

Patients as Partners Activity Guide

February at a glance:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 UVIC – Chronic Conditions, VCH
4	5 Family Caregivers – Support Group Training, NH Patients as Partners Regional Engagement Table – FNHA/PHSA	6 UVIC –Chronic Pain, VIHA, FH; Diabetes, VIHA; Cancer, IH Patients as Partners Regional Engagement Table – Round-up/PHSA	7	8 CCMI/Family Caregivers – Webinar, BRAIN tool UVIC – Chronic Pain, FH; Chronic Conditions, FH	9 Family Caregivers – Presentation, VIHA	10
11	12	13	14 UVIC – Cancer, IH Family Caregivers – Presentation, VIHA	15	16	17 UVIC – Diabetes, FH
19	19 UVIC – Chronic Conditions, VIHA, IH; Chronic Pain, IH; Diabetes, FH	20 UVIC – Diabetes, FH	21 UVIC –Chronic Pain, FH	22 Pain BC- Webinar, Pelvic Floor Family Caregivers – Webinar, Residential Care	23 Pain BC- Workshop, Occupational Therapists, VCH	24 Pain BC- Workshop, Occupational Therapists, VCH UVIC – Chronic Conditions, VCH; Diabetes, VCH
25	26 Family Caregivers – Meeting, Facilitator Community of Practise, VIHA	27	28			

What's going on in your region:

Province wide/Online	2-3
Island (VIHA)	4
Interior (IH)	5
Fraser (FH)	6
Northern (NH)	7
Vancouver Coastal (VCH)	8



Activities by Region — Province Wide/Online

Centre for Collaboration, Motivation and Innovation (CCMI) and Family Caregivers of BC: BRAIN Webinar

BRAIN (Benefits, Risks, Alternatives, Intuition, Next steps): This workshop is designed for patients, families, and peer mentors, and it focuses on skills needed for patients to participate fully in making decisions consistent with their values and achieving a clear understanding of the options. The workshop includes skills practice for participants. CCMI facilitators will share the BRAIN informed decision making worksheet.

Dates and Location: February 8, 2018, 6:30 to 8 p.m., Online

Contact: Janet McLean, janetmclean@familycaregiversbc.ca



Family Caregivers of BC: Webinar

Considerations When Moving Your Family Member into Residential Care with Taylor Hainstock, University of Victoria.

Date: February 22 , 2018

Details and registration: <http://www.familycaregiversbc.ca/events/webinars/>

Family Caregivers of BC: Caregiver Connection

Winter Edition available online: <http://www.familycaregiversbc.ca/caregiver-connection/>



“Exceptional content. Exceptional facilitation. Best professional development training.”

– Participant, Delaney + Associates IAP2 Training

Activities by Region — Province Wide/Online

Pain BC: Webinar Pelvic Floor Physiotherapy for Chronic Pelvic Pain Target Audience: Primary Care and Allied Health Practises and Health-Care Providers

Bladder sensitization. Incontinence. Pain with sex. These are some of the many symptoms of chronic pelvic pain. Join us to learn about pelvic-related complex pain and the role of pelvic floor physiotherapy in treating Bladder Pain Syndrome (BPS). We'll discuss common BPS symptoms (pain, urgency and frequency and pelvic floor muscle dysfunction), diagnosis, non-procedural and non-pharmacological treatment, and the role that a collaborative health-care team can play in addressing the emotional state, psychosocial needs and improving bladder patterns of patients/clients. Presented by Sam Hughes, MScPT, CAFCI, Licensed Physiotherapist.

Date and Time: February 22, 2018, 12 to 1 p.m.

Registration: <https://painbc.ca/events/painbcwebinarpelvicfloorphysiotherapychronicpelvicpain>

University of Victoria Self-Management: Online Chronic Conditions Self-Management Program

This workshop takes place entirely online. People can participate using any computer with an Internet connection, even a dial-up connection. With up to 25 people in each workshop group, interactive sessions are posted each week for six weeks. Participants log on at their convenience two or three times a week for a total of about two hours a week. Participants can remain anonymous and everything takes place on a dedicated, secure website. Participants set their own goals and make a step-by-step action plan to help them feel better and start doing the things they want to do again.

