

How Can You Help?

Become a volunteer.

Volunteers are the essence of Hospice, and always needed. Our visiting Volunteers take a 30 hour training/mentoring program.



Volunteers are needed for:
Supporting our Programs
Fundraising
In the office
Education support
Board participation
Advanced Care Planning
Helping with special events

If you or someone
you know needs
Caregiver Support
or

If you would like
more information
Call or write ...

#207 – 4650 Lazelle Ave.
Terrace, B.C. V8G 1S6
Tel: 250 635 4811
Fax: 250 635 4817
Email: care.ths@citywest.ca
www.terracehospice.org

After hours please leave a
voicemail.

Office hours:

9-12

Monday - Friday

Terrace Hospice Society is financially assisted by the BC Gaming Commission, The Province of British Columbia, United Way and other donors.



1-on 1 Caregiver Coaching

**Overwhelmed in your
role as a caregiver?**

**Unsure of what to do
next or where to go
for help?**



What is Hospice?

Hospice provides volunteers trained in gentle support to those living with life-limiting conditions. Assisting clients and families in knowing what to expect, can prepare them somewhat for the changes ahead.

We:

- Affirm every person's right to live with dignity, be informed, be free of pain, and be the leader in making decisions that affect their own care.
- Emphasize quality of life and dignity as living nears the final stages
- Provide emotional support to clients and their families during end of life transitions.
- Support clients and loved ones through the grieving process.

Terrace Hospice Society is here to assist in quality of life and dignified experiences.



1:1 Caregiver Coaching sessions

A testimonial...

Talking to you really allows me to be candid with my thoughts around caregiving. I don't have to worry about being judged or labeled just because I don't want to provide personal care for my husband. The sessions are also valuable in learning about how to navigate the different parts of the system and what to expect. I am also able to prioritize what needs to get done and having the accountability check in keeps me on track".
—coaching recipient

1 -on 1 Caregiver Coaching sessions are free and designed to help you get the answers you need now.

You qualify for a 1:1 Caregiver Coaching session if you:

- are helping to care for a family member or friend with complex needs.
- need support and guidance navigating the health care system to ensure your care recipient is receiving the right type of support at the right time.
- are ready to take action.

The Caregiver Program is a free Community Service.

Self-referrals and referrals from anyone concerned about the quality of life are accepted.