

0:01

Welcome to senior Moments on 93.1 CFIS FM.

Hi, everybody.

I'm your host Don Hemingway.

Today's show we have for the first part we're being joined by Audrey Jun, who is the Executive Director of Nidus Personal Planning and Resource Center and Registry.

0:19

I'm talking about personal planning, especially with a focus on representation agreements.

And then for the second-half, we'll have a couple of representatives from the Prince George George Hospice Palliative Care Society, Erin Connelly and Lori Decruse.

0:35

So now we're going to get started by welcoming Audrey.

Welcome to the show.

Audrey, are you there?

Oh, we seem to maybe have lost Audrey.

0:51

I'm not sure.

We're just going to find out what the situation is.

And in the meantime, I can talk to you a little bit about Nidus personal planning.

Do we need to have Audrey call back?

1:10

OK, all right.

She's joined us and just going to be coming right on the show momentarily.

The thing that I'm going to say before she joins us, just to let everyone know, in addition to having Audrey as the executive Director of Nidus Personal Planning Resource Center and Registry, I should say that I'm actually on the board of Nidus provincially.

1:35

So have some familiarity with the work of Nidus, but really important to share this information, I think with our listeners because the whole question of personal planning and thinking about making sure that you have your voice represented appropriately if there comes a time when you can't really speak for yourself.

2:02

So being able to choose your own representative to be your voice, I think is one of the, I was going to say one of the most critical questions in terms of of personal planning.

I believe it is because I want to make sure that I do have every opportunity to make sure that my voice that gets heard when I can't speak for myself also does represent the things that I believe in and the things that I would want to happen in my life if I wasn't able to do that myself.

2:42

So this, these questions I think are extremely important.

We're still just trying to get Audrey on.

I think she may be joining us right now.

Hi, Don, Can you hear me?

I can.

Excellent.

So welcome.

Glad to have you here with us.

2:59

And I know we're going to talk a lot about the work of Nidus and the questions that I've been just broadly outlining, but I thought that our listeners would appreciate hearing a little bit about yourself.

I was saying before the show that that you're a lawyer, a very community based lawyer in the sense of having been an advocate for representation agreements and related things for a long time.

3:24

But I just thought maybe maybe you could share a little bit about yourself before we get into the nitty gritty.

Yeah, absolutely.

So Prior to joining NITIS recently as first Director of Programs and then as the Executive Director, I was in private practice.

3:42

So I was practicing estates and trust law, but with a primary focus on serving the senior and disability communities.

But before that, I was connected to NITIS in various capacities, sometimes as a volunteer since 2009.

3:59

I've always been impressed by the history.

You've probably touched on this already, but the way that the grassroots was involved in making representation agreements a reality in BC.

Absolutely.

I think that's one of the things for me, I, I guess really that's, that's what captured my attention in the very early days was the fact that this really was the changes to the adult guardianship legislation that resulted in representation agreements really came from people across British Columbia, you know, saying we need something different.

4:37

The old legislation was so paternalistic.

It didn't guarantee people the right to have their own voice.

And so, you know, we had all these groups provincially, whether you know, seniors groups, Alzheimer's disability rights groups.

4:54

I remember also in those days and I can't remember what the name was exactly, but AIDS groups, because of course there's was the AIDS related dementia that was a huge issue at that time.

And so making sure that should that happen in terms of of people who were getting AIDS, that they would also have the voice that they wanted to have should they not be able to speak for themselves.

5:18

So very, very grassroots origins of this work.

And frankly, that's what draws me to it is that history and then the practice now to ensure that people's voices are still, you know, being heard in the way that is meaningful.

5:37

So yeah, I, if there, you know, I'm, if there's anything that you would like to add about that history, please do.

I just know that for me it was the mobilizing that took place really province wide around these questions.

Yeah, absolutely.

5:53

I mean, I think the thing that strikes me is that it was so broad, like there was such a broad cross section.

Like it wasn't just one passion or like one organization or like 1 cross section.

It was just, it was seniors, it was the disability community.

6:09

It was, you know, the Alzheimer's Society, the community legal assistant society because you had so many diverse perspectives and self advocates and seniors as well.

Like talking about the law reform, I think that made the legislation a lot stronger.

6:26

Of course, there were concessions that had to be made and that's partially the reason why we have so many different personal planning documents in BC.

But you know, it is so like the new approach to capability that the Representation Agreement Act in BC provides is really remarkable.

6:46

Like, there's really nothing like it as far as I know in the world.

And it is, you know, a lot of people think that that is the most important to the disability community, but I'll be talking a bit about, you know, why that's really significant and important to seniors as well.

7:06

So I, I, I don't know, Don, do you think it would help to talk a bit about like what a representation agreement is for folks that aren't as familiar?

I think that would be a great idea.

That's a good place to start, and then we can pull in the other information as we go.

Sure.

7:22

So just just to clarify for folks who are new to this, of representation agreement is a legal document in BC.

It's a creature of legislation.

So we have ABC law called the Representation Agreement Act.

And what you can do with the representation agreement is if you're an adult in BC, you can legally authorize another person or multiple people called representatives to help you make decisions or speak on your behalf when needed.

7:53

So what they can help with and to what extent depends on a few different things.

We can get into that later, but that's the general idea.

