



Network News

Volume 21, No. 1

May 2007

A newsletter from the Family Caregivers' Network Society

(250) 384-0408

fcns@telus.net

www.fcns-caregiving.org

Celebrate Family Caregiver Week in BC

May 12 - 18th



Join us for a buffet lunch and lively presentation by local health and wellness expert Dr. Lara Lauzon.

For the WELLth of It

Family caregivers are constantly being told how important self-care is, yet it often seems impossible to fit self-care in amongst all the other demands of caregiving. In this dynamic workshop Lara will provide practical tips on creating health and wellness in an already busy life. This session is essential for family caregivers who are better at taking care of others than taking care of themselves.

Dr. Lara Lauzon is an Assistant Professor at UVIC , wellness consultant and was the co-producer and host of the internationally syndicated health and fitness show, Body Moves, for seven years. She has won numerous awards including the 1997 Women of Distinction Award for Fitness and Health, the British Columbia Distinguished Women Citation also in 1997 and the Community Wellness Award in 1990. Lara also has personal experience as a family caregiver.

Seating is limited.
Call 384-0408
by May 8th to
reserve your
space.

Saturday, May 12, 2007

9:30 AM - 1:30 PM

Ballroom, Holiday Inn, 3020 Blanshard Street

\$35.00 for FCNS members

\$40.00 for non-members

(price includes buffet lunch)

There will be great door prizes, a skit and a Silent Auction.

We will also be launching our new Caregiver Wellness Booklet and be presenting the 2007 Outstanding Caregiver Award.

We would like to thank Sunrise Senior Living for their sponsorship of this event.



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

Making Visits Count

Visiting a family member in a residential care facility can sometimes be frustrating or challenging, especially if that person has difficulty communicating, or is having difficulty adjusting to their new setting. This interactive session offers practical tips for family caregivers on how to enhance the quality of visits, so that visits can be successful and meaningful for both the family member and resident of the facility. Explore and exchange information on topics such as:

- How often should I visit and how long should I stay?
- What kinds of things can we do to pass the time together?
- How do I leave the building when my wife hangs onto my arm and begs me to stay with her?
- What do I say when my father asks me to take him home?

Facilitated by: Pat Gibbs, RSW

Wednesday, May 16

7:00 - 9:00 PM

4th floor meeting room, Sunrise Senior Living, 920 Humboldt Street

\$15.00 FCNS members

\$20.00 non-members

Limited seating. Registration required by May 10th. To register contact FCNS at 384-0408.

Reducing Your Feelings of Guilt

Guilty Feelings: we all have them, but are they running your life? If they are, this workshop is for you. Guilt is a powerful feeling and leads us back to our childhood. Now that you are an adult providing care and support for another adult, guilt can be overwhelming. Discover useful ways through this profound part of your life and learn ways to help reduce your feelings of guilt.

Facilitated by: Allison Reeves, MA, RCC

Saturday, May 26

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 May 18th. To register contact FCNS at 384-0408.



*Thank you to everyone who participated in our
Treasure Your Community Sale and Silent Auction*

With your generous support we raised almost \$3000

We would like to thank the following sponsors for their contributions:

Victoria**NEWS**

Vancity

ISLAND
DISPLAYS

ElderSafe
Support Services

Low Profile Design

Smile
BAKERY & DELI

Treasure Your Community will be an annual fundraising event. We are accepting donations of arts, treasures and collectibles throughout the year.

Understanding and Navigating the System

Penny Chunick, Community Case Manager, Home and Community Care, Vancouver Island Health Authority

They need help, but will not accept it. What can you do?

You may have a family member or friend who needs more help than they will admit or accept. Anyone including family, friends, and healthcare professionals can make a referral when there is concern about how an individual is coping or it is apparent they need some help.

You may have noticed that the person you are concerned about is not looking after their personal needs, they are losing weight, they are having falls or are forgetting things. These are just a few issues that are addressed through services provided by Home and Community Care (H&CC). You can make a referral to H&CC (sometimes referred to as Long-term Care) through the Vancouver Island Health Authority by calling the General Inquiries Line at 388-2273 or toll free at 1-888-533-2273.

Once a referral is made to have your family member or friend assessed for services through H&CC, the case manager contacts the individual, or their family to discuss the referral and set up a time for an in-home assessment. In order for a case manager to visit and complete an assessment for H&CC services, such as home

supports for personal care assistance, respite or adult day programs, it is essential that the person being assessed agrees to the visit. Case managers cannot complete an assessment of someone without their consent.

Some ways to approach someone who needs help, but isn't willing to accept it include:

- Sitting down with them to have an honest conversation about your concerns for their health and safety
- Being honest with them about your limitations as a caregiver or family member
- You may want to have a conversation with their doctor who may have more success in talking them into accepting help
- Try encouraging them to give it a try, or to start small. For example, meet with the case manager to find out what is available, have home supports come in once a week to start

Some people are concerned that an assessment will mean that they will have to leave their home and move to a "nursing home". You can reassure your family member or friend that H&CC services

are intended to help people remain as independent as possible in their own homes.