Dates: Ongoing, online

Registration and contact: email bc@selfmanage.org or call 604-940-1273 or toll-free 1-866-902-3767.

University of Victoria Self-Management: Health Coach Program

This telephone-based coaching program supports people living with chronic conditions to become better self-managers. Health Coaches connect with participants by telephone, once a week for 30 minutes, for a period of three months. Coaching can be extended for another three months upon a mutual agreement between all parties. Through this contact, Health Coaches can support participants who would like to:

- Choose goals and actions they want to take to better manage their health
- Identify and problem-solve barriers to being healthier
- Become more self-confident
- Be motivated to initiate and maintain health-behaviour changes

Health Coaches provide a dimension of support that complements and enhances professional health care; they do not provide medical or clinical advice or treatment.

Dates: Ongoing, telephone

Registration: email smhcoach@UVIC.ca or call 604-940-1273 or toll-free 1-866-902-3767.

Activities by Region — Island Region

Family Caregivers of BC: Presentation Vancouver Island Persons Living with HIV/AIDS Society

Date, Time and Location: February 9, 2018, 12 to 1 p.m., Vancouver Island Persons Living with HIV/AIDS Society, Victoria

Registration: or for more information contact Lycia Rodrigues at lyciarodrigues@familycaregiversbc.ca or at 250-384-0408

Family Caregivers of BC: Presentation

Date, Time and Location: February 14, 2018, 1 to 2 p.m., Monterey Recreation Centre, Victoria

Registration: or for more information contact Lycia Rodrigues at lyciarodrigues@familycaregiversbc.ca or at 250-384-0408

Family Caregivers of BC: Central/South Island Support Group Facilitator Community of Practice Meeting

Open to Central/South Island Support Group Facilitators

Date, Time and Location: February 26, 2018, 11 a.m. to 2 p.m., Family Caregivers of BC, Victoria office

Registration: or for more information contact Lycia Rodrigues at lyciarodrigues@familycaregiversbc.ca or at 250-384-0408

University of Victoria Self-Management: Community Self-Management Programs

Adults with chronic health conditions and their family members can participate in self-management programs offered in communities throughout B.C. at no cost. These are evidence-based programs that provide information, teach practical skills and give people the confidence to manage their health condition (s). Each program is six sessions, 2.5 hours per session held over six weeks. There are ten to sixteen participants in each workshop.

To register: email selfmgmt@UVIC.ca or call 604-940-1273 or toll-free 1-866-902-3767.

*Please note that workshops are continuously scheduled, postponed or cancelled so please refer to the website for the most current listings www.selfmanagementbc.ca

Venue	City	Start date dd/mm/year	Time	Type	Language
Campbell River Hospital	Campbell River	06/02/2018	1:30 to 4 p.m.	Chronic Pain	English
Cook Street Village Activity Centre	Victoria	06/02/2018	10 a.m. to 12:30 p.m.	Chronic Pain	English
SHOAL Activity Centre	Sidney	06/02/2018	6 to 8:30 p.m.	Diabetes	English
Vancouver Island Regional Library: North Nanaimo	Nanaimo	19/02/2018	1 to 3:30 p.m.	Chronic Conditions	English

Activities by Region — Interior Region

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Venue	City	Start date dd/mm/ year	Time	Type	Language
InspireHealth, Kelowna	Kelowna	06/02/2018	2 to 4:30 p.m.	Cancer: Thriving & Surviving	English
Footprints Centre	Penticton	14/02/2018	1:30 to 4 p.m.	Cancer: Thriving & Surviving	English
The Martin Centre	Kelowna	19/02/2018	2:30 to 5 p.m.	Chronic Conditions	English
Tutt Street Optometry	Kelowna	19/02/2018	6 to 8:30 p.m.	Chronic Pain	English

“First off, let me say that on behalf of my husband and myself, in thinking back, I don’t know where we would be without the knowledge and strength we gathered by attending the six sessions.

We found the leaders to be such caring people who facilitate the program in an atmosphere of stable comfort.

Cancer is what we are living with, not dying with – thanks to you and the sessions.”

- Participant Cancer: Thriving and Surviving Program



Activities by Region—Fraser Region

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To register: email selfmgmt@UVIC.ca or call 604-940-1273 or toll-free 1-866-902-3767.

