

GREATER TRAIL HOSPICE SOCIETY

NEWS & NOTES

SERVING THE GREATER TRAIL AREA FOR 36 YEARS!

CONVERSATIONS ARE IMPORTANT

Who would you trust to make your health care decisions if you couldn't?



If you had terminal cancer and suffered a massive heart attack, would you want CPR?



If you had a stroke and only a feeding tube would keep you alive (but you wouldn't be able to speak again), would you consent?



If you were in a car accident and were declared brain dead, would you want your organs donated?



Find out how to get your thoughts, values and wishes down on paper.



Reserve your seat today

Sunday, April 30-2pm

Trail Legion, 2141 Columbia Ave

250-364-6204

trail.navcare@gmail.com



"Our ultimate goal, after all, is not a good death but a good life to the very end."

-Atul Gawande

“ May is Hospice Month!

Did You Know We Provide:

- Help navigating through health changes
- Respite care for family towards end of life
- Grief support when you have a major life loss
- End of life vigil and comfort

Simple Self-care Tips for Caregivers

By Amanda Farquharson, BSN, RN

A caregiver is someone who cares for a friend or family member without compensation. According to statistics Canada 7.8 million Canadians are unpaid caregivers; some people spend 20 or more hours a week caregiving. Balancing caregiving on top of other responsibilities such as raising children, working, and relationships can become a challenge.

It is important as a caregiver to look after yourself with a healthy lifestyle, and to participate in self-care and social activities. Making yourself a priority will help to avoid caregiver burnout, reduce stress, and decrease frustration that may arise with your role as a caregiver. You will be the most help to the person you are looking after if you are in a good personal place, physically and mentally.

If you are a caregiver and you find yourself being worn down, exhausted and not feeling like yourself it's a good time to take some moments to assess your own needs and participate in self care activities.

Why is Self-Care Important for Caregivers?

Being a caregiver adds extra tasks to complete in a day so it is important to make time for your own health.

A study done by the Multinational Association of Supportive Care in Cancer found that caregivers who spent less time looking after their own health, mentally, spiritually and physically, were less prepared to handle the stress, problem solving and decision-making responsibilities that come with caring for someone else. The more hours that someone spends caregiving the more likely they are to report feeling stressed, overwhelmed, and frustrated. This in turn affects the ability to care for yourself as well as others.

How to Implement Self-care

A few simple ways to ensure you are taking care of yourself while caring for a loved one are to assess your own emotions.

Take some quiet time, reflect and ask yourself these questions:



- How am I feeling right now? (physically & mentally & spiritually)
- Am I well rested? Do I sleep well?
- Am I quick to anger or feel frustrated?
- Have I done something for myself today?
- Am I feeling hydrated and well nourished?

WHAT IS SELF-CARE?

SELF-CARE IS THE **INTENTIONAL** ART OF LOOKING AFTER YOUR OWN SPIRITUAL, PHYSICAL, MENTAL, EMOTIONAL, ENVIRONMENTAL, RECREATIONAL, AND SOCIAL HEALTH.

Daily Ways to Practice Self Care

- Take time for yourself:
 - Go for a walk
 - Get outside
 - Do some simple stretching and breathing exercises
 - Journaling is a great way to express emotions, thoughts and feelings
 - Listen to music
 - Pick up an old hobby or get a new one; knitting, crocheting, Sudoku, crossword, reading, etc.
 - Participate in leisure activities that you enjoy; go to the gym, or the pool
- Eat a balanced diet
- Stay hydrated
- Try Hand Reflexology - self treatment
- Reach out to friends and family; allow others to help
- Go for a coffee or out to lunch, solo or with a friend



Other ways to make sure you are looking after yourself:

- Keep up with your own medical appointments
- Join a support group
 - Greater Trail Hospice has a volunteer support network offering 1-on-1, or children's group support. This type of formal support can help caregivers assess and work through the many emotions that come with caring for a loved one.
 - West Kootenay Boundary Caregiver support - Nelson
- Set boundaries - as a caregiver it is often the intention to help as much as possible, but it is very important to conserve your energy and time and be able to say no - and mean it.



**If I take care of myself, I have
the energy to care for others**

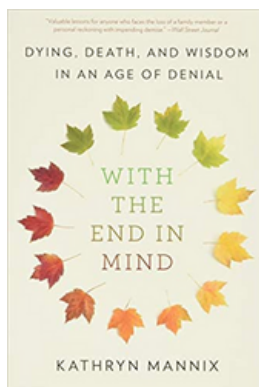
Resources:

- **Caring for yourself: Tips and resources to help care for yourself**, aimed at caregivers. <https://www.caregiver.org/caregiver-resources/caring-for-yourself/>
- **Looking after you: Lessons from the airline industry**: Canadian Virtual Hospice website, module 4 of the Caregiver Series, these lessons provide personal and professional experience on how to care for yourself while caring for others. <https://mygrief.ca>
- **The Emotional Side of Care-giving**: Family Care Alliance website, this article gives an in depth description of the many emotions that caregivers may face and strategies on how to cope with them. <https://www.caregiver.org/resource/emotional-side-caregiving/>

Interesting TED Talks:

What Happens When We Die? -Kathryn Mannix

https://www.ted.com/talks/kathryn_mannix_what_happens_as_we_die



(Books available in our Hospice Library)

What Really Matters At the End of Life

- BJ Miller

https://www.ted.com/talks/bj_miller_what_really_matters_at_the_end_of_life



Join us on **May 7th** for an afternoon of superb music at Trail United Church



Admission by Donation to support Hospice Programs