

## My Community Health Nurse

Name	Telephone
<b>Who can I contact with questions?</b>	
Who you contact depends on whether you are already a client of Home Health or not.	
<ul style="list-style-type: none"><li>For current Home Health clients, contact your Community Health Nurse at the number above.</li><li>For those not yet Home Health clients, call our Home Health Services Line.</li></ul>	
1-855-412-2121	
Open 7 days a week	
8:30 a.m. to 9:00 p.m.	
<b>My questions</b>	
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### My questions

## Day Programs for Older Adults

Burnaby	Felburn Day Program
	New Vista Day Program
New Westminster	Queens Park Day Program
Port Coquitlam	Hawthorne Day Program
Maple Ridge	Creekside Day Program
Surrey	Brella – Guilford Day Program
	Brella – Newton Day Program
	Progressive Intercultural Community Services (PICS) Day Program
	Czorny Day Program (Regional Dementia Care Program)
	Whalley Day Program
White Rock	Brella – South Surrey Day Program
	KinVillage Day Program
Langley	Langley Day Program
Abbotsford	Cottage Day Program
	Maplewood Day Program
	South Asian Day Program
Agassiz	Glenwood Day Program
Mission	Mission Day Program
Chilliwack	Net Care Day Program
	Elders Activity Program
Hope	Classic Corner Day Program

[www.fraserhealth.ca](http://www.fraserhealth.ca)

This information does not replace the advice given to you by your healthcare provider.

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For more copies: [patienteduc@fraserhealth.ca](mailto:patienteduc@fraserhealth.ca)

## Caregiver Support Services



Image by Sissy Nowak from Pixabay

 **fraserhealth**

## **What are Caregiver Support Services?**

Caring for someone at home can be rewarding. However, sometimes it can also be stressful, and lead to exhaustion.

It is common for caregivers to focus their time and energy on the person and neglect their own needs. In fact, some people are moved into care homes because of caregiver's stress rather than the person's worsening health.

Respite care is available so that caregivers can take time to care for their own needs.

Respite offers these benefits:

- ✓ Gives you time away from being a caregiver.
- ✓ Allows you to continue your caregiving role.
- ✓ Can prevent or delay the need for the person in your care to move to a long-term care home.

## **What services are available?**

There are different types of programs and services available depending on care needs and the type of support needed. There might be a cost to a service.

Your Home Health Contact can work with you on a plan that includes the option of respite care and let you know about costs, if there are any.

## **Day Program for Older Adults**

An organized program offered during the day. Health, social, and recreational activities are offered by trained staff.

The program gives you time on your own while the older adult in your care takes part in various activities. The person can attend a program one or more days a week in the area where you live.

To learn more, go to [www.fraserhealth.ca/dpoa](http://www.fraserhealth.ca/dpoa)

## **Overnight Respite**

This is a short stay with 24-hour care in a selected Long-Term Care home. The care home staff give care based on the person's care plan. Home Health staff make sure the care home has an up-to-date care plan. The care home might offer some activities that the person can take part in if they wish.

Overnight Respite is available for up to 45 days each calendar year. A person can stay between 2 and 30 days at one time. It can be booked up to one (1) year in advance.

Overnight Respite can be arranged online once we set you up with an account.

## **Caregiver Support Clinicians**

A clinician is available to support caregivers who might be under stress or at risk for burn out. They can connect with you in various ways:

- in person through a home visit
- by phone
- by email
- virtually by video

Clinicians offer these services:

- Help caregivers find and get access to community supports and resources.
- Help caregivers navigate the healthcare system.
- Advocate for both caregiver and client rights.
- Connect caregivers to support groups.
- Support new caregivers and caregivers experiencing stress, burnout, grief, or loss.

## **In-Home Respite**

A trained Community Health Worker provides care to the person in your home for short periods. The worker follows the care plan made by the Home Health staff.

Care could include help with bathing or watching over the person to keep them safe while you go out.