Fair Haven Homes Society
FAMILY COUNCIL
Tuesday, October 24, 2023 at 6:15 p.m.
via ZOOM

MINUTES

Attendees:

Angela Lee	Elaine Tony	Susan Schuurmann
Anne Shatkin	Hamid Fakhi	Zory Drazenovic
David Huang	Mark Kennedy	
Donna Chan	Shirley Lee	

GUEST: **Dr. Elisabeth Drance, MD FRCPC, Geriatric Psychiatrist**
Dementia Caregiver Resilience Clinic, St. Paul's Hospital - Providence Health Care

TOPIC: *"Caring for ourselves as dementia caregivers – What am I needing?"*

Facilitator: Shirley Lee (Acting Chair)   **Secretary:** Susan Schuurmann (Co-Chair)
Staff Liaison: Anne Shatkin

Item	Action	Name	Comments
1. **Call to Order**		Chair	
2. **Approval of Agenda**		Chair	
3. **Guest Presentation:** *"Caring for ourselves as dementia caregivers – What am I needing?"* • **Q & A**	Presentation Discussion	Dr. Elisabeth Drance, MD FRCPC Geriatric Psychiatrist All	Similar to the demonstration given on the plane, you must take care of yourself before you take care of anyone else to be effective. **Reducing your Risk Factors:** **Reduce Stress-Sleep-Exercise-Diet** Mediterranean Diet can reduce risk factors up to 30% https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801 If you have a family member or friend dealing with dementia, how can you slow it down? -Early changes should be checked out, do not dismiss it all as "just getting old". -Check thyroid levels, calcium intake, are you dealing with depression. -There are metabolic issues that can be reversed. Don't assume that memory loss is normal. -There are some medications available to slow it down. (1-3yrs)

We acknowledge that we live, work and play on the ancestral, traditional and unceded territory of the Qayqayt First Nation, and all Coast Salish Peoples including the Musqueam, Squamish and Tsleil-Waututh First Nations.

| | | | Caring for ourselves as Dementia Caregivers. "There are only 4 kinds of people in the world – those that have been a caregiver, those that are a caregiver, those who will be a caregiver and those who need a caregiver." Rosalynn Carter

Some statistics – 46% of caregivers are spouses – 44% are adult children – 43% work full time. The majority of caregivers are women and live with the patient/family member.

Challenges – Exhaustion
- Believing you can do it all
- Not asking for help
- Isolation
- Uncertainty
- Dealing with ongoing grief and loss
- Financial and legal concerns
- Navigating the healthcare system
- Unresolved relationship issues with a dementia patient

Be Resilient – resilience is the ability to bend and not break. Learn to adapt to difficult situations. Deal with anger, grief, and pain, but able to keep functioning, physically and psychologically.

**A)	Self-Care is Not Selfish**
-It is essential. It will give you more energy when you allow it. "Put on your oxygen mask first."
-Tap Into External Resources – knowledge is power; find out what to expect, what is available. This is a good resource:
https://www.familycaregiversbc.ca/

-It Takes a Village – reach out when you need support, it is not a sign of weakness to find the support you need for yourself and family members.

-Building Your Internal Resources – Healthy Mind Platter for optimal brain health – sleep time – physical time – focus time – time-in – downtime – |
| --- | --- | --- | --- |

			playtime – connecting time. This is a useful resource https://drdansiegel.com/healthy-mind-platter/ **B) Learn to Stop –** Self Awareness Stop – Take 3 Slow Deep Breaths – (exhale slow and controlled) Observe – Body/Thought/Emotions (name what is going on for you) Proceed – How (what to do to proceed). Learn about your Sympathetic (fight & flight) & your Parasympathetic (rest & digest) **C) Developing Self-Compassion** May I be kind to myself, just as I am in this moment? Offering yourself kindness as you would for a friend. **Q & A** Q-How can we deal with medical staff when they insist on referring to the patient for answers & this creates anxiety for the patient. A-Suggest that you introduce yourself and perhaps add something like…"Let me know when you want me to jump in so mom/dad doesn't get too overwhelmed." Puts the requirement on the medical staff to recognize and watch for the patient becoming overwhelmed or unable to answer. Q-Should we hide our emotions when they don't recognize the room or people? A-Is your family member experiencing grief, fear, anxiety, if so acknowledge that and perhaps redirect the conversation to reduce their frustrations.
NEXT MEETING		Chair	**November 28, 2023 6:15 pm**
4. Adjourned		Chair	

Meeting Principles

1. Speak openly. We value all contributions.
2. Respect confidentiality at meetings – any personal information is not discussed outside of meetings.
3. Focus on improving quality of life for all residents.
4. Focus on the future.
5. Try to present possible solutions when identifying an issue
6. Assume the best in one another and trust each other.
7. Work towards progress and strive to improve.
8. Ask questions to understand.
9. Respect everyone's point of view and accept differences of opinion.
10. Be respectful in your communication.

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Fair Haven Homes Society Mission, Vision & Values Statements

Mission Statement
Fair Haven provides homes that *nurture community* and *quality of life* for seniors.

Vision
We enrich the lives of the Fair Haven community by providing a *safe, secure, respectful, inclusive* and *person-centred* environment.

Values
Respect We believe in the unique *dignity and worth* of each individual.

Partnerships We believe in working together, collaboratively, involving residents, tenants, families, staff and volunteers in decisions.

Dedication We appreciate the commitment and dedication of our staff, family members and volunteers.

Diversity We embrace principles that include respect for an *individual's faith, spirituality, culture, sexual identity and gender orientation.*