

Better at Home Provincial Meetup 2017 Training & Discovery Sessions

Concurrent Session 1:

Supporting and Engaging Family and Friend Caregivers in your Community

Wednesday, November 1, 2017

10:30AM – 12:00PM

Room: Cambie Room

Provider: Family Caregivers of British Columbia

Training Description:

This training session is jam-packed with practical information to increase your knowledge, skills and confidence in working with and supporting family and friend caregivers as partners in care.

Caregivers are increasingly in distress yet they may tell you, 'I'm fine'...until a crisis hits. We'll provide context about caregiving (statistics and stories), highlight key strategies for building resilience and enhance self-care, discuss the importance of respect for boundaries, share ideas to work together effectively and offer ready-to-use resources and materials. We'll introduce a case study or two to look deeper into the real lives of caregivers of seniors in our lives.

Designed to be interactive, we invite you to share any questions, challenges or ideas you may have. Leave feeling energized about how you can expand your positive impact.

Facilitator Bio: *Janet McLean, Education and Engagement Lead*

Janet's the mastermind behind many of our webinars, among other education and engagement initiatives. Her non-profit experience spans 30 years starting with contracts in New York with the United Nations and UNICEF. She has a Masters degree in Business Administration and throughout her career has assisted many organizations in the private, public and non-profit sectors hone their strategic efforts to meet the needs of their clients. She has also volunteered for many non-profit organizations in a range of positions, from an extra set of hands to President.



After 15 years in health care, Janet's thrilled to be working with FCBC. Having been a caregiver herself, she appreciates the privilege and pressure the role presents. With the increasing emphasis on aging in place, it is more critical than ever that families and caregivers have access to programming and services that will build and support the capacity they require to meet the challenge.

Concurrent Session 2:**Navigating the Community-Based Seniors' Services (CBSS) Sector****Wednesday, November 1, 2017****10:30AM – 12:00PM****Room: Ballroom A****Provider: Silver Harbour Seniors' Activity Centre****Training Description:**

With the aim of collectively increasing awareness, and raising the value and capacity of Community-Based Seniors' Services (CBSS) sector, this session will:

- Define "Community-Based Seniors' Services," including the 7 core areas, and discuss where Better at Home shines in the CBSS sector
- Identify keys to collaborating in the CBSS sector – among health authorities, municipal governments and others, and discuss the challenges faced when planning and delivering Better at Home services
- Work to create a stable ground for moving forward, and identify the core shift necessary in the sector

Please note: Those who are attending the **Provincial Summit on Aging** on November 2 & 3, 2017 have not been assigned to the session as the content will overlap with that of the Summit.

Facilitator Bio: *Annwen Loverin, Executive Director*

Annwen Loverin is a skilled non-profit manager with over twenty years' experience in supporting seniors' well-being, independence, and resilience. With a Master of Arts in Community Planning from the University of British Columbia, she balances strategic thinking with a strong commitment to equity, compassion, and positivity.

Annwen is the Executive Director of Silver Harbour Seniors' Activity Centre, a community gathering place with more than 70 different programs and services for seniors in North Vancouver.



Concurrent Session 3:**Talking About Death: Self-Care Tools + Practices for Grief, Loss and Dealing with Dying**
Wednesday, November 1, 2017**10:30AM – 12:00PM****Room: Bridgeport Room****Provider: Joan Trinh Pham / Vancouver Death Café****Training Description:**

This is a two part, interactive session that aims to:

- (1) Create space to discuss and honour the challenging aspects of caregiving related to dying/death, grief/loss
- (2) Offer tools and practices to care for oneself and support others through these phenomena

Part one of this session will draw from the Death Cafe model which has internationally brought together people with the intent “to increase awareness of death to help people make the most of their (finite) lives.” The Death Cafe model is free of agenda, with discussion of topics determined by attendees.

The second half of the session will respond to topics touched upon in the opening discussion. Participants will be introduced to tools that help them to navigate end of life processes so they can better care for themselves and others. The group will also collectively generate ideas for practices that help to renew + strengthen people affected by death, loss + grief in practical ways.

Participants will:

- Experience a safe, supportive, reverent and open space to discuss death, dying, grief and loss
- Learn tools to navigate end of life processes
- Begin to build a collection of practices that strengthen self-care in the face of grief and loss

Facilitator Bio: *Joan Trinh Pham, Artist, Hand Analyst + Hospice Palliative Care Nurse*

For over a decade, Joan has worked as a nurse specializing in hospice and palliative care in both hospital and long-term care settings in Vancouver. She has a passion for supporting caregivers to provide care to elders who are near the end of their life. Joan teaches caregivers how to clearly identify and successfully navigate the physical, emotional and mental changes that occur in the last years of life. Her expertise is focused on helping caregivers develop communication skills and enhance self-awareness so that they are better able to be effective at caring for others. She is known for her creative, innovative and compassionate approaches including the use of non-predictive modern palmistry as a tool to expand self-understanding and mindfulness.



Concurrent Session 4:

Innovation and Technology in the Field of Aging

Wednesday, November 1, 2017

10:30AM – 12:00PM

Room: **Ballroom B**

Provider: **CanAssist / Mount Pleasant/KOM and Sunshine Coast Better at Home**

Training Description:

CanAssist

In this session, participants will learn about CanStayHome, a multi-year initiative of CanAssist at the University of Victoria. Funded since 2014 by the Province of BC, CanStayHome focuses primarily on developing innovative yet practical technology solutions that enable seniors to remain living in their own homes for as long as safely possible.

What participants can expect from the workshop/presentation:

- An overview of the CanStayHome initiative
- A description of products that have been produced so far under the initiative
- A description of products under development
- An overview of a soon-to-be released web service, which will help to connect seniors and their caregivers to assistive technology solutions, which can support chronic conditions and activities of daily living

Facilitator Bio: *Marilyn Sing, Partnership Development*

Marilyn Sing has been with CanAssist since May 2016. In her partnership development role, she utilizes her background in communications, business development and project management to support the development and implementation of assistive technologies, which will help keep seniors living in their own homes for as long as safely possible. This work involves liaising with the BC Ministry of Health, the regional Health Authorities, non-profit organizations, researchers and other senior care stakeholders.

She is also a certified Information Privacy Professional in Canada and a member of the International Association of Privacy Professionals.



Mount Pleasant, KOM and Sunshine Coast Better at Home

Attendees of the “**Innovation and Technology in the Field of Aging**” workshop will also hear from **Mount Pleasant, KOM and Sunshine Coast** Better at Home on innovative technologies used to support and enhance their programs.