



ACR NEWS BULLETIN

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To: Family Councils, Members of ACR and those interested in residential care

** Please help us spread the word! We encourage you to circulate this Bulletin among your networks of those interested in residential care in BC. **

ACR News

Seniors' Advocate for BC

ACR has joined other seniors' groups in BC to advocate for the establishment of a Seniors' Advocate position for British Columbia. A copy of our letter to the Minister of Health is on our website. We invite all involved with seniors and those who will some day be seniors themselves to consider joining us in supporting the establishment of such a position. Contact your local MLA as an individual or as a Family council. This growing segment of the population of British Columbia needs an independent voice.

Kudos to Health Authorities!

ACR has sent a letter to the Minister of Health recognizing some initiatives of the Fraser Health Authority and the Vancouver Coastal Health Authority to improve foods services and nutrition in their residential care facilities.

Fraser Health has adopted a new Vitamin D protocol to help prevent falls and fractures in their residential care facilities. The opportunity for residents of FHA residential care facilities to participate in this new protocol is apparently a first in Canada.

Vancouver Coastal Health has embarked on a pilot project to improve the food provided in some residential care facilities within their health authority – with emphasis on a more home-like approach and presentation with more choices of food and portions.

We have requested that the Minister of Health support the implementation of these initiatives within all residential care facilities within all Health Authorities. A copy of our letter to the Minister of Health

is on our website. We invite Family councils to join us in seeking improved standards of foods services and nutrition in residential care in BC throughout the province and in all health authorities.

New Opportunity to share your thoughts – UBC residential care research proposal

Dr. Jennifer Baumbusch is an Assistant Professor at the UBC School of Nursing. She has experience in long-term care as a nurse, administrator and family member. Jennifer holds a Michael Smith Foundation for Health Research Scholar Award to support a program of research aimed at improving the integration of families and friends in long-term residential care. She is currently developing a research proposal about Family Councils. Jennifer would like to hear from individuals and organizations about the issues that should be included in this research proposal. Jennifer can be reached via email at gero@nursing.ubc.ca.

Information Exchange

Music therapy - Caring in tune

At our last Family Conference held in August 2011, we were fortunate to have *Susan Summers, MMT, MTA, Faculty, Music Therapy department, Capilano University*, as our Presenter for a session called 'Caring in tune'.

Susan's experiential presentation was most memorable. For those with some familiarity with Music therapy it provided insight about the education of Music therapists and the scope of their practice. For those unfamiliar with Music therapy, it was a powerful introduction to what music therapy is and has to offer to the diverse population within residential care – including the lower functioning residents as well as those with dementias and aphasia.

For those unable to join us at the Conference, here is a link to an article in the November 2011 Elder Voice Newsletter of Diamond Geriatrics, entitled "Music Therapy – Reaching Where Others Cannot". <http://www.diamondgeriatrics.com/newsletter/newsletter-Nov11.html>

It's a great article and well worth your time.

Follow-up on the Health Care Accord – have you read our Fact Sheet on health care funding in Canada?

A reminder that ACR has prepared a '**Fact Sheet**' that provides a general overview of health care funding in Canada and explains the Health Care Accord that is expiring in 2014 and what that means to you. There are some suggestions on how you can become involved in shaping "your" future health care system. Check our website for a downloadable copy (www.acrbc.ca).

Activity around the future of health care in Canada is now frequently being reported and commented upon in various media. We invite you to become involved – our Fact Sheet provides a good start with recommendations on how you can learn more and become involved in shaping 'your' health care system for the seniors of today and the years ahead.

Upcoming Events

We encourage all Family Councils to subscribe to the **NSCRS** and **Caregiver Support Program** distribution lists for direct and timely receipt of their Program information and Newsletters. They are a great source of information and possible topics for Family council 'education and information' sessions.

North Shore Community Resources Society (NSCRS)

Here is a link to the NSCRS program information: *The Family Caregivers' Grapevine* [January February Newsletter](#) and [Calendar](#).

All programs are for (unpaid) family or friends caring for someone with an illness or a disability. All programs are free

*** Please note that the NSCRS offerings include teleconferences and webinars, accessible to all throughout the Province.***

To be placed on their eDistribution list, contact Helen Wait, Program Assistant, North Shore Caregiver Support Project Email: helen.wait@nscr.bc.ca Phone: 604-982-3313 Website: www.nscr.bc.ca/information/caregiver

Caregiver Support Program - Vancouver Coastal Health Authority

We've been advised that three Caregiver Support Groups are now underway:

Central Vancouver: 6:30 - 8:00 pm on the last Thursday of the month at Raven Song Community Health Centre (Room 101) 2450 Ontario Street.

