

# Bedside Respite Program



WHEATLAND & AREA  
Hospice Society

## Background

The Bedside Respite Program offers a local, trained palliative volunteer, often someone from your own community.

Respite care can be provided in your home, at Strathmore Hospital, or in a local seniors' facility. If necessary, the volunteer that you've come to know can change locations of care with you.

We care about family too, and our Bedside Respite Program offers a chance for them to get some rest and rejuvenation. Or just a chance for them to get every day tasks completed.

## Need Help? Ask Us.

- Planning palliative care for your or your loved one can be overwhelming.
- Our Palliative Navigator can help find the right fit.

## Early Questions

- When do you need help? (day, evening, or night)
- What aspects do you need the most help with?

## 7 Aspects of Palliative Care

- Quality of life: making the most of a bad situation
- Symptom and pain control
- Comfort and support for the person and family
- Social and spiritual experiences
- Person/family and care team collaboration
- Preparation for and managing the dying process
- Loss and grief during and afterwards

## Your Volunteer

**Name:**



***Please Call Me If There is a Change of Location of your Care.  
I will worry if i can't contact you!***

Wheatland & Area Hospice Society

Palliative Navigator: 403-934-8199

navigator@wheatlandhospice.ca

## More things to consider...



### CARE PLAN

- Your homecare nurse can provide a road map of what's needed now and what's likely to happen in the days to come. A Care Plan lets you be prepared.
- Expect that AHS Palliative Homecare can provide 46 hours (and 30 extra) of resources as needs change.
- Includes AHS providers, family, friends, our WAHS navigator and bedside respite workers, and pharmacy.

### WHO'S IN CHARGE?

- Most times it's best to have one or two family members that know the ins & outs of all things
- Consider family members coming and going and try to keep them in the loop.
- As a caregiver, you will still have your own family and/or employment needs to meet. Do self care!
- Remember old family habits and dynamics may still need to be acknowledged, for better or for worse.

### PHYSICAL LAYOUT OF YOUR HOME

- Bed (s), toileting, hallways, family gathering spaces.
- Wishes for privacy and not wanting to be a burden tend to isolate those who are dying. Your home should be a place of solace and peace for everyone.

## Further along your palliative journey...

What will you need most?

**More hands on deck?** Our Navigator can help you find others in our community to assist with palliative care essentials. As well, AHS provides Rural In-Home funding that can provide much needed skilled caregivers for about the last two weeks of life.

**More information?** In addition to the resources below, Ask Us. If our Bedside Respite worker doesn't know the answer, they often can point you in the right direction. Or sometimes, just chatting about a problem let's you see a path forward a bit more easily.

**More emotional support?** We are here for you. Talking, listening, being present for you and your family is what we do. Let us know if you'd like more!!

## Additional Resources

*To care is human.*



- Wheatland & Area Hospice Society: [www.wheatlandhospice.ca](http://www.wheatlandhospice.ca) 403-934-8199 phone or text
- Hospice Calgary [www.hospicecalgary.ca](http://www.hospicecalgary.ca)
- Alberta Hospice Palliative Care Association [www.ahpca.ca](http://www.ahpca.ca)
- Alberta Caregivers Association [www.caregiversalberta.ca](http://www.caregiversalberta.ca)
- ehospice: [www.canadianvirtualhospice.ca](http://www.canadianvirtualhospice.ca)

*There will always be bumps in the road, the point isn't to avoid them all, the point is to keep driving.*