And this legislation, as Don touched on, was created to provide an alternative to adult guardianship, which is, you know, a very, it's something that's been around for a while.

8:14

If you go through that process, it's essentially a procedure where you're declared incapable, you kind of lose your legal rights to make decisions and you're, you're essentially like not really a person under the law anymore, which is, you know, very, it can be very devastating.

8:34

And not only is it devastating to your rights, but it, it's a very expensive and drawn out process as well.

It's really hard to reverse.

Yeah, go ahead.

Oh, I'm just going to say, and that's one of the things that also drew me to the, the representation agreements was the fact that it was not such a, an expensive process as many legal processes are like the adult guardianship process.

9:04

And to me that made a huge difference because a lot of people wouldn't access having a representation agreement if it was going to cost them an arm and a leg.

They just couldn't afford it.

They would say I would like to have that, you know, opportunity to have that representative who I choose etcetera.

9:24

But because of the expense that's involved, I have to think about other things in my day-to-day life.

And so I'll just let that go.

And so I, for me, the question of cost is actually a, a significant one.

And also, you know, to keep it in a place where people, it's very straightforward, people are comfortable with, yes, this is the person that, you know, can, can speak for me because I've talked to them.

9:53

They know what kinds of things I would want to have happen if I couldn't talk for myself.

And also the fact that it can be invoked and then not, you know, like if you, if you're in a situation where you can't speak for yourself, but then that situation changes.

10:10

You know, there's not some big, huge legal process one has to go through to to then have your voice again, those questions I think are important to people, but feel free to expand or straighten out something I've said that be quite accurate.

10:26

But that's.

No, absolutely.

I mean, it's all about we talk about it being about self determination and, and it's, it's also about separating kind of the worst of a person and their inherent right to self determination apart from any limitations they might have, whether that's intellectual or physical.

10:48

So it's like separating that one.

Often those things are kind of conflated and just to define again, self determination.

It's about having the right and freedom to make choices and decisions about your own life and to have the ability to experience the consequences of these decisions.

11:03

Like, you know, all of us are human.

We make bad decisions sometimes and we have to suffer the consequences.

So instead of telling people, you know what you can't make, you know these decisions you're making, they're not in your best interest.

That's very paternalistic.

11:19

Instead saying, you know, we all make bad decisions sometimes, like we that doesn't mean you should take away my rights to make decisions all together.

So it's all about looking at people as capable and and then amazing thing is that they're is an ability for people to make a representation agreement even if they can't manage their own affairs by themselves or even if they are not looked as able to give informed consent.

11:45

Yeah, that's what.

Communication.

Yes, that's one of the things, sorry to interrupt.

That's one of the things that in terms of the legislation that I think, and you mentioned it earlier that I think is key.

And, and maybe you could say a little bit more about it is the question of, you know, capability, capacity, you know, what's the, what's the definition of that?

12:07

And it is not according to the the legislation, simply the right, the ability to be able to express verbally what you want.

It's, it goes much beyond that.

And I think for me, that was a critical piece when I think about some of the the folks within our society who have different ways of expressing what they wanted or what they like and what they don't like.

12:32

That may not be verbal.

And I know you've you've done work around this question as well.

Yeah.

So I mean, I think back when, and I wasn't there, but from what I understand, when they were working on the law reform, they had a committee who was who kind of looked at this question of and capability and what is that?

12:55

And I understand they decided, you know, there's no actual reliable way to test for incapability.

And it's something that takes time and lots of consultation.

And given that there's no real like exact test for incapability, there's an assumption that everyone is capable.

13:15

And what the legislation says is that, you know, if deciding whether an adult is incapable of making a representation agreement under Section 7 of the Rep Agreement Act, they have, you have to consider all relevant factors.

13:30

And it gives a list.

But these are just examples.

It's not a checklist.

It's not a you have to take off every box, but it just gives some examples of things you can consider and what some of those things are.

You know, does that adult have a relationship with the representative that's characterized by trust?

13:46

You know, can they communicate a desire to have the representative make help, make or stop making decisions, things like that.

So things, you know, people, these are kind of what can I say, they're not easy things to define.

14:02

It's a very case by case specific.

And so, you know, it's, it's, it's, it's very broad and it's not an exact science.

Nonetheless, it is an acknowledgement that capability is not capacity is not just something that you can articulate verbally in detail, but it can be expressed, as you pointed out, by how you respond or relate to someone, etcetera.

14:31

So to me, that is a, it's definitely a modernizing rather than relying on some sort of technical, I don't know if the word is legal, but anyway, a very specific technical definition that you must be able to say that I am this or that, but rather looking at the whole picture.

14:53

And to me that was a big advance.

And I do remember, I don't remember what country, but I remember in the early days that, and you may know this better than me, that NIDUS got a or that legislation was recognized.

And at the time, NIDUS was known as the Representation Agreement Resource Center received an international award in recognition of what, just the advance of this legislation and it was somewhere in Europe and I can't remember where.

15:25

I I think it was in Vienna.

Yeah, yeah.

I think, yeah, I think you're right.

Yeah, yeah.

I mean, I, I think it, it, it was just, I think people were just impressed by how progressive the legislation was.

And, and the big, the big terminology that's used quite a lot is supported decision making.

15:43

We, we also like to call it interdependent decision making.

