



# Hospice Highlights

## **ARE YOU A CAREGIVER?**

Many people would not know how to answer that question because they are simply dealing with the cards life dealt them. But if you...

- Are looking after someone 55+ living in their own home with a disability or disease,
- You help them get groceries or take them to medical appointments,
- Are caring for someone 55+ because they cannot manage without your help,
- Regularly visit someone with a serious medical condition because they are lonely,
- Are feeling overwhelmed while providing care and working at the same time,

then you are a **Caregiver!**  
And we can **help!**

The Terrace Hospice Society (THS) recently added Family & Friends Caregivers of the Northwest to our host of services. These are specific to the needs of Caregivers. Here are just a few:

- **Caregiver Corner** - THS is working with Virginia at Heal Yoga to provide a warm quiet, safe space. Caregivers will be led through a series of breathwork, affirmations, and movement that honors their strength, resilience, compassion, and soulful contributions to others.
- **Caregiver Real Talk** - Join Caregiver Real Talk by phone or Zoom. This is a chance to discuss and consider courses developed by other caregivers to help us grow through caregiving.

- **Caring Stories** - Every Monday for 45 minutes, join us via Zoom or phone, as Sandy shares the wisdom of current caregiving authors. There is no need to read the book (who has time, right?)
- **Let's Talk About Caring** - You can join Let's Talk About Caring by phone or Zoom. Share your thoughts, questions, and solutions about how to be the best help you can be to the senior you are caring for.

It is often helpful to talk with other caregivers to problem solve, share ideas, and know you are not alone on this journey. We serve from Houston to Prince Rupert and Kitimat to Stewart.

To access any of these free opportunities call The Caring Team at 778-634-0134.

Our Family and Friends Caregivers Support Program is funded by the Government of BC, managed by United Way, and supported by Family Caregivers of BC.



United Way  
Healthy Aging

Terrace Hospice Society <http://terracehospice.org/>

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