 1S2

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