



Normanna Home

Navigating Long Term Care Education Campaign

Are you a Care Giver feeling

**STRESSED
OVERWHELMED
GUILTY
HOPELESS**

You are not alone! These are real feelings that an everyday Care Giver taking care of their elder loved ones are experiencing on a daily basis.

We want to help!

Normanna Care Home will be hosting bi-monthly "Navigating Long Term Care Education Campaigns". These meetings will be an opportunity for Care Givers in the community to meet with a panel of professionals who are experts in the field of Long Term Care and will be able to answer your questions and provide information that may prove to be very valuable to you during this time. Our purpose in hosting these meetings is:

- * To provide information and guidance for care givers in the Community
- * To provide support and opportunities to meet other Care givers experiencing similar feelings of anxiety, fear, helplessness, guilt, exhaustion

Continued overleaf

- * To dispel longstanding negative myths and connotations of Long Term Care Homes
- * To provide a forum which could ultimately result in a **change of the system** if Care Givers are given a voice and are all experiencing similar challenges with the system.

Information exchanged will include:

- ❖ What are the steps of placing a loved one in care
- ❖ What to expect when placing your loved one in a Care Home (routines, bathing, meals, hairdressing, visitors hours as well as individualized Care Plans and Advanced Directives)
- ❖ Financial information
- ❖ Supports available to Care Givers currently that may assist in the day to day care including:
- ❖ How to apply for Handi-dart and/or Handicapped parking signs, how to access Adult Day Care, Safety features such as, Red Cross for wheelchair rentals, hip protectors, raised toilet seats, medi-alert call bell and home services that are available.

This forum will be in no way a promotion for companies dealing in care giving services, it is information that will be presented if requested. Normanna is a non-profit facility and will not profit financially in any way from these meetings.

Location: Normanna Home
7725 4th Street, Burnaby, BC

Date: Wednesday December 11th, 2019

Time: 6:00 p.m.- 8:00 p.m.

Contact: Leslie Torresan, Manager of Recreation
leslie.torresan@normanna.ca (604) 515-3338

Refreshments will be served