SPOTLIGHT ON
FAMILY CAREGIVERS
An estimated 4 to 5 million Canadians are family caregivers. Caregivers are the unsung heroes of the health care system, providing care, often around-the-clock to ill and dying family members in what can be very stressful circumstances. In recognition of National Caregiver Day on April 5 we are highlighting resources to support the invaluable role of family caregivers.

NEW HOW-TO VIDEOS FOR CAREGIVERS
Virtual Hospice introduces a series of videos on common caregiving tasks. Watch professionals show how to turn someone in a bed, give someone a bed bath, and more. These videos complement instructions found in the Providing Care articles. The video series is produced by Canadian Virtual Hospice.

For Professionals
SUPPORTING FAMILY CAREGIVERS
Robin Cohen, PhD, describes the unique demands and expectations that family caregivers face. Hear powerful examples for how to support family caregivers in this Virtual Hospice video.

For Everyone
CAREGIVER NEEDS: A PERSONAL REFLECTION
In this video, social worker and grief counselor Irene Renzenbrink talks about the emotional needs of caregivers and recounts her own moments of frustration and vulnerability while caring for her husband after his cancer diagnosis.
For Professionals

**HOW TO SUPPORT FAMILY CAREGIVERS**

Researcher *Kelli Stajduhar*, PhD, discusses the responsibility of health care providers to prepare patients and families for the possibility that home care may eventually become too difficult. Watch the video in our Gallery.

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For Everyone

**RESOURCES FOR CAREGIVERS**

- **The Caregiver Compass** – This online toolkit from *St. Elizabeth Health Care* offers practical information to family and friends who are providing care at home.
- **Caregiving: A Shared Journey** – Find practical information and support at this BC government website for caregivers.
- **Virtual Hospice Discussion Forums** – Connect with other caregivers who are facing similar challenges to your own. Join these discussions:
  - Long Distance Caregiving Challenges, started by SherriT
  - My father has pancreatic CA and is dying at home...., started by lisa48

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For Professionals

**TOOLS FOR PRACTICE**

- **Innovations Clearinghouse on Family Caregiving** – Health care professionals can find technical assistance and valuable information on programs and public policy relating to family caregiving at this website from the Family Caregiver Alliance.
- **Family meetings in palliative care: Multidisciplinary clinical practice guidelines** - Family meetings can enhance the quality of care provided to palliative care patients and their family carers. The guidelines developed from this study offer a framework for preparing, conducting and evaluating family meetings.

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**NEWS**

**CAREGIVERS – IT'S YOUR DAY**

*National Caregiver Day* is on April 5. If you're a caregiver, join a live webinar on key topics for caregivers. Webinar co-hosts are Erin Bezemer, RN, Manager of Clinical Practice at We Care Home Health Services and Louise Hanvey, Project Manager, Canadian Hospice Palliative Care Association. [Register now.](#)

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**PALLIATIVE APPROACH TO CHRONIC ILLNESS**
A new research project aims to help chronically ill people benefit from comfort-based principles of palliative care. The project is called iPANEL, Initiative for a Palliative Approach in Nursing: Education and Leadership, and is led by Dr. Kelli Stajduhar and Carolyn Tayler. For more information, contact project coordinator Ami Bitschy or visit ipanel.ca.

START THE CONVERSATION – ADVANCE CARE PLANNING DAY

Follow our tweets and Facebook posts on April 16, 2012 and start the conversation with the people who matter to you about the health care they will want to be given if they are ever unable to communicate their wishes. Visit www.advancecareplanning.ca to learn more.

HIKE FOR HOSPICE

May 6 is the day to lace up your running shoes and support your local hospice palliative care organization! These volunteer organizations offer essential support to patients and families at end of life. By taking part in the annual Hike for Hospice you help them help families in your community. Find a local Hike for Hospice near you and make a difference!

NEW TAKE ON INTEGRATED CANCER CARE

The Healing and Cancer Foundation offers the blended insights of a professional oncologist and a spiritual teacher to people affected by cancer. Together they aim to empower people in practical ways. Learn more at www.healingandcancer.org.

BE PART OF IMPROVING VIRTUALHOSPICE.CA

Virtual Hospice is refreshing its website. We are looking for a small group of volunteers to provide feedback on new designs, features and content. To learn more contact us.

VIRTUAL HOSPICE IPAD WINNERS!

Congratulations to Linda Dowhaniuk, palliative care consultant for the Ontario Palliative Care Consultation Network, and Sr. Rose-Marie Sanche (pictured left), resource centre coordinator for the Roman Catholic Diocese of Prince Albert on winning Virtual Hospice’s 2011 iPad draw!
VIRTUAL HOSPICE PRESENTS AT CAPO 2012


Hospice Palliative Care Ontario Conference, Toronto ON, April 29 - May 1, 2012 – Visit us at our booth!
Mary O’Connor Palliative Care Conference, Calgary AB, May 10, 2012. Visit us at our booth and attend our presentation!
Long Term & Continuing Care Association of Manitoba Conference, Winnipeg MB, May 15, 2012. Visit us at our booth!
Saskatchewan Hospice Palliative Care Association Conference, Moose Jaw SK, May 30 - June 1, 2012.
Canadian Hospice Palliative Care Association Learning Institute 2012, Banff AB, June 1-3, 2012.

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Infolettre -- Avril 2012

PLEINS FEUX SUR
LES AIDANTS FAMILIAUX
On estime que 4 à 5 millions de Canadiens sont des aidants familiaux. Les aidants sont les héros méconnus du système de soins de santé; ils veillent sur leurs proches malades ou mourants et