So part of The thing is, you know, even if you can't do things just by yourself, like can you be supported to make the decisions?

Can, with the help of supporters and allies, Can you still, you know, still like show that you can make decisions with the help of others who know you and who know what your values are and what your needs are.

16:12

You know, and, and The thing is that all of us, you know, no matter what, whether we're considered traditionally capable or not, we rely on support and making certain types of decisions.

Like, let's say we're making an investment decision.

We might rely on, you know, our investment advisor or something to let us know, like, is this a good decision or is this not a good decision?

16:35

Or, you know, what are the pros and cons and can you help me make the decision?

That's not to say that we're not intelligent.

It's just not an area of expertise.

So it's this.

Yeah.

So it's just this idea of, you know, can somebody participate meaningfully while receiving the support they need?

16:52

It's just, it's just how life is.

So I'm wondering time, I would, I would say this time goes by so quickly.

I'm wondering if we could take some time now we're going to have a break in a couple of minutes, but begin to take some time just to share with people what is a Rep agreement in terms of just, So what would you do if you're thinking this sounds like something I would like to do.

17:16

So what would the steps be?

And then at some point we'll take a break and we can come back and and carry on with that.

Sure, absolutely.

So just to start off, there's two different types of representation agreements and we called on the Section 7 and the Section 9 representation agreement.

17:35

And Section 7 can cover all life areas.

So it can cover healthcare matters, personal care matters, legal affairs, and routine management of financial affairs.

But for most people who are considered quote on quote traditionally capable, what they will actually make is the Section 9 representation agreement, which is the most comprehensive document you can make to appoint somebody to help you with your healthcare and personal care decisions when needed.

18:04

And they would combine that with another document called an enduring power of attorney, which is the most comprehensive document you can make for financial affairs and legal affairs.

So.

So if, if I'm going to, I think we're going to take just a quick break now, but then maybe when we come back, we can talk about.

18:23

So if someone is listening to this and would like to do a representation agreement either to assist with A7 or, or a or a section or to get a section 91, what steps would they take?

And then maybe a bit of in terms of how Nidus might be able to support and also the, if we have time, maybe just a little bit about the registry if folks want to register their Rep agreement or other materials.

18:50

But we're going to take a quick break and then we'll be back with Audrey Jun from the representation agreement sort of Resource Center, now known as Nidus Personal Planning Resource Center.

Jesus is coming at you, not in a bad, threatening way.

19:09

He didn't come into the world to.

Condemn the world.

He's coming at you to take the stuff of your life and turn it into a great story, so hang on.

Here a classic message from Doctor Dale Meyer as we begin Archives August this week on the Lutheran Hour.

19:27

Sunday morning at 8:00 here on CFIS 93.1.

The Canadian Mental Health Association of Northern BC has their Connections Wellness Center open with a variety of engaging activities.

Take part in the ladies group, men's shed or floor hockey.

They also host art heels, chair yoga and Stitcher's corner.

19:46

Call the center to reserve your spot for lunch.

The Canadian Mental Health Association of Northern BC's Connections Wellness Center is open weekdays at 2816 Norwood St.

Note the center is closed on statutory holidays.

Stay active at the Senior Activity Center located on Brunswick at 4th.

20:04

The Senior Activity Center has a variety of activities throughout the week including ping pong, line dancing, floor curling, senior tech assistants, Canasta and more.

Note the summer schedule is subject to change.

Stop by the Center to pick up the current activities calendar.

20:20

For more information on their events and how to participate, visit the Senior Activity Center on Brunswick at 4th, open Monday through Friday from 9:30 to 3:00.

Forecast from Environment Canada for today, a mix of sun and cloud with a 40% chance of showers and the risk of thunderstorm.

20:36

A high of 31 with a high UV index.

Tonight, partly cloudy with the 40% chance of showers and the risk of thunderstorm.

A low of 11 on Friday, increasing cloudiness.

A 30 percent chance of showers late in the afternoon, with wind from the northwest at 20 and the risk of a thunderstorm.

20:52

A high of 26 with a high UV index.

This is senior Moments on 93.1 CFIS FM.

Welcome back, everybody.

We're just talking about representation agreements and how one might approach getting one or getting more information about how to proceed.

21:13

And so I'm going to turn it back to Audrey to share some information about that for our listeners.

Thanks, Don.

I think we're probably not going to have too much time to explain everything, so I would really encourage folks to go to our website.

It's at nidus.ca.

21:29

That's spelled nidus.ca.

And if you go to the website, there's a navigation bar at the top.

If you click on information, you'll find lots of information about representation agreements and the different types of representation agreements.

21:46

And once you've read through that information, you have an idea of, you know, which might be the one for you.

And we do have free forms on our website.

So there is a tab on the navigation for forms as well.

You would click on representation agreement forms and there is some information on that page actually just about which forms might be right for you.

22:08

And we have some free basic forms for download along with lots of information and FAQ as well as a sample filled out form.

So this is all free.

You can access it anywhere on mobile or on your computer as well.

So the the forms themselves, just a couple of things maybe about them.

22:29

So you would complete the information on the forms and then you need to have a representative named, an alternate perhaps and signatures with witnesses just to give people a sense.

22:48

Oh yes, absolutely.

So depending on the type of document you make, there's different roles that you would appoint.