Another reason that some people may not wish to have an assessment done is that the Ministry of Health requires that financial information such as the social insurance number, net income and taxes paid, be included in the assessment. This information allows case managers to determine what if any cost there will be for services provided by H&CC. You can reassure your family member or friend that the information they provide is only used to determine the cost for subsidized services. The income tax information is not shared with anyone else and it remains confidential.

If you are not successful with these approaches you may have to accept their choice to live at risk. You will want to be clear with the person that they have chosen to live at risk and you are not going to take on the responsibility for their choices.

You can contact their case manager to discuss your concerns and find out if the case manager has any ideas about how to encourage the person to accept services or how issues of concern can be addressed. If they pose an immediate risk to themselves or others, you will want to discuss

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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.

caregiving and live with chronic illness, at home. It focuses on the factors influencing the ability to care, cope and continue to see value in life. It shows the emotional and spiritual work that a caregiver must undergo to face life, death, grief and starting over.

VIDEO

A Trilogy of Caring and Aspects of Hope

By: Susan Ellis

Produced by: SME Productions

Date: 2006

Since we never know ahead of time which events that we experience will have the most meaning and purpose, embracing all life's journeys is essential. Some events will be life changing, providing the key directions for our spiritual growth. Becoming the caregiver for a loved one with Multiple Sclerosis was a key life journey for Susan Ellis.

"All whose lives are touched personally or professionally by those with disabilities, the chronically ill or frail elderly should see this 4-part video. It deals with the real issues of living, dying and starting over, in an honest and compassionate way."

Aspects of Caring: Through caregiver eyes this video traces four years following diagnosis of a woman in her 40's with Primary Progressive Multiple Sclerosis. The purpose of the video is to allow caregivers the

opportunity to explore their emotions, encourage discussion and problem solving. Also to sensitize those who support caregivers to the feelings, needs and behaviours that may be experienced. The video does not gloss over the raw realities of caring for a totally dependent person and issues such as abuse are raised.

Aspects of Living: Examines the needs of those requiring care to maximize their quality of life, as well as the needs of those providing the care - be they family, professional or volunteer. It was filmed in the community and in a home for the aged. Its message is to validate the lives and worth of the disabled, chronically ill and frail elderly and those who care for them.

Practical Aspects of Everyday Life: Looks at issues such as mobility, feeding, dressing, personal care, communication, activities and taking a vacation for a totally disabled adult living at home. The challenges of suction pumps and gastric tubes are faced; Life's joys and beauty are appreciated.

Aspects of Hope: This is the fourth video in the series about

Watch for our new **Caregiver Wellness Booklet** due to be released in mid-May.



It is a personal wellness journal where you can record ideas, tips and quotes that help you feel more relaxed, energized and positive overall. We will be launching this book at our May 12th speaker and luncheon at the Holiday Inn. See page 1 for more details.



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own benefit. Another problem is when children move into a parent's property so they can live rent-free: this may be an abuse of power of attorney.

Before the property sale

It is a good idea to provide your lawyer with a copy of a P/A to review before you use it to deal with real property, and also to consider the terms of the adult's Will. These simple precautions can avoid unpleasant surprises, delays, or unnecessary expenses.

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.

Legal Considerations in Caregiving



by Ruth Magnusson, Lawyer, Straith & Company

Using Power of Attorney to Sell Real Property

An Enduring Power of Attorney ("P/A") is a document by which an adult gives another person, called the *attorney*, the ability to manage the adult's financial and legal affairs after mental incompetence. A person appointed as attorney is often referred to as a 'power of attorney' in everyday speech, however this is not technically correct. The document is the power of attorney, and the person is the attorney.

It may become necessary for an attorney to sell an adult's home or other real property. The issue often arises after hospitalization or moving into a care facility. What things must an attorney keep in mind when considering a sale of land?

Check the Adult's Will

Sometimes, in his or her Will, an adult gifts real property to a named beneficiary. If this is the case, the attorney should seek legal advice so he does not deal with the lands in such a way as to defeat the gift. If he makes this mistake, he may be personally liable to compensate the disappointed beneficiary. Some people are reluctant to review an adult's Will because it is a private document, however attorneys need to do so if possible.

Check the Power of Attorney

To be valid for dealing with real property a P/A must be signed and witnessed by the adult in accordance with the *Land Title Act*, must have attached affidavits of the attorney(s), cannot restrict the proposed dealings with land, and cannot be out-of-date (if the P/A is older than 3 years, it must contain a clause exempting from a statutory 3-year limitation). If the adult is incompetent, the P/A must be an enduring P/A - that is, it must contain a clause authorizing the attorney to use the P/A even after the adult has become incompetent. It is wise to have the document reviewed by a lawyer to ensure it is valid for dealing with land.