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Venue	City	Start date dd/mm/year	Time	Type	Language
Douglas Recreation Centre	Langley	06/02/2018	1 to 3:30 p.m.	Chronic Pain	English
Willowbrook Recreation Centre	Langley	08/02/2018	6 to 8:30 p.m.	Chronic Pain	English
McKee Seniors Recreation Centre	Ladner	08/02/2018	9:30 a.m. to 12 p.m.	Chronic Conditions	English
Kennedy Seniors Centre	Delta	17/02/2018	1 to 3:30 p.m.	Diabetes	English
WC Blair Recreation Centre	Langley	19/02/2018	6 to 8:30 p.m.	Diabetes	English
Dogwood Pavilion	Coquitlam	20/02/2018	1 to 3:30 p.m.	Diabetes	English
Guildford Recreation Centre	Surrey	21/02/2018	12:30 to 3 p.m.	Chronic Pain	English



Activities by Region — Northern Region

Family Caregivers of BC: Training for Prince George Family Caregiver Support Group Facilitators

**Date, Time and Location: February 5, 2018, 1:30 to 3:30
p.m., online via Webinar**

Registration: or for more information, contact Lycia
Rodrigues at lyciarodrigues@familycaregiversbc.ca or at
250-384-0408 **Registration Required**



BC Caregiver Support Line

1-877-520-3267

Monday – Friday, 8:30 AM – 4:30 PM

"I understand that to provide proper care for my wife I must take care of myself well first. This can be one of the hardest challenges for me as I naturally always want to put my wife first but as I age I find doing things the way I used to is more of a challenge. Thank you again for the information and I promise to schedule myself a time to look at it very soon."

- Family Caregivers of BC Support Line Caller

Activities by Region — Vancouver Coastal Region

Pain BC: Best Practice Pain Management for Occupational Therapists **Target audience**

Occupational Therapists

A dynamic two-day workshop for Occupational Therapists interested in developing or enhancing sound clinical skills in the assessment and treatment of clients living with complex and chronic pain. With Occupational Therapists: Linda Cundiff, Clare Lakes, and Susan Schellinck.

Date, Time and Location: February 23 & 24, 2018, 9 a.m. to 5 p.m., St. Paul's Hospital, Vancouver

Registration and Details: <https://painbc.ca/events/OTworkshopVancouver>

* See website for early-bird rates before January 31, 2018



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To register: email selfmgmt@UVIC.ca or call 604-940-1273 or toll-free 1-866-902-3767.

*Please refer to the website for the most current listings www.selfmanagementbc.ca

Venue	City	Start date dd/mm/year	Time	Type	Language
Westside Baptist Church	Vancouver	03/02/2018	10:15 a.m. to 12:45 p.m.	Chronic Conditions	Chinese
Richmond Caring Place	Richmond	24/02/2018	9:30 a.m. to 12 p.m.	Chronic Conditions	Chinese
Richmond Public Library, Brighouse (Main) Br	Richmond	24/02/2018	10:15 a.m. to 12:45 p.m.	Diabetes	Chinese

Partner Profiles

Centre for Collaboration Motivation and Innovation (CCMI): Provides training in Brief Action Planning—a structured evidence-based self-management support technique that help patients, clients, or peers make concrete action plans to improve their health. CCMI also has educational and quality improvement offerings including: motivational interviewing, health literacy, shared decision making working in diverse groups, and patient and family-centred care. See www.centrecmi.ca for more information.

Delaney and Associates: As national and international experts in the field of public engagement, Delaney and Associates support the development of standardized best practice provincial tools and capacity building for Patients as Partners stakeholders. Work includes developing patient and public engagement tools and resources, and providing the International Association of Public Participation (IAP2) certificate training and related programs. See www.rmdelaney.com for more information.

Family Caregivers of BC: Provides the voice for family and caregivers at Patients as Partners committees and events. Their work supports the development and enhancement of provincial community supports for family caregivers of persons who are in poor health, elderly and/or disabled across all socio-demographic populations of B.C. Specifically services to family caregivers include: providing online tools, educational materials, telephone and in-person supports and caregiving circles, webinar educational sessions for family caregivers and health professionals, and continued provincial engagement with the health sector to accelerate the inclusion of family caregivