

ADVANCED CARE PLANNING

What is Advance Care Planning (ACP)? It is simply a process of thinking about and sharing your wishes for future health care with your loved ones and with your health care provider. It gives you an opportunity to tell others what would be important if you were ill and unable to communicate.

Let's face it. We all hope to die peacefully, able to communicate until the very end. But that's not always the case. What if you couldn't speak for yourself? Do you have a Substitute Decision Maker in place? An SDM is just one component of a well thought out Advance Care Plan.

Some people feel strongly about things like resuscitation, intubation, breathing tubes, feeding tubes, blood transfusions, etc. An ACP will give you the opportunity to make your decisions ahead of time so that if the time comes that you cannot make decisions for yourself, others will know what is important to you and be able to carry out your wishes.

This can bring peace of mind to you and your loved ones. For you it can relieve the uncertainty of not being heard and for your family it gives them clear direction to make decisions on your behalf at an already stressful time.

Contact us for more information.



SUPPORT FOR CAREGIVERS

- ◆ Peer to peer support
- ◆ Respite. Volunteers are available to sit with a loved one while a caregiver takes a break.
- ◆ Through a partnership with Northern Health we host a Caregiver support group at the Garage the last Wednesday of the month.

GRIEF SUPPORT

The Grief Recovery Method is a program for those who don't feel comfortable in a group setting and prefer to work 1 on 1. This 7-8 session format offers a safe, evidence-based environment for those grieving to take effective and lasting action, no matter the type of loss experienced. These are led by Grief Recovery Method Specialists, trained, and certified by the Grief Recovery Institute.

- ◆ **One to one grief peer to peer support.**
- ◆ **Online grief group, the last Tuesday of every month from 6-8 pm**

LENDING LIBRARY

The goal of the Terrace Regional Hospice Network library is to educate the public on a variety of topics regarding both life and death. Available resources include books, videos, CD's and DVD's which focus on self-care, coping skills, and how to navigate through grief and loss. We also have a selection of Room 217 cd's. These are used as gentle background music and can provide peace and comfort

BOOK CLUB

Our Book Club is a reading group with a maximum number of 8 participants so that everyone has time to share their thoughts. We have an extensive reading list that covers topics around death, dying, caregiving, and grieving. We meet once a week and generally read only a chapter or two then get together to discuss it in depth. It is amazing how many different perspectives come out and how much fun we have.

DEATH CAFE

What on earth is a Death Café you might ask? Death Café gatherings are held internationally and are dedicated to discussing death publicly with the aim of normalizing conversations around death and dying. It's not a counselling session but simply a group of people coming together in a relaxed and respectful atmosphere, enjoying a cup of coffee, while sharing engaging conversation.

OUR FUNDERS

We are only able to provide these programs and services through local fundraising, donations and various grants provided through the following organizations.



SERVING TERRACE SINCE 1992

***Our Staff and Volunteers
nurture, educate, and advocate
for the highest quality
Palliative (Comfort) Care
and end of life experiences.
We provide programs for
those dying and their caregivers,
and we support those
who are grieving.***



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OUR MISSION

Our volunteers nurture, educate, and advocate for the highest quality Palliative (Comfort) Care and end of life experiences. We provide programs for those dying and their caregivers; and we support those who are grieving. We promote healthy choices from the time of a life altering diagnosis. We actively bring equity and diversity lenses to all aspects of our work as we work towards positive, systemic change.

OUR VISION

To foster compassionate environments that support end-of-life comfort for those touched by death.

OUR VALUES

- ◆ We value each human's dignity.
- ◆ We value living well until you die.
- ◆ We value the best death possible.
- ◆ We let compassion and respect guide our actions.
- ◆ Our work thrives with community engagement. We embrace and encourage collaboration, partnership and diversity.
- ◆ All of the above take place in strict confidence.

Any person in need of our services or programs does not need a physician's referral. It's as simple as calling our office and making a request.

VOLUNTEER TRAINING PROGRAM

It all starts here with 8 sessions of comprehensive online and in person training program tailored to suit the individual learning needs of each Volunteer. Volunteers learn about personal, social, practical, and emotional support for their clients. A large emphasis is placed on self-care of the Volunteers as well.

A greater number of trained hospice Volunteers reduce the chances of burnout and high turnover rates among long-term Volunteers. Once trained our Volunteers can choose from a variety of jobs such; working with clients directly—providing transportation, shopping, vigiling, spending time outdoors, reading out loud, playing cards, staying connected by phone, going for coffee, or providing a caregiver some respite relief. We also have office support, fundraising, and event opportunities.

We provide many educational opportunities for our Volunteers. By encouraging them to learn and grow, we find that they are more inclined to continue their services with us.

When you become part of The Terrace Regional Hospice Network team of Volunteers, so many people benefit! Volunteering provides many opportunities and rewards. Adding Volunteerism to a resume looks great!

If you are interested in becoming a Volunteer with us please contact our office to inquire about our next training session.

VISITING VOLUNTEER PROGRAM

Our visiting Volunteer program is a valuable community service where trained Volunteers offer companionship to people who have had life altering and or/palliative diagnoses in the community, either in their homes, in hospitals or in care facilities.

Our Volunteers undergo a comprehensive hospice training course that teaches skills such as active listening and empathic communication. They are also able to assist with planning and navigating palliative resources within the community and helping with small tasks such as providing transportation to appointments and shopping. Visiting Volunteers can provide much-needed respite for caregivers.

Volunteers provide support for the dying but also their caregivers. They continue with the family even after the death of the client by guiding them into the appropriate grief supports. The Visiting Volunteer program helps to normalize people's experience with death and dying.

KEEPING VIGIL

Our belief is that no one should die alone unless that is their preference. Volunteers can sit with clients and help them through their end-of-life journey, providing comfort and reassurance. Even if it is just holding space or holding their hand, or listening to music or reading with them, we will do our best to be present in those final hours.

NAVCARE PROGRAM

People living with declining health often have unmet needs and social isolation resulting in poor quality of life. Many must make life changing decisions to accommodate new life realities. Getting around the community can become intensely challenging, and many do not know the services that are available to assist them. All of these things influence how people manage their health. Nav-CARE volunteer navigators are trained to help with these needs.

WHAT DO NAV-CARE VOLUNTEERS DO?

- ◆ Help locate local services and resources to help manage declining health
- ◆ Help you get to where you need to go
- ◆ Assist you in re-engaging in hobbies and other interests
- ◆ Talk you through important decisions and future plans
- ◆ Help relieve feelings of loneliness, isolation, and anxiety
- ◆ Offer one-on-one relationships tailored to your needs
- ◆ Book appointments