

HOSPICE SOCIETY OF CAMROSE & DISTRICT

CHRONIC ILLNESS and END OF LIFE CARE

If you have been living with or have recently received a diagnosis of a life-limiting illness, you may be asking many questions. When this happens, Hospice Society of Camrose & District (HSCD) is available to support you.

END OF LIFE CARE Trained HSCD volunteers provide bedside and in-home companionship, emotional support, relief for caregivers, sitting vigil, and access to resources.

Nav-CARE (Navigating, Connecting, Accessing, Resourcing, and Engaging) endeavors to improve the quality of life of adults living at home with a life-limiting illness.

Trained HSCD volunteer navigators conduct regular visits with individuals in the home.

Navigation may include: advocating; facilitating community connections; coordinating access to services and resources; and promoting active engagement of individuals with their community.

GRIEF SUPPORTS

MEN'S COOKING CIRCLE

An opportunity to learn basic cooking skills, meet other men, cook and eat together, and engage in conversation with men who are experiencing grief.

GRIEF COMPANIONING PROGRAM

Volunteer Grief Companions are a compassionate, listening presence when you need a safe place to tell your story of loss, and to share both tears and laughter.

GRIEF-SUPPORT WALKING GROUP Drop-in group meeting year-round on Wednesday mornings, 9:30 am. In the non-snow season meet at the Hospice office (5415-49 ave, lower level) for a leisurely walk around Mirror Lake. In winter, meet at the indoor track at the Rec Center. Walking is followed by coffee and conversation.

BEREAVEMENT & GRIEF WORKSHOP

This 1-day workshop is for people who are coping with grief and loss, as well as for people interested in becoming "grief helpers" – co-workers, family members or physicians and healthcare professionals supporting people who are sorrowing. Call for upcoming dates.

ONE-ON-ONE CONSULTATION Book time for conversation and support regarding your grief journey.

GRIEF SUPPORT GROUPS Each year, depending upon need/interest, we run support groups, including:

- Daytime Grief Group (any death losses)
- Parent Grief Group (death of a child, any age)
- Children/teen Grief Group
- Suicide Loss Survivor Group
- Caregiver Support Group
- Cancer Survivor Support Group

Grief-Companioning Program (Contact the Program Coordinator at 780.608.0636 for more info) Grief companions are volunteers offering one-on-one grief support. Based on Dr. Alan Wolfelt's model of companioning the bereaved, companions are a compassionate, listening presence when you need a safe place to tell stories and shed tears.

You may access grief support programs by contacting the HSCD Program Coordinator at **780-608-0636**

You may access palliative supports by contacting HSCD Volunteer Coordinator, Joy LeBlanc at **587.322.9269**



VOLUNTEERING

As a not-for-profit charity, the heart of our Society's endeavor lies in our committed volunteers who are compassionate visitors.

Our volunteer program connects trained volunteers with people experiencing a chronic or life-limiting illness, as well as with those who are dying or grieving.

HSCD Volunteers

Care volunteers:

- Support clients and families with respite and companionship
- Companion those in grief
- Sit vigil with those who are dying
- Support clients in navigating clinical and social challenges
- Provide administrative and program - facilitation support
- Serve on the Board of Directors and working committees
- Support special events/program facilitation

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 GOAL

In addition to providing quality care throughout Camrose and area, longer term we have a goal to provide a freestanding hospice facility as an alternative "home" for people who wish to die in a comfortable, peaceful and supportive setting.

OUR PARTNERS

HSCD wishes to thank our community partners Alberta Health Services, Covenant Health, Bethany Group, Camrose Open Door, Camrose Public Library, Battle River and Wetaskiwin School Divisions, and the Camrose and Wetaskiwin Primary Care Networks for their support and collaboration of HSCD initiatives and programming.



Hospice Society
OF CAMROSE AND DISTRICT



Our Hands and Yours...
Building Hospice
Together