So let's say you are making a Section 9 representation agreement.

Our basic Section 9 form has a representative at your point.

23:05

So that's the person that you authorized to do anything that they consider necessary in relation to your personal care or health care.

And then you are able to name an alternate representative.

So if your representative can't act for some reason, let's say they're out of country or you know, they pass away or something like that, then the alternate can step up whether it's temporarily or permanently in order to act as your representative.

23:33

I won't talk about because of limited time the differences with the Section 7, but there are there's another different role for the Section 7 representation agreement due to finances being included as well.

So if you're doing a representation agreement, you have your representative, potentially your alternate and then when you're signing it off, you just have to have witness while while you're signing someone else that knows you.

24:02

Absolutely.

So when if you are creating it, you need 2 witnesses to be with you while you're signing the agreement.

So those witnesses have to be adults as well.

They have to understand, you're aware of communicating.

They can't be the representative for alternate and they can't be, you know, related to your representative for alternate.

24:22

Like they can't be your spouse, your parent, child, employee, or agent.

OK.

And you don't need to have a lawyer to do this process, correct?

No, that's not a requirement at all.

So you could do this just with your neighbors and friends.

24:38

Excellent.

That was one of the things that I thought was important and and in terms of cost as you pointed out there is forms that are accessible on the Nidus website.

So you could potentially do this with no cost.

24:55

Absolutely, that's correct.

But I do want to bring people's attention to the registry.

So we have something called the NITIS Registry.

It's an online service.

It's a way to securely store important information in documents.

It's accessible 24/7 in case of a health crisis or other emergency.

25:15

So one thing we do encourage people to do, it's not mandatory in any sense, but it was, you know, something that a lot of people thought as a solution to the issue of communication and communicating wishes is to register your documents.

Once you've made them, it's going to be a copy will be stored on the registry and folks have been able to recover documents and information that they needed, you know, 15 years after it was registered.

25:40

So we've been around for a while and the costs are quite nominal.

So the thing I like about the registry and we've discussed this on one other occasion on the radio, and that is that you know, when you're when you're in a situation like we are right now and often are in Northern British Columbia, but other places as well.

26:01

More and more when there's emergencies like fire and other things that you actually can use the registry not only to put copies of your Rep agreement, but also if you had other things that were important to you that you wanted to know you had a copy somewhere in case there was an emergency in your life, that you maybe didn't have paper copies accessible, but you knew that the on this registry you did have that information.

26:29

People are still able to use the registry in this way, correct?

Absolutely.

So I, I believe the BC government has actually put out a wildfire preparedness guide and they specifically recommend preparing a copy of your emergency plan and copies of important documents like insurance papers.

26:48

You can upload all of that to the Nidus registry along with your will, any, you know, beneficiary designation documents, you have a copy of your passport, all sorts of things.

No, I think that that aspect of the registry that it goes beyond only the Rep agreements, I think has caught a number of people's attention when we think about the different kinds of sort of anyway natural disasters that are sort of befalling people in different locations that that's really very useful thing to have.

27:22

So if people want to learn about the registry, they can, if they go to the Nidus website, nidus.ca, is it CA?

Yes, they would also find information about the registry.

27:37

Or they could go to nidusregistry.ca.

Have I got that right?

Yes, absolutely.

OK, that's great.

Well, listen, I'm thinking that we have a couple more minutes, maybe even a couple after the break.

So maybe if we can talk a little bit more just about the actual agreement itself.

28:01

And what do people have to like, here's one of the questions people ask me.

Do I have to write down on this form all the different ways that, you know, I would like, you know, to be treated if I couldn't make my own decisions?

Or will the person just know, can the person that I've picked be the one who I've talked to and they know what I would want?

28:24

Maybe after we take this quick break, maybe we could just answer that one question because it is one that's come up.

We'll be right back.

Thursday, August 14th is Seniors Day at the BC Northern Exhibition and once again your Prince George Council seniors will be presenting their Seniors Fair that day in Kin 3.

28:42

Featuring over 40 informative exhibits, the Seniors Fair will also plenty of free draws and activities.

Admission is just a toonie at the BCNE front gate.

Mark it on your calendar so you don't miss out the Seniors Fair at the BCNE Thursday, August 14th from 2:50 from your Prince George Council of Seniors.

29:02

We would do anything for our kids, what parent wouldn't?

I'm just glad they're still so young so we can speak in code in front of them.

But they must wonder why we're always camping.

29:20

Don't let homelessness assumptions get in the way of homelessness solutions.

Go to canadacandoit.ca Help the Canadian Alliance to End Homelessness.

It's a Dungeons and Dragons program exclusively for adults, season adventurers and complete beginners alike.

29:38

Gather at the downtown branch of your Prince George Public Library once a month for a fun session of dice rolling and role-playing.

Dice and Destiny is a drop in friendly event, but spaces are limited each time.

How well will your half or cleric work with your friends Dwarven warrior?

There's only one way to find out.

29:54

The next session of Dice and Destiny is Wednesday, August 13th from 5:00 to 7:30 at the Bob Harkins Branch, Every Prince George Public Library downtown.

Learn how to support someone you love without supporting their addictive behavior with the SMART Recovery Family and Friends Program presented by Foundry Prince George and your Prince George Public Library.

