

Care BC's Family Respite Centre: 20 Years of Caring

October 2022

The Health and Home Care Society of BC's (also known as Care BC) Family Respite Centre (FRC) provides a homelike environment where seniors with mental or physical frailties receive temporary care from dedicated nursing staff while also benefiting from advanced recreational and therapeutic programs, and the opportunity to socialize with other guests, staff and volunteers. At the same time, the caregivers of the FRC clients get a break from the often exhausting responsibility of looking after a loved one - enabling them to get the rest they need to continue helping their loved ones remain healthy and living in the comfort of their own homes.

This year, the FRC celebrates 20 years at its current Vancouver location! When the FRC opened, it was the first independent, purpose-built, community-based respite centre of its kind in Canada, with 20 Adult Day Program spaces and 12 overnight respite beds.

Care BC receives operational funding for the FRC from Vancouver Coastal Health (VCH). However, Care BC also fundraises to provide specialized programming like pet therapy, music therapy, and customized exercise courses for our clients to enjoy.

Marianne Grobbelaar is an exercise specialist who leads sessions with FRC guests every Wednesday. "I help with things that may seem small – like being able to hold a tooth brush or crossing the street comfortably – but are really quite important." Marianne was a professional ballet dancer before she had to retire due to injuries. "It's a little ironic," she said, "because dance and ballet break the body down in order to fit a certain mould. Now I work to increase strength and improve the quality of life of my clients. I feel lucky to have found such satisfying work."

At a recent session at the FRC, Marianne led the guests through a series of movements and stretches like bending to either side "as if you were picking up something you dropped while you were sitting in a chair", or stretching the feet and toes "which help push yourself up when you're walking so you don't trip over your own toes." Elizabeth, a client at the FRC with memory problems, will always ask "Where's Marianne?" on Wednesdays. *"Many of the people I work with are frail or vulnerable – but you can still make a deep, human connection with people. I want people to be seen, to be heard, and to be cared for. I look at each client as an individual and try to provide them with the attention that will help them."*



We know our clients appreciate the care and attention. One caregiver who brings his mother to the FRC said:

"We are so grateful for the FRC as we could not get away for extended periods to visit our daughter in the UK otherwise. We have benefitted several times in the past two years by having her stay at the FRC and she always comes home more able and energized, undoubtedly because of the social interaction and good care she receives."

Will you make a donation today to provide additional programming for our FRC clients?

Although our nursing team has provided exceptional levels of care for the past 20 years at the FRC, having external experts provide additional programming provides even greater benefit to our guests. Financial support from our generous donors ensures we can continue to go "above and beyond" for our clients. THANK YOU!

When you make a secure online donation, you'll receive your tax receipt immediately:
www.carebcfoundation.ca/donate-now-newsletter



"Coming to the FRC is a highlight of my week – making connections with people is a beautiful thing. I feel privileged to be able to do so."

Because of our 20 years of experience providing respite care, and the ever-increasing need for our vital services, we're expanding our services to the North Shore with a new respite centre in the City of North Vancouver. Learn more at www.BecauseYouCareBC.ca



Health & Home
CARE
Foundation of BC

Health & Home Care Foundation of BC

204 - 3077 Granville Street, Vancouver BC V6H 3J9
604-733-6614 | info@carebc.ca | www.carebcfoundation.ca
Charitable Tax No. 71276-8696-RR0002

「家庭暫托中心」- 慶祝成立 20 週年

2022年 10月

卑詩護理會的[家庭暫託中心]是加拿大首個獨立、以服務社區為基礎的暫託中心。服務對象主要是一些於精神及健康上需要支援的長者/患者，提供一個有在家感覺的舒適環境及有益閒娛活動來幫助客人保持身心健康。一群專業及愛心的護理人員負責照顧及策劃項目，通過設定運動、音樂治療、社區聯系等的治療方法去協助個人護理和日常活動。同時，也可以給予看護者 (Caregiver) 一個喘息的機會。待休息過後，更有精力照顧患者。

今年是溫哥華[家庭暫託中心] 慶祝成立 20 週年！該中心是加拿大第一個提供此類服務的暫託中心，擁有 20 個成人日間服務及 12 個夜宿房間服務。中心的營運資金是由溫哥華沿岸衛生局 (VCH) 負責。至於其他服務；例如設定運動、音樂治療等都需要籌募專項資金才能進行。

Marianne Grobbelaar 是一位設定運動的鍛煉專家，她每星期都會到暫託中心幫助客人一起運動。「我會幫助客人看起來好像很小的事情，比如能夠拿著牙刷或簡單地過馬路，但實際上我覺得這是非常重要的」**Marianne**在退休前是一名專業芭蕾舞演員。「這有點諷刺」她說「因為當年跳芭蕾舞時，為了達到某個動作而需要令身體關節分離；但現在我卻為客人改善身體活動機能而要協助他們如何將關節結合！不過，無論如何，能有這個機會為社區工作，我感到很幸運！」

Marianne 每星期到訪中心都會仔細引導客人進行一系列動作及伸展運動，主要是幫助他們保護及加強身體肌能。當中有位患有腦退化症的客人，總會在週三問：「**Marianne**在哪裡？」「**Marianne**會來嗎？」**Marianne**常常說：「大部份中心的客人都是身體虛弱或精神脆弱的，但我相信與他們之間仍可建立人與人的深厚關係。我希望他們每個都會被注意到、會被聽到、會被關心到，我視每一位客人為尊重的個體，應該獨立關注及盡力幫助他們。」



「到「暫託中心」與客人聯系及交流，是我每週的亮點。當然，我感到非常榮幸能參與這項有意義的工作」**Marianne** 分享

事實上，很多客人或看護者(Caregiver)都非常欣賞中心的服務，其中一位帶母親來中心的看護者分享：

「我們感謝卑詩護理會「家庭暫託中心」的服務，它使我們有機會離開這裡去英國探望女兒長一點的時間。在過去兩年我們有機會讓媽媽入住中心多次，不僅使我們有機會休息，亦看到她每次從中心回來後都更有活力及精力充沛。可見媽媽在中心是得到好好的照料！我們感恩有這個服務！」

感謝過去20年來我們有一群專業及愛心的護理團隊提供了卓越的服務，我們還感謝那些支持提供額外服務的捐贈者，如果沒有他們的捐獻，患者便沒有機會得到額外的項目來改善及加強他們身體狀況！

請繼續支持這個重要的社區服務！支持我們的工作！

請立刻到以下網址作網上捐款，可即時獲取退稅收條：
www.carebcfoundation.ca/donate-now-newsletter

我們感到驕傲擁有20年對社區暫託護理服務的經驗！為了不斷增長的要求，我們將落實未來計劃在溫哥華北岸興建另一所「暫託中心」服務當地居民，有關詳情，請閱

www.BecauseYouCareBC.ca



Health & Home
CARE
Foundation of BC

Health & Home Care Foundation of BC

204 - 3077 Granville Street, Vancouver BC V6H 3J9
604-733-6614 | info@carebc.ca | www.carebcfoundation.ca
Charitable Tax No. 71276-8696-RR0002