

# CARE BC WILL BE THERE FOR THE ONES WHO NEED CARE!

JUNE 2023

The need for respite care on the North Shore is acute. In 2021, 50% of the population on the North Shore was 45 years of age and older. 25% were caregivers. Within this caregiver group, approx. 8,000 were seniors caring for a partner, and one half of these seniors, or 4,000 individuals, were over 75. We also know that as the population ages, so does the prevalence of dementia. Dementia more than doubles every 5 years for Canadians, 65 years and older, from less than 1% for those 65 to 69, to almost 25% for those who are 85 years and older.

Care BC began operating our first Family Respite Centre (FRC) in Vancouver (Adult Day & Overnight Program) 21 years ago. It became apparent that 12 overnight beds were not adequate to meet the needs of the caregivers within the Vancouver Coastal Health (VCH) region. As a result, the Care BC Board committed to raise the funds required to build a second Respite Centre with 18 beds on the North Shore.

One of the first challenges was finding affordable land for an 18,000 square foot NSFRC that would be cost-effective, secure, custom-designed for seniors primarily diagnosed with dementia or other complex health needs, and located on one level. To make best use of the land given its limited availability and high cost, it was decided that a not-for-profit housing partner would be required and beneficial. Operating funds for the new centre also needed to be secured. Because VCH has been providing the operational funds for the FRC in Vancouver, discussions are underway with VCH to fund our new NSFRC.



## ***What is Respite Care?***

*“At some point in our lives, many of us are likely to undertake the role of caregiver, living with the responsibility in our homes, of looking after a spouse, parent, or family member with memory loss, dementia, or other complex health concerns. Anyone who has done so knows all too well that caring for a loved one over an extended period without adequate support, can be incredibly stressful. Respite assists caregivers to remain healthy themselves, keeps seniors living with their families at home longer, reduces unnecessary emergency visits and hospitalizations, and decreases the demand for long-term care.”*

*~Care BC Executive Director Inge Schamborzki, D. Ed*

With these significant challenges addressed, Care BC’s sincerest gratitude is extended to our partners, the City of North Vancouver, the Catalyst Community Developments Society, and VCH. To date, our “Because You CARE” campaign, [www.BecauseYouCareBC.ca](http://www.BecauseYouCareBC.ca), has raised \$7 million of the \$11 million required to build the North Shore FRC, thanks to our generous donors and supporters.

***We’re more than half way there, but still need help to make the North Shore Family Respite Centre a reality.***

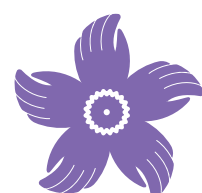
***Will you help us to be there for the ones who need care on the North Shore?***

Warmest regards,

Inge Schamborzki, D.Ed. | Care BC Executive Director

***For more information on the project and the campaign please visit [www.BecauseYouCareBC.ca](http://www.BecauseYouCareBC.ca)***

**Health & Home Care Foundation of BC**  
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# 愛與關懷的延續 卑詩護理會北岸[家庭暫託中心] 興建計劃

JUNE 2023

我們知道現在溫哥華北岸是急切需要臨時護理。根據最近調查指出,在2021年北岸地區有50%的人口年齡在45歲或以上。當中25%是看護者(Caregiver)。在這些看護者中,大約有8,000名是照顧伴侶的長者,其中一半是超過75歲。還有隨著人口老化,認知障礙症的患病率也在增加。對於65歲或以上的加拿大人,認知障礙症每5年將會增加一倍或以上。所以臨時護理的需求是十分迫切的。

我們位於溫哥華的[家庭暫託中心](FRC)自2002年成立以來,幫助了無數的看護者及其家人提供身心健康護理的服務。看到第一所暫托中心的成功及為滿足北岸不斷增長的需求,卑詩護理會 Care BC董事會於2008年通過在北岸興建第二所擁有18個夜宿房間的暫託中心。

不過在進展過程中,我們遇到不小挑戰,其中就是尋找一處適合發展臨時護理服務而又可負擔營運的地点;因為我們希望可以發展一個集安全、專業、專為認知障礙病人享用的暫托中心。這些老年人大多數都很虛弱,行動不便,寬敞的空間對他們來說至為重要。由於土地成本高,為了充份利用,我們決定與一所非營利房屋組織(Catalyst Community Developments Society)合作。另外,我們早前亦向Vancouver Coastal Health (VCH)溫哥華沿岸衛生局提出申請,希望他們會支持北岸家庭暫托中心的營運經費,經過多次的會面,最後他們終於答允支持我們的營運。



## 什麼是暫託中心?

卑詩護理會行政總監 *Inge Schamborzki* 指出 [暫託中心] 的重要性:

“在我們生命中的某個時刻,都可能有機會扮演看護者(Caregiver)的角色,為患有失去記憶、認知障礙或複雜健康問題的配偶、父母或朋友擔當看護者。這可能不僅僅是一份全職工作,而且如果沒有足夠的支援,這是一項非常艱巨或不可能的責任。我們目前在溫哥華的[家庭暫託中心]為看護者(Caregiver)提供定期“休息”機會,在他們長期照顧患病親人感到疲憊時,為他們提供“喘息”的空間。這可以讓患者與家人留在家裡的時間更長,減少不必要的急診和住院,並減小對長期護理的需求。

經過多番的挑戰及等候,我們高興地宣佈這個工程今年將正式展開,在此,感謝北岸市政府、Catalyst 社區發展協會、溫哥華沿岸衛生局 (VCH) 及我們慷慨的捐助者在建造整個工程中的支持及幫助,在所需的1,100萬中,我們已籌集了700萬。籌募工作是自去年由Care BC Foundation 卑詩護理基金會發起的“Because You Care”活動開始。

**工程的前期籌募工作我們已完成了一半,額外的籌款活動將會積極進行,因為我們還需要其餘的400萬才能完成整個工程。你是否願意參與其中,為北岸有需要的人伸出援手,幫助我們一起完成北岸「家庭暫托中心」的整個工程呢?**

Warmest regards,

Inge Schamborzki, D.Ed. | Care BC Executive Director

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