30:13

The program provides significant others with the tools they need to help their loved ones on the road to recovery.

SMART Recovery family and friends a free drop in 5 to 630 the second and fourth Tuesday of each month at the Bob Harkins branch of your Prince George Public Library downtown.

30:28

For more information, visit foundrybc.ca/princegeorge.

You're listening to senior moments on 93.1 CFIS FM.

Welcome back, everybody.

Before we switch discussion to some of the work that's taking place at the Hospice Palliative Care Society in Prince George, just want to get Audrey John from the Nidas Personal Planning Resource Center and Registry just to talk about that one question about how much detail if anyone has to put into that Rep agreement.

31:04

Yeah, absolutely.

That's a great question.

So the form that we provide doesn't include any sort of space for a listing specific wishes.

The reason why that is, is that it's really about giving authority to the person that you talk to, the person that you trust to speak on your behalf when needed.

31:23

So circumstances can change and the future is not predictable.

Like we found that out with the pandemic.

And, you know, things can change, but we don't know what's coming in the future in terms of medical discoveries or new ideas or treatments.

31:40

And so the idea is, let's trust that person.

Let's have the conversation with them, let's communicate with them, let them know what our wishes and our values are, and they can react to the future that we don't know yet.

Yeah, I love that part of it.

I think it's really important because trying to articulate everything, you never complete it, for one thing.

32:01

And it's much better if, in my view, if someone knows your perspective on life and understands the things that you would want without having to try and enumerate everything.

So really appreciate you coming on, Audrey.

We're going to do this again and when we'll have a little bit more time to talk about a representation agreement, Section 7.

32:21

But appreciate this initial discussion.

And just a reminder to folks, you can go to nitis.ca or nitisregistry.ca to get more information.

And if you want to e-mail someone, you can go info@nitis.ca.

32:37

So thank you very much for coming on, Audrey.

And we're now going to welcome our other guests from the Hospice Palliative Care Society here in Prince George.

So we're joined now with both Aaron Connelly, who I have to get used to Aaron's name, 'cause I think I knew we're under another name.

33:00

And also now joining us is Laurie De Cruz, who I've known with other hats on so very familiar faces.

And we just are.

We're going to talk a bit about the, the work at the Palliative Care Society, but in particular about a new dementia project called Connecting Minds through Compassionate hearts.

33:24

Love the title.

But before we do that all, how about if each of you just give a little introduction about, I don't know, how did you end up doing this?

Because I know you've all you've had other hats on and too and you're both now with the the Hospice.

OK.

We'll start with Aaron.

33:39

Sure.

That sounds good.

Thank you so much for having us this afternoon.

So I'm Aaron and I was born in Prince George.

And before I worked at Hospice, I worked at the Prince George Native Friendship Center.

And I worked a lot with children and youth, but I also got chances to work with elders that I really enjoyed.

33:57

And when I was looking for something new, Hospice ended up being just the thing I was looking for, have a chance to work for and with not exclusively elders, but a lot of elders, yeah.

So it's been very fulfilling work for me.

Excellent.

And Lori?

Hi, Don.

34:13

Hi.

Well, I moved to Prince George probably in 2029.

I followed my husband and I got a job with the Alzheimer's Society of BC as a dementia educator and worked there for 14 1/2 years.

34:31

And this awesome opportunity that we're going to talk about was coming and, and I have such a compassion for Hospice and and dying.

So I could not resist the chance of this opportunity and we're very excited to talk to you about it.

34:49

Excellent.

Well, you know, I know there's there's so many things we could talk about in relation to Hospice.

I want to make sure that we definitely get to talk about the project.

So I'm wondering, did you want to, would you like to start there and then talk about all the services or do you want to give an overview first?

35:08

We can just start with the project and then see what time is.

Left exactly because we want to make sure we really get into that.

So time always goes, time always goes faster than we think.

So let's start with the project.

Sure.

Do you want to start or should I?

Sure.

So we are partnering on this project.

35:24

So we've received funding from the University of BC and we are partnering with the Prince George Council of Seniors with UNBC, and we will be partnering with the Alzheimer's Society as well.

And so the project name is Connecting Minds through Compassionate Hearts.

35:42

And there's kind of two big elements to that.

So what we first did was meet with an advisory committee, do a community survey, find out the gaps in services for people living with dementia and their caregivers.

And from that we've come out with kind of two big interventions.

35:59

So the Prince George Council of Seniors is going to be doing caregiver support.

So if you're caring for someone living with dementia, they've got individual support phone, they'll come to your house, they can meet with it in with you in the office, or you can join their amazing caregiver group.

36:16

And then over on the Hospice side, we're supporting people living with early dementia.

And what the research tells us is that for people living with dementia, the longer they can stay active, doing meaningful activities, things that motivate them, the longer they can stay healthier.

36:35

And we know that dementia is a palliative illness.

We we know what that means, but better Wellness and better health outcomes for as many years as possible is very desirable by everyone.

So we want essentially to help people stay in their homes for longer.

36:51

That's where this is headed.

So what we're offering is individual matching.

So if you're living with early dementia and you're interested in bike riding or playing chess, we will match you with a volunteer who is also interested, interested in that.

And maybe you can do this for, you know, one to four times a month, whatever is suiting people's schedules to help you stay engaged in the activities that you love.

37:16

And then we're also having some group activities.

