

PRESENTED BY



**Family Caregivers
of British Columbia**

Alzheimer Society
BRITISH COLUMBIA

More than a visitor: Care planning in a changing environment

Presenters:

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Moderator: Kate Landreth, Education Lead with Family Caregivers of BC



Supported by the Province of British Columbia



Webinar Instructions

- Everyone will remain muted and cameras will be off
- Please use the chatbox to provide feedback
- Use the 'Q&A' feature to ask questions

Territory Acknowledgement

Family Caregivers of BC



Family Caregivers
of British Columbia

- Non-profit charity dedicated to the well-being of family caregivers.
- Serving across B.C. since 2010, with the past 5 years as part of the Ministry of Health's Patients as Partners Initiative.
- Three pillars: caregiver support, education and engagement and collaboration.

www.familycaregiversbc.ca

CAREGIVER SUPPORT

- Support Line: 1-877-520-3267
- Informational, referral & navigation
- Support groups
- Caregiver coaching
- Online resource centre
- Virtual support circle

EDUCATION

- Resource library: webinars and podcasts
- Newsletters publications, e-news, articles and blogs
- Support group facilitator training
- Outreach to community groups

ENGAGEMENT AND COLLABORATION

- Caregiver engagement quality improvement health policy
- Participation in health committees
- Collaborations: condition specific org, health authorities, Ministry of Health research, etc.

Alzheimer Society of B.C.



The Alzheimer Society of B.C. ensures people affected by dementia are not alone, by educating and mobilizing a broader community of care around them and supporting valuable research into the disease and people living with it.

www.alzheimerbc.ca

TELE-SUPPORT GROUPS

- For caregivers
- Regional and provincial groups
- Specialized groups (long-term care, adult children, young-onset, bvFTD)

WEEKLY WEBINARS

- Wednesdays at 2 p.m.
- For caregivers and people living with dementia
- Recorded videos posted on website

FIRST LINK® DEMENTIA HELPLINE

- Monday to Friday, 9 a.m. to 8 p.m.
- 1-800-936-6033
- Service in Cantonese, Mandarin and Punjabi also available

NEWSLETTERS

- First Link® bulletin
- Connections
- Insight

Your learning

WHAT WE'RE COVERING

- Essential visits and essential visitors
- Patient rights and caregivers' rights related to visitations
- Tools for strengthening your caregiver voice
- The importance of back-up care plans



**Family Caregivers
of British Columbia**

— **Let us help** —

Alzheimer Society
BRITISH COLUMBIA

Visitation in B.C.

March

Essential visitors (all sites)

- Compassionate care
- Physical care and mental well-being
- Existing volunteers providing above services
- Moving belongings in or out

June

Social visitors (long-term care & assisted living)

- Social visits with family members included
- One designated visitor

Be prepared

Have your
ticket ready
before the bus
arrives.



What are caregivers saying?

- Appreciation for the visits they have
- Range of emotional experiences
 - Acceptance
 - Trauma

Scenario: What are your rights?

Bob was offered essential visitor status upon admission of his wife into long-term care. After two weeks, the status was withdrawn, and he was told he could no longer visit.

Bob had assumed the decision was recorded in a care plan but has not been able to see the care plan or any documentation on the decision. Bob spoke with the staff and the Director of Care before filing an official complaint with the health authority.

Bob insists that he is an essential visitor, as his wife has behavioural problems in the dining room and is not eating at mealtimes without his support.



