

## *Family Bulletin – November 2018*



### *Family Council*

**Monday, November 19, 2018  
3:15 to 4:30 PM  
Activity Room  
Refreshments served**

#### **Workshop on Caregiver Guilt**

At the November Family Council meeting, Staci from the Alzheimer Society will facilitate a workshop about the experiences of family caregiver guilt when you have a family member living in residential care.

Thank you for the RSVPs! The workshop is confirmed and we welcome anyone who is interested to join the session.

**Everyone is welcome!**

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### *Family Council Updates*

#### **Comfort and Dignity**

For many residents, the Pavilion is a dementia hospice (a home providing care for the sick, especially the terminally ill). At the October Family Council, Fiona (Director, Resident Services) and Suzanne (Social Worker) spoke about the Pavilion's palliative care approach. Statements in the Pavilion's mission and vision note our desire to provide a compassionate care community for people living and dying with frailty. We added the "d" word for a reason. People are moving into the Pavilion closer to the end of their journey with dementia. In the past year, 58 residents died. Their average length of stay was two years and 45% stayed less than one year. Long-term care isn't very long any more. Using a palliative approach is not only about giving comfort care in the last days and hours. It's also about focusing on comfort and dignity from admission to death and to do that we need to open up the conversation about death with families right from the time of admission.

We know that dementia cannot be cured and that it is progressive and terminal, but the course is extremely variable depending on the person. Some people have classic Alzheimer disease which can have a predictable course of slow decline. For others, the progression of dementia is speeded because of other illnesses the person has. We also know that incidents such as falls will affect the rate of decline.

We recognize that certain symptoms are more common as death approaches and these include: repeated infections; reduced appetite or intake; swallowing difficulties (food texture changes are made to reduce the risk of aspiration);

weight loss; skin breakdown; decreased mobility and increased falls; restlessness; delirium; etc. These events, especially in combination, lead us to ask the question, “Could this person be dying?” If we acknowledge this might be the case, it can help us focus on comfort and dignity instead of pursuing tests and interventions. We know that acute interventions, such as CPR, feeding tubes, antibiotics, and hospital transfers are not helpful to a person with advanced dementia, and may prolong suffering.

As substitute decision-makers, families reflect on the values and previously expressed wishes of the person to determine which interventions they would, and would not, want as their illness progresses. Throughout these changes, we hope to talk with families to review and adjust the goals of care to support gentle transition.

## *Kiwanis Pavilion Updates*

### **Concerts in Care: You're Invited**

Thanks to a generous donation from a Kiwanis Pavilion resident and several corporate donors, the Health Arts Society of BC is providing a series of Concerts in Care at the Pavilion. The next concert will be on Tuesday, November 27 at 1:30 PM with performers from the Pacific Opera Victoria. We hope you can make it!

### **Gratitude and Best Wishes to Dr. Prowse**

Our long-serving, geriatric psychiatrist Dr. Arthur Prowse is retiring in November. He was hopeful that another geriatric psychiatrist would take over consulting at the Pavilion from him, but at this time this does not seem to be possible, so for the time being we won't have a dedicated geriatric psychiatry consultant visiting on a regular basis. We can still make referrals to the Seniors Outreach Team (SORT) on a case by case basis, but we will not have the same level of support that we have enjoyed with Dr. Prowse. We want to extend our heartfelt gratitude to Dr. Prowse for his work to support Pavilion residents. Happy retirement!

### **Residential Care and Influenza**

From December through March, all visitors, staff and volunteers will be asked to wear a mask in our facility if they have not had an annual flu shot. Masks will be available at the main entrance sign-in desk.

We are now providing this year's influenza immunization to all residents who have consented. Staff, volunteers and visitors will also be able to get a flu shot. **The next drop-in Flu Shot Clinic at the Pavilion will be on Thursday, November 22 from 1:00 to 3:00 PM in the Library. There is no cost. Please bring your BC Care Card.**

We hope everyone is able to stay healthy during flu season. Please do not visit if you are unwell. When you do visit the Pavilion, please wash your hands often with soap and water or alcohol-based sanitizers. Do not cough or sneeze into your hands – use your upper arm or a tissue. Thank you and may you all be well.

### **Christmas Season Luncheons: Please RSVP**

The Pavilion will be hosting lunchtime Christmas meals for each of the units and you are invited. Lunch will be served at noon so please arrive by 11:30 AM to settle in. The cost for the meal is \$15 per guest. Please RSVP with the Activity Workers before the cut-off dates.

- Unit 3 on December 6 (RSVP by November 29)
- Unit 2 on December 11 (RSVP by December 4)
- Unit 1 on December 13 (RSVP by December 6)

### **Referendum on Electoral Reform**

Many residents have received voting packages for the 2018 referendum on electoral reform. If your family member wishes to vote, please check at Reception to see if they have received a voting package. Thank you!

### **2019 Rates Update**

Please note that new rates from Island Health for 2019 will be enclosed with the December invoices. Stay tuned.