So on site at Hospice and out in the community, we're going to do things like field trips to Hubble Homestead or chair yoga at Hospice where hopefully you can try new things and discover new interests as well.

37:33

That's kind of the high level summary.

Yeah, that's excellent.

I'm just just before we go to a short break because we're, we're doing a couple of breaks during this half hour just to recall the early days when there was early stage support groups here in Prince George.

37:52

And when I first moved to Prince George and got involved with the Alzheimer's Society here.

I I Co facilitated one of those first groups that existed and the anyway, it, it was something that very clearly was good for people.

38:11

They loved it.

And, you know, just having an opportunity to kind of connect together and and really discuss the different issues that arise.

But really still kind of, I don't know, just just have your life and not, you know, not this sense that Oh my God, it's over.

38:27

And really to be able to connect with other people and just, it was just an experience that I'll always, I'll always remember in a way that is very, very positive.

So like, I'm really excited about this.

We're going to take this break and then we can get into it more with Lori next.

38:46

Tennyson King and Chris Noble are on tour in Canada and performing in Prince George on Saturday at Almanika Arts Center.

Tickets are only \$20.

Enjoy a duo performance of indie folk music with a fusion of traditional Chinese instruments singing in English and Chinese.

39:03

Doors open at 7:00.

Don't miss out on this opportunity to experience soulful tunes and stories up close and personal.

Get your tickets at tennysonking.com Hennyson King and Chris Noble Saturday at 7:30 at O Monika Arts Center.

The Prince George Chamber of Commerce is turning our city into a playground for local love.

39:23

Each week this summer, they'll drop a new clue on their Instagram and Facebook stories that will lead you to one of their member businesses.

Be the first to crack it, head to the right spot and win a prize from that business.

Everyone who visits the location can also enter the end of summer grand prize draw, but don't forget to say the code.

39:41

I'm here for the chamber scavenger hunt.

BC Construction Safety Alliance has a new bursary program to assist future construction, health and safety professionals.

Applications and August 20th and applicants must be Canadian citizens or permanent residents currently living in BC and must stay in BC during their studies.

40:01

Applications are open to those who are pursuing safety related higher education.

For further eligibility requirements and information on how to apply, visit bccsa.ca and look for the bursary section.

Forecast from Environment Canada for today, a mix of sun and cloud with a 40% chance of showers and the risk of thunderstorm.

40:22

A high of 31 with a high UV index.

Tonight, partly cloudy of the 40% chance of showers and the risk of a thunderstorm.

A low of 11 on Friday, increasing cloudiness.

A 30% chance of showers late in the afternoon with wind for the northwest and the risk of a thunderstorm.

40:37

A high of 26 with the high UV index.

You're listening to senior moments on 93.1 CFIS FM.

Welcome back, everyone.

We're here with Aaron Connolly and Lori De Cruz talking about a really exciting project, initiative, I guess a project sounds too small, initiative of the Palliative Care Society around dementia.

41:02

And Lori, you're going to share a little bit more information.

Yeah, absolutely.

So one of the things I just want to just reiterate that both you and Aaron shared is that a big part of this initiative is letting people living with early dementia feel included in and, you know, help them with a good quality of life, right?

41:26

And that's by doing the things that they love.

And we want to involve the community.

We want to use the community resources and really engage the community and educate the community on early onset and people living with dementias.

41:43

So I think that is also a very exciting component of the project.

I think it is too, because, you know, sometimes if we're not close to a situation in our lives, which is becoming increasingly unlikely, we all seem to be connected in some way.

42:04

But if we're not, people may still have the feeling that, oh, if someone has dementia, then probably, you know, it's, there's not a lot you can do.

And, you know, just that sort of down downward kind of trend, whereas we know that there's lots of life after you've been diagnosed with dementia, lots and lots of things that you can continue to do and be engaged with.

42:28

And, and that that's the part of this that I think is really important in terms of education, but also just in terms of understanding, you know, that there's so much of life that can carry on.

42:44

And I was reflecting on, you know, the early stage support groups here with people with early stage dementia years ago that you could, you know, it was clear, you know, lots of, lots of things left to do in life.

And it's important that that's captured in a in a big way and that people in the community have a chance to know about that, too.

43:05

Absolutely.

And it's about modifying existing things.

So even golfing, you might be forgetting the score.

But then we may play with a group that doesn't count score, right?

So it's really about keep doing what you love to do as long as you can with modifications, Right.

43:22

So yeah, I just also just want to mention that the Garen said the Alzheimer's Society is one of our partners.

And so we're not, you know, trying to duplicate anything, but we're just working within the community, trying to fill in the gaps and work together.

43:47

Like close the circle.

Yeah, excellent.

So, so I mean that I think that's great because there's, you know, there's a lot of people can be involved in that.

Yeah.

So no, that's very good.

Yeah.

And one of the other things we will be providing is we will be doing advocacy to our events and, you know, to reduce stigma and educate people on dementia, but also we'll be offering the dementia experience.

44:15

So we will have a table at the BC and E and we're going to be able to give it a little try if you like.

Excellent.

So is that for Seniors day or or?

Yeah.

So that's on because I'll be there too with another table the 14th of August.

44:34

And that's from 2:50 I think this year.

And we'll actually be doing this show from the exhibition.