East Side Vancouver: 1:00 - 3:00 pm on the second Tuesday of the month at Renfrew Park Community Centre, 2929 East 22nd Ave.

West Side Vancouver: 1:00 - 3:00 pm on the third Tuesday of the month at Pacific Spirit Community Health Centre, 2110 West 43rd.

For information on these Support Groups, and to be placed on their email or regular mail distribution list for their Newsletter 'Caregiver Times' and program offerings, contact Sarah Galuska, Caregiver Support Program Coordinator at Email: caregiversupport@vch.ca or Phone 604-877-4699 Website: www.caregivers.vch.ca

Can you help us out ? Facility contacts needed.

Both ACR and the North Shore Community Resources Society have been attempting to develop a current valid email database of residential care facility contacts throughout the Province. This has proven to be an onerous task. The purpose for both organizations is simply to be able to communicate directly and efficiently with residential care facilities. So far, the response has been disappointing.

We invite all residential care facilities to provide us with current contact person information (name/s and email addresses) for their facility. For ACR: info@acrbc.ca For North Shore Community Resources Society: Helen Wait, Admin Asst. 604-982-3313 or helen.wait@nscr.bc.ca

Family councils - where are you?

Part I of the Ombudsperson's Report has raised the profile of Family councils as an important feature of a residential care facility. We frequently receive enquiries about which facilities have Family councils and how they can be contacted. We also receive enquiries from various other non-profits, advocacy groups and government organizations about the number of Family councils active in the Province.

ACR, has been attempting to update our (outdated) listing of Family councils in residential care facilities in BC; to date the response to our earlier invitations to tell us about your Family council, has been extremely low.

Our goal is to provide updated, current Family council information on our website. We've made it easy. The information we need is indicated on a Form available on our website www.acrbc.ca

Complete the form and send it to us (email or regular mail) or simply send us the information requested on the form, via email to: info@acrbc.ca Unfortunately, we are unable to accept faxed documents. ACR website: www.acrbc.ca ACR email: info@acrbc.ca

Thank you – for helping us keep track of where you are.

Resources

A gentle reminder....

“The Remaining Light” - Have you seen it yet? It's a must see!

A film by Goh Iromoto and Shannon Daub. **The Remaining Light** is a journey through an often-invisible part of Canada's health care system. Set against the backdrop of an aging population and a system of seniors' care in crisis, the film explores what it means to age and die with dignity. Seniors, their families, and experts in the field – including those who work day-to-day with seniors – talk about the services and supports that are needed, where we are failing, and their hopes for stronger system of care.

The film set in British Columbia, Canada – also provides context about community-based health care policy and funding in BC. [A discussion guide and fact kit is available to go with this film.](#)

A poignant, thought-provoking film that both raises awareness of the 'elder care' component of health care and serves as a stimulus for dialogue. Great for family councils, seniors groups, health care staff, community groups, families, and anyone who is getting older - to view, learn, think about and discuss.

We have recently learned that **The Remaining Light** will very soon be available with subtitle options in four languages – Chinese (Traditional or Simplified characters), Punjabi, Vietnamese and Spanish. If you would like to receive one or more copies of the DVD, please send a note to Danny Li, bcseniors@policyalternatives.ca -- please let him know how many copies you'd like, and whether you can pick it up from the CCPA office (at Cambie and Hastings in Vancouver) or prefer to receive it via mail.. The DVDs are available at no cost, thanks to funding from the United Way of the Lower Mainland.

Sponsors: The research was conducted through the [Economic Security Project](#), a research initiative led by the CCPA and Simon Fraser University, and funded by the Social Sciences and Humanities Research Council of Canada (SSHRC). The film is a joint presentation by the CCPA and the Hospital Employees' Union. Financial support received from the HEU and Vancity for this project.

For additional information and to view "The Remaining Light"

Online: All the materials can be accessed from the website:
<http://www.policyalternatives.ca/projects/seniors-care>

If you wish a DVD and hardcopy Presentation Kit, email bcseniors@policyalternatives.ca with your full contact information (name, address, etc.)

“Each time a person stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he or she sends forth a tiny ripple of hope.”

Robert Kennedy

Disclaimer This bulletin contains material that is meant to be informative, thought-provoking and promote dialogue. This material is for information only and should not be construed as an endorsement of the views expressed; products or services mentioned and should not replace consultation with the appropriate qualified professionals. Individuals who require medical, legal or other expert advice should consult with the appropriate qualified professional. ACR does not endorse any specific approach to care. The views and opinions expressed are not necessarily those held by the ACR Board of Directors and staff.