



## **Supporting Families Through Grief and Loss Webinar. March 30, 2021**

### **BC Care Providers Association | EngAge BC**

#### **Moderated by Mike Klassen - VP Public Affairs, BC Care Providers Association**

Alzheimer Society of B.C., the Family Caregivers of B.C., and the Vancouver Island Association of Family Councils, BCCPA and EngAge BC hosted a forum via Zoom to better understand the range of support services which long-term care and assisted living staff can draw on to support family caregivers. There are many things to consider as our members begin to welcome back the companions of their residents back into the care home. It is anticipated that upon being reunited with residents, many family members will have an emotional reaction, such as feelings of grief and loss. In many cases, these feelings will be triggered by the physical and cognitive changes they observe after being apart from their family members for such a long period of time.

#### **RESOURCES – see attached BCPA Grief and Loss Resource Sheet for Care Providers (Organizations and Families):**

- **Family Caregiver Support Groups** - <https://www.familycaregiversbc.ca/family-caregiver-support-groups/>
- **Visiting in long-term care during COVID-19** - [https://archive.alzheimer.ca/sites/default/files/%5Bzaboutme%3Adirectory%5D/lrc\\_visitation\\_handout%20pdf.pdf](https://archive.alzheimer.ca/sites/default/files/%5Bzaboutme%3Adirectory%5D/lrc_visitation_handout%20pdf.pdf)
- **SafeCare BC and Family Caregivers of BC free, online educational program:** - <https://safecarebclearningspace.ca/#/login>

#### **Caregivers Connect: BC's Virtual Support Group**

- **Caregivers Connect:** BC's Virtual Support Group brings people from across the province together twice a month around a mutual experience of caregiving for a family member or friend. This is a time for reassurance, where caregivers can realize they are not alone
- **Date and Time:** 2nd and 4th Thursday of each month from 2-3:30 pm PST
- **Registration Details:** You must pre-register for each session to attend. Register in advance for this meeting [here](#).

#### **BC CARE - Virtual conference May 31st - June 2nd, 2021.**

#### **May is Family Caregivers Month, Caregiver Aware 2021**

The conference theme is **The Three Rs: Reflection, Resilience and Reinvention** and will incorporate high-profile keynote speakers, panel discussions, concurrent sessions, Q&A sessions, and virtual networking breaks.

You can find out more here: <https://pheedloop.com/virtualbccpa2021/site/home/>



## **ILTCCABC**

**Independent Long-Term Care Councils Association of BC**  
Your provincial long-term care councils' association



**First Link Dementia Help Line** - <https://alzheimer.ca/bc/en/help-support/find-support-bc/first-link-dementia-helpline>

If you have questions about Alzheimer's disease or other dementias, call the Alzheimer Society of B.C.'s First Link® Dementia Helpline for information and support (toll-free):

- **English:** 1-800-936-6033 (Monday to Friday, 9 a.m. to 8 p.m.)
- **Cantonese and Mandarin:** 1-833-674-5007 (Monday to Friday, 9 a.m. to 4 p.m.)
- **Punjabi:** 1-833-674-5003 (Monday to Friday, 9 a.m. to 4 p.m.)

### **Kim Slater - Vancouver Island Association of Family Councils**

**GOAL:** Provincial Association of Family Councils –

- A voice for families who can contribute to policy decisions being made by the Ministry of Health
- Policy is designed to help and needs to include contributions from the policy serves
- How can family members (Family Council) and the Long-Term Care Homes work together? If Family Councils are self-determining, then this will go a long way to success.
- Shared experiences and ideas to improve quality of life. Long-Term Care Home management to meet with the Caregivers. Gives management the opportunity to investigate the ideas as plausible solutions to problems,

### **Sarah Stott-Eveneshen – Provincial Coordinator, Program Development at Alzheimer Society of B.C.**

- Grief, change in family roles, staff demands are heavier, emotions are stronger, and frustration is high. Family members are not feeling heard.
- Weekly Webinars instead of in-person meetings now. Trying to be responsive to what people need. Explained the many resources the AS offers.
- Anger can be very blinding – you can't see logic. Caregivers need to try to bring them out of anger, even into sadness, to move to a place where the logical conversation can take place.
- Grief, Loss, and Anger from the caregiver, facility perspective – what to expect upon your visit.

### **Barb Maclean - Executive Director at Family Caregivers of British Columbia**

- Ultimate vision is that families will be included as essential caregivers and part of the partners in care. Include the voice of family caregivers.
- Part of problem-solving is that those who are impacted need to be at the decision-making table.
- Leadership to support front-line workers



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- time. Prepare teams, look ahead, small micro learning huddles, what are some things you can say and do to improve the conversations with families and residents during a stressful time.
- Find hopefulness and joy in this time – whatever has happened in the past is the past, and now improvement is happening/coming/working out.
- Grief, Loss, and Anger from the Family perspective

#### **What should family members keep in mind on their first visit?**

- That there will be changes
- That staff lament those changes every bit as much as they do
- Facilities are not responsible for all the policy decisions they have to live by.
- Each visit will improve.
- What you do to help your own self regulation will be very important and can improve your visits as time moves on. A sense of optimism helps.