Yeah.

So we'll have a number of people pop by and just sort of share a little bit.

So we'll see.

You know, of course there are way too many people there to be able to talk to everyone, but we'll have a chance to talk to some people.

44:55

So I'm looking forward to that.

It's I enjoyed doing it last year and it's, it's an opportunity that that time is an opportunity for connecting right across many, many organizations that are relevant to all of the things that that we do in the community that relate to older adults.

45:15

So and beyond actually, not just that.

So yeah, so are there.

So the one other thing you were talking about was the educational component of this.

So can we talk a little bit more about that?

Like is that something thing that will be accessible or available kind of across the community or how are you envisioning the educational part?

45:38

Yeah, it's kind of twofold.

So when we're out at events like the BCNE Seniors Day, we're going to be sharing information.

We'll have the dementia experience for people to be able to try and sharing information for people who maybe are not diagnosed with dementia but are curious and wondering about that possibility.

45:57

But also Lori and Gagandeep from the Council of Seniors are doing training for volunteers about the initiative and also about dementia.

In addition to that, Lori is going to be offering some dementia training just on its own.

There's some people that that's all they want from us if they want information about dementia.

46:17

So we're going to have short workshops that also include the dementia experience available coming soon.

Excellent.

Maybe maybe say a little bit more When we say the dementia experience, I don't know if everyone I mean.

It's an exciting thing, yeah.

Yeah, so really, it gives you an opportunity to step inside the shoes of someone living with dementia.

46:39

OK.

So the things we take for granted that we can do every day without thinking, we put you in a spot where it feels awkward, OK.

And it's, it's, it's sometimes it's a real surprise for people.

They didn't expect emotions.

46:55

They might feel out of it.

Interesting, So it's an interactive multi sensory experience?

Yes, OK, with some fun accessories that we can take part in.

And that will be something that potentially people could experience at the exhibition.

47:12

Oh yes.

Absolutely.

We're going to have it set up at the booth.

Then you can try it.

So I mean the full version's quite long, but we will we're just going to do a snippet.

Yeah, give everybody a taste and and then you know, eventually we will be holding, we can hold you know, 4 hour workshops on it and do the whole experience.

47:30

So that's.

Excellent.

No, I think that that actual sensory kind of experience, it's quite different than just describing things, right, Yes.

Great.

Yeah.

And I think it's memorable.

It has an impact.

Yeah, yeah, exactly.

And but we I don't want to give the surprise away.

47:47

OK, I won't, I won't.

I won't push any further on what else.

There is, but you'll have to come to our.

Booth, yes, I'll have to skip away from I will, I will be at a booth and then I will also be doing the show, but there'll be other people at my booth.

So we'll be able to swim around and and find out what it is exactly.

48:07

I have have a little sense of some things like that having worked with with Shannon and C Tan at the university.

So, you know, some of the things that are kind of like that we have to take a break now and then we've got about 10 more minutes.

So think about maybe sharing more information about the other work that's going on with Hospice potentially and some contact information for folks.

48:31

Great.

Don't miss the Night of the War Dogs October 25th at the Roller Dome.

The top young boxers from BC, Alberta and Saskatchewan will be right here in Prince George to put their skills and punching power to the test.

This card will feature about 13 boxers.

48:47

Inner City Boxing Prince George is the host club and will have at least four of its fighters in the ring.

The Night of the War Dogs, October 25th at the Roller Dome.

Stay tuned for ticket information coming soon.

Please enjoy 30 Seconds of Nature to You by Ducks Unlimited Canada.

49:25

Learnhowyoucanexperienatureinyourcommunity@ducks.ca The Prince George RCMP is asking for your help in finding 41 year old Ashley Don Edgars.

Ashley was last seen on May 29th on the 3300 block of 15th Ave. in Prince George.

49:41

She is described as an Indigenous female, 5 foot three, 130 lbs with long brown hair and brown eyes.

Ashley's family is very concerned for her well-being.

If you have seen or know the whereabouts of Ashley Edgars, please call the Prince George RCMP at 250-561-3300.

49:59

The Pavilion at Clayton, A Memorial Park is the place for free live music this summer, with Music at the Pavilion every second Thursday.

The small concert series takes place from 6 to 8 and features family friendly local musicians.

Show up early to enjoy the ride on the Little Prince steam engine, visit the Exploration Place by donation, take out treats from Origins Kitchen and splash around in the Spray Park.

50:22

Music at the Pavilion every second Third Thursday through August 21st at Clayton A Park.

You're listening to senior moments on 93.1 CFIS FM.

OK, welcome back.

Again.

We're still talking with representatives from the Prince George Hospice Palliative Care Society, and I think we're we're going to hear a little bit about some of the other programming that's happening out of Hospice.

50:47

I know we're going to do a whole other show on it, but for now just a glimpse for people and some contact information.

Yeah, some real highlights.

So, so I'm sure most people are familiar with Rotary Hospice House, which is our 10 bed medical facility.

But I wanted to mention a couple things.

51:03

And 1 is that anyone can come for a tour pretty much anytime.

We're really happy to show people around and make them comfortable and welcome them in.

And the other thing is there used to be a per diem fee per day to stay at Rotary Hospice House and that was eliminated.

So there is no fee for staying at Rotary Hospice House anymore, which is exciting news.