Remember, a P/A terminates on death

A P/A is only valid as long as the adult who made it is alive. Therefore, if an adult's house is listed for sale but the adult dies, the attorney cannot later use the P/A to sign documents to complete a sale, causing delays or a lost sale. However, if the P/A was used to sign transfer documents *before* death, the documents may be used later, even after the date of death. If a sale is agreed but not complete and an adult's death appears imminent, consider asking your lawyer to hasten the preparation and signing of transfer documents.

The P/A is used throughout the listing and sale process

Sometimes attorneys are uncertain when they need to produce their P/A. When they sign a listing contract, the realtor should ask to see it. The lawyer (or notary) will need to see the P/A to take instructions, prepare documents and release sale proceeds. Also, the original must be reviewed and cited by Land Title Office staff, if not already registered.

An Attorney's Duty

Attorneys must bear in mind that they are required by law to act strictly in the best interests of the adult. This includes making a genuine effort to obtain the best price for real property, and ensuring proceeds of sale are used only for the benefit of the adult or as otherwise stipulated in the P/A. The sale proceeds belong to the adult. Unfortunately, in some family situations children feel justified taking the money for themselves, for example if the parent has ample resources for future care. However the law is that unless a P/A specifically authorizes the children to transfer assets to themselves (which is rare), they must never take their parent's money for themselves. No attorney may use an adult's assets for his

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FAMILY
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Annual General Meeting

Pause: Putting the Brakes on a Runaway Life

Based on her most recent book, Katherine Gibson will discuss why taking time each day to "smell the roses" is not an indulgence, it is essential. Learn the four keys to keeping your life on track.

Katherine Gibson is a life-management expert and bestselling author whose books have been translated into several languages. Her most recent books are "Unclutter Your Life" and "Pause: Putting the Brakes on a Runaway Life". Visit www.katherinegibson.com.

Wednesday, June 13, 2007
5:30 – 7:00 PM

Wilna Thomas Cultural Centre
2nd Floor, Wilna Thomas Building
Lansdowne Campus, Camosun College

FCNS Members Free
Non-members \$10.00

Light refreshments will be served.

Space is limited. Please RSVP to 384-0408 by June 8th to reserve your seat.

Sidney Coffee Break

This is an informal get-together for family caregivers to meet with each other and chat. Take a break in your busy day and join others who are also caring for family and friends.

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

The Lounge, The Shoal Centre
10030 Resthaven Drive

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



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this with their doctor to determine if further action is required.

When an individual does agree to an assessment for services the case manager will meet with them and anyone who is closely involved with them or their care. The case manager will likely follow up with the individual's doctor, specialist, or any other program the person is involved in for further information that provides a clear picture of the person's medical history or background. Quite often the case manager will invite family members to call to provide further information or if they have questions to ask that they weren't comfortable discussing in front of their family member or friend.

If you do have any questions about Home and Community Care services or how to refer someone, please contact the Vancouver Island Health Authority General Enquiries Line at 388-2273 or toll free at 1-888-533-2273.

"When you change the way you look at things, the things you look at change."

Wayne Dyer

"Network News"

Published six times a year by the Family Caregivers' Network Society. The purpose of "Network News" is to provide support, information and education on issues of concern to family caregivers.

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We gratefully accept articles, stories, information sharing items, questions and reviews of appropriate materials to the readership. Submissions should be no longer than 650 words, and may be subject to editing. At FCNS we are committed to protecting your privacy according to the Personal Information Protection Act.

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FCNS Family Caregiver Support Groups

Victoria Evening Support Group

1st Monday of each month, 7:00 - 9:00 PM
FCNS office, 526 Michigan Street
(July group moved to July 9th due to statutory holiday)

Sidney Support Group

2nd Monday of each month, 10:00 AM - Noon
Sidney Silver Threads, Shoal Centre
10030 Resthaven Drive

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.

Yakimovich Wellness Centre Support Group

3rd Friday of each month, 10:00 – 11:30 AM
Hillside Senior Health Centre
1454 Hillside Avenue

Facilitated by Pat Gibbs, RSW

Attendance is on a drop-in basis. For more information, please contact the Family Caregivers' Network Society at 384-0408 or the Yakimovich Wellness Centre at 370-5641.

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CAREGIVERS
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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)

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

How to Support a Family Caregiver

Visit the UVIC Centre on Aging website for a free booklet on *How to Support a Family Caregiver*. The booklet is based on results from Kelli Stajduhar's research on Family Caregiving in End-of-Life Care.

Visit www.coag.uvic.ca/eolcare/.



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