

Hospice Society of Camrose & District

OUR VISION

Compassionate Community

OUR MISSION

To enable our community to support those facing advancing illness, death and bereavement through education that builds capacity for compassionate holistic care. To provide programs and services that help people experience dignity through end of life journeys.

OUR CHARTER OF VALUES

Physical Care: Individuals under our care will be treated with comfort and dignity based upon best practices and principles

Social Care: Individuals under our care will be offered companionship and hospitality

Emotional Care: Individuals under our care will be provided refuge, restoration, and compassion

Spiritual Care: Individuals under our care will be nurtured in spirit through their living and their dying, attentive to their needs, within a compassionate environment

Community Care: Hospice will serve its community with a commitment to integrity in providing education on the themes of palliative/end-of-life care and grief and bereavement

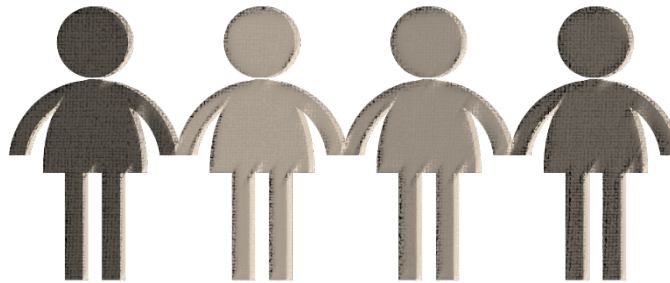
Connecting to Caregiver Supports

US is a support group that provides *understanding support* for people who are currently, or have been, a caregiver for a loved one with a chronic illness. For more information on Hospice supports contact the Volunteer Coordinator:

587.322.9269

volunteer@camrosehospice.com

www.camrosehospice.org



"We need to let go of the life we had planned,
so as to accept the one that is waiting for us."
(Joseph Campbell)

*Hospice –
Supporting People,
Changing Lives*



Hospice Society
OF CAMROSE AND DISTRICT

Caregiver's
Support Group
"US"

(Understanding Support)



www.camrosehospice.org

780.608.0636

US - Hospice Caregivers Support Group

US is:

- ≈ Face to face contact to share your experiences & concerns
- ≈ Opportunity to create supportive friendships
- ≈ Reducing isolation, an opportunity to get out of home
- ≈ Regular, bi-monthly meetings
- ≈ Local people, local connections
- ≈ Avoiding Tunnel Vision ≈ Sharing feelings
- ≈ Focusing on that which you can control
- ≈ Finding the silver lining

Utilizing trained facilitators, Hospice support programs provide support, education, and connection to resources in the community to nurture individuals in their caregiver journey. Our program facilitators create a space of openness, acceptance and safety.

Confidentiality: Your privacy will be respected, and all information shared within the group will be kept confidential.



Where, When, How Much?

- ≈ 1st & 3rd Tuesday of every month
- ≈ Location: Mirror Lake Center, 5415-49 ave, Camrose (**lower level**)
- ≈ No cost to participants
- ≈ 1:30-3:30pm

Call Joan at 780.672.9579

volunteer@camrosehospice.com

US will create space for the sharing of *your* unique story.

US explores issues that may be a cause of caregiver fatigue.

US offers suggestions for coping with day-to-day caregiving challenges that you may encounter in caring for a loved-one.

“The best thing caregivers can do for their loved one is to take care of themselves.”

Consider: When did you last:

- Have a medical checkup?
- Engage in a fun, favorite activity?
- Get together with friends/family for fun?
 - Sleep all night?



- Be aware of the emotional trap of feeling sorry for yourself (victimhood) or searching for someone to blame.
- Focus instead on accepting your situation and looking for ways it will help you grow as a person.



@camrosehospice