51:23

That is exciting.

I'm really glad you shared that because I thought there still was.

I mean, even that was not.

It's been only a few months, so this is so quite new and not everybody knows this yet.

Excellent.

And the other thing not everyone knows about is our home Hospice program.

So it's been running for two years, but that's still quite new in the life of a program.

51:41

So this is also a free program for people who want to die at home.

And so we have nurses and carriers that come into your home and grief support, and they come in on a schedule, but they can also respond to a crisis, whether it's one in the afternoon or 1:00 in the morning.

You can call a nurse that knows you and your loved one and they can come to your house, which is supporting caregivers is the real big goal of this program, supporting people's wish to die at home.

52:06

But doing that through really supporting caregivers in a really quality way is what we're trying to do there.

So anyone can call and ask questions about that program.

Anyone can refer to those programs, but your doctor has to agree that it's appropriate.

And the last thing I want to mention really quick before I pass it to Lori is that we have to resale stores, thrift stores in town, in case people aren't aware.

52:29

And all the proceeds of those stores support the Hospice operations because most of our operations are unfunded.

So they rely on fundraising and the generosity of the community.

Where are the stores?

Oh, there is one up in College Heights.

It's on Demando right down by the Gladstone intersection and the other is over by First and Tabor.

52:52

Which I've I've bumped into the one by First and Tabor, but I didn't know about the one that's out in College Heights.

So two options.

Absolutely.

And do people, people can donate things.

Yes, donations are very welcome.

And so it's it's like a thrift store kind of setup.

53:10

Yes.

OK.

So if people are interested once we do the the contact info at the end or, or anyway they can look it up.

It's not that.

Hard.

Oh yeah, it's online.

There's, it's on Facebook, all the good things.

OK, That's, it's good to know as we in various phases of our life either downsize or or need to make some changes that there's some options and there's many, but this is another option within the community to try and support some really important work.

53:37

Yeah.

Other things that are happening out of Hospice that you wanted to talk about.

Nope.

Did you?

Want to go ahead and?

Talk about yeah, so community programs is so we do grief support.

So we have a one-on-one grief support for up to three months.

53:55

We have children's drop in groups, We have community support groups.

We have what else?

We have broken circle traumatic loss.

There's broken hearts of fentanyl.

54:12

We do family grief support groups.

So we have many, many support groups.

So, you know, should anyone ever be interested, don't hesitate to give us a call, ask us some questions, and then, you know, we could try to put people in the right group that would fit them.

54:31

Yeah.

If I can just add really quick that the grief programming is for anyone that's experienced a loss and would like some support with that.

You do not have to have had a person die at Hospice to come to our programming.

Excellent.

No, just the breadth of what you're describing, Lori, the range of, of opportunities, you know, of circumstances where you may feel you want to be able to kind of be within the bounds of your circumstance rather than a more broad situation.

55:04

Exactly.

We have groups that are for people who've experienced a loss due to suicide or due to something traumatic, and those people aren't necessarily the best fit for a traditional grief group, and they're more understood by people who've had a similar experience.

No, that's excellent.

55:19

It's, I think more and more we're learning about the extent to which Hospice is doing this range of things.

And I think the example of, of the dementia project, which I, I love the name for connecting minds through compassionate hearts.

55:39

So it's beautiful name and and to know that there's such a range of opportunities for people to get support and, and to support as well to provide support to Hospice too.

So if people are interested, either because it's something in their life they would like to get engaged in a program or in some some of the education, what what would be the best way for them to connect?

56:07

So if you're interested in volunteering, and then again, we have plethora of volunteer opportunities, we're always and welcome volunteers of different ages.

They can contact I said Hospice at 250-563-2551.

56:25

OK.

And it'll come either to myself or one of our other staff members and we'll try to guide them in the right place and get them started to where they want to be, OK.

And then we provide training, all that kind of stuff depending on, you know, where they want to be.

56:43

So we're looking for, you know, facilitators, We're looking for people who perhaps want to volunteer in the resale stores.

There's, like I said, maintenance.

There's all kinds of opportunities.

It's too many to even mention, but we will always can find you a spot, OK?

57:02

Excellent.

And then if people want to access the supports or education, maybe it's not so much that they feel able at this point to volunteer, but they would like to actually access some of that.

It would be the same phone.

57:18

Number, I would say call the same number usually would be transferred to myself.

And one of the things I just wanted to mention just in terms of the connecting minds with compassionate hearts is you don't have to have a formal diagnosis either to be part of that program.

57:40

I just just so you know, and then, yeah.

So usually they'll be filtered through me, the calls and we'll, I connect them with the right places or I do the paperwork and we get them all set up.

So, yeah.

And and I think that's.

57:57

Yeah, basically, yeah.

OK, that's wonderful.

And I'll just make sure that folks know, and they do that.

If you don't have a pen and paper handy while we're giving this information, we will have a link on the website where you can listen to an archive version of the show or refer if you know someone, a family member, a friend who might want to hear this, that will be on the CFIS FM website usually by Friday afternoon in that time frame.

58:23

And you'll be able to go on, listen to the show and they'll be a little text there that will also give you the information, the contact information.

So a big thank you to both Aaron and to Lori for coming here from Hospice, and we look forward to talking to you again and soon.

58:40

Thanks for having us.