Rights and restrictions

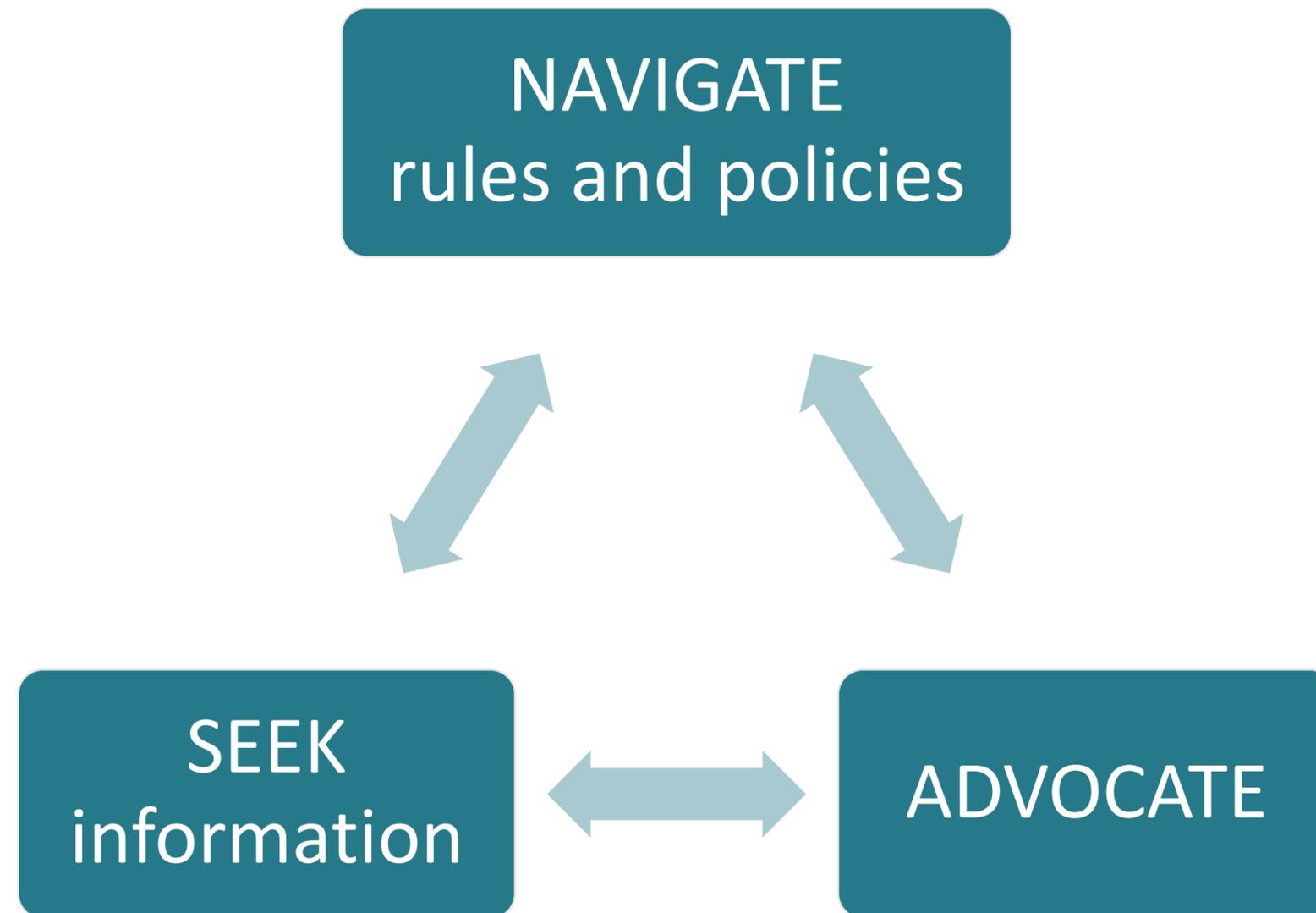
- **Resident Bill of Rights:** right to receive visitors and communicate with visitors in private (Section 2).
- The restrictions for visitation are to promote health and safety for all residents.
- Share your concerns but also be proactive and offer solutions.

Caregivers are essential partners in care

- Have a conversation with the health care staff or management about your concerns.
- Consider following up with:
 - The local Medical Health Officer
 - The Patient Care Quality Office for the Health Region
- Use a decision aid if considering transferring a person from long-term care to home.



Strategies for caregiving in long term care



Using your voice – for your loved one and for yourself

Building co-operative relationships is about:

- Being a **team member**
- Being a **voice**
- Being **prepared**
- Being **realistic**
- Being **persistent and kind**



**What are some unexpected events that
can prevent you from caregiving?**

Ready, Set, Plan – for Care Partner Absence

We all need to plan ahead. There may be a time that someone else may suddenly need to help care for the person living with dementia, such as if you become sick. Filling out the information below and keeping it updated with any changes will help prepare you for these situations.

Store this document in a place where it can be easily found by you or the person who will be helping to provide care while you are unable to. You are encouraged to share this plan with a family member, friend or neighbour you trust, or at least to let them know that you have completed it and where it can be found.

Date Completed:

Care partner information

Primary care partner name:

Relationship to the person living with dementia:

Health and personal care documents (name of person on document):

Legally appointed substitute decision maker (SDM):

Representation agreement (RA) for personal care:

No automatic SDM or RA for personal care:

Property and finances (name of person on document):

Legally appointed Power of Attorney:

No Power of Attorney

Public Guardian & Trustee:

Please indicate where the completed documents can be found:

Other people information can be shared with:

Name	Phone number	Relationship
<input type="text"/>	<input type="text"/>	<input type="text"/>
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What might a backup plan look like?

- Formal documents
- Packed “ready-to-go” bag
- Resource book
- Have conversations and make a list of contacts
- Share information with backup caregivers

What makes planning difficult?

Getting started with a backup plan

- Start small
- Make a list
- The more you do it, the easier it gets
- Weigh possible financial costs of not having a plan in place
- Be flexible – plans evolve

“Plans are nothing;
planning is everything.”

– Dwight D. Eisenhower

1

Expect your plan
to evolve

2

Ask questions

Should I take
them home?

What if your
plan doesn't
work?

3

Prepare for a
strategy shift

4

Take time for your
grief

Keeping gas in the tank: Caregiver well-being

Spending time caring for yourself enables you to have the energy to keep life in better balance.

How do you 'top up your tank'?



Useful resources



Resources



Evaluation



How to contact us

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www.familycaregiversbc.ca

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Questions

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