

## Grief and Loss: Resource Sheet

### Support for Families

The below resources are intended to help staff of long-term care and assisted living homes support family members through the grief and loss they may experience, amid loosened visitation restrictions. BC Care Providers Association encourages you to share the below resources with staff at your organization.

### *Alzheimer Society of B.C. Resources*

#### RESOURCES FOR CARE PROVIDERS

- [Public order form](#): Organizations can order informational handouts and long-term care home packages from the Alzheimer Society of B.C. to share with families, using this online form.
- [First Link® referral form](#) – To refer a family to First Link, complete this fillable PDF and send to us through fax or access it through Med Access EMR, Wolf EMR or the Pathways web-based directory.
- [Resources for healthcare providers in B.C.](#) – An overview of the resources available for healthcare providers, including how to make referrals, education for healthcare providers, and guidance on working with people affected by dementia.

#### RESOURCES TO SHARE WITH FAMILIES

- [Long-term care home packages](#): Resource packages are available through the public order form for care providers to share with families to help them adjust to a move into care. Each package includes information on: First Link® and the Alzheimer Society of B.C. programs and services.
  - Preparing for and adjusting to a move.
  - Personal planning.
  - Ambiguous loss and grief
- [Visitation Guide – Before, during, and after the visit](#): Information and tips for family members to prepare themselves before a visit with a person in long-term care during the pandemic, what they might expect during the visit, and what families can do after the visit, including where to get support.

- **Advocacy fact sheets:** A variety of fact sheets to offer tips on advocating for a family member with dementia in a respectful way.
- **Information on programs for families:** Information on caregiver support groups, webinars and phone supports.

## FIRST LINK DEMENTIA HELPLINE

- **English:** 1-800-936-6033 (Monday to Friday, 9 a.m. to 8 p.m.)
- **Cantonese and Mandarin:** 1-833-674-5007 (Monday to Friday, 9 a.m. to 4 p.m.)
- **Punjabi:** 1-833-674-5003 (Monday to Friday, 9 a.m. to 4 p.m.)

## *Family Caregivers of B.C. Resources*

- **BC Caregiver Support Line: 1-877-520-3267**
  - Compassionate emotional support without judgement
  - Connection to other resources
- **COVID-19: Social Visitation Essentials – Short Course:** As the province of BC lifts restrictions on long-term care facilities and assisted living homes, Family Caregivers of BC and SafeCare BC have collaborated to create a course which equips you with the information, skills and training to empower you to feel prepared and confident in supporting your care recipient during COVID-19. [Learn more here.](#)
- **Webinars:**
  - [Anger, Guilt and the Family Caregiver](#)
  - [Webinar Coach Caregiver: Loss & Grief](#)
  - [The Grief Response](#) – this webinar is intended to help people cope after the loss of a loved one but it includes good content about painful emotions
- **Podcasts:** <https://www.familycaregiversbc.ca/podcast/>
  - Episode Five: Grief as a Healing Gift
  - Episode Six: Grief is a Human Experience
- **Articles:**
  - [Checking in on how you are feeling](#)
  - [Anticipatory Grief Package: Information for Patients and Families](#)
  - [Acknowledging the Losses Associated with Caregiving](#)

- [How Are You Coping With Ongoing Losses?](#)
  - [Illness and Grief](#)
  - [Shattering Eight Myths About Grief](#)
  - [How-to-Advocate-for-You-and-Your-Family-Member](#)
- **Blogs:**
    - [Grief is a Universal Experience](#)
    - [Finding a New Normal](#)
    - [The Grief Response](#)

### ***SafeCare BC Customizable Visits Brochure***

To support operators through this transition to relaxed visitation restrictions, SafeCare BC has developed a pamphlet for organizations to fill in and distribute to their staff and visitors. Please see below to download this customizable template:

- [Trifold pamphlet](#) – This document is **intended for print**. It contains information that you can customize and hand out to staff and visitors.
- [Double-sided flyer](#) – This document is **best for electronic purposes**—if you’re linking to it on your website or e-newsletter or emailing it to staff and visitors.



## Support for Staff

This transition may also be difficult for staff, the below resources are available to support workers in long-term care and assisted living.

### *Care for Caregivers*

During these difficult times your mental health is a priority. Whether you're looking for up to date credible information to ease your mind, a free workshop to learn about resiliency, or quick daily coping tips, it's available on the Care for Caregivers website: <https://www.careforcaregivers.ca/>.

### *Care to Speak*

Care to Speak is a peer support service that provides emotional and psychological help to healthcare workers **it's free and confidential**.

Connect from Monday to Friday, 5pm to 9pm, and **Monday, Tuesday, and Wednesday from 10:00am to 2:00pm**.

**1-866-802-7337 (PEER)**

### *Alzheimer Society of B.C. Resources*

[Dementia and staff grief: A resource for healthcare providers](#) is a resource for organizations and their personnel on better understanding the multiple losses experienced by staff caring for people with dementia.

[A pre-recorded webinar on dementia and staff grief](#), presented by brainXchange, is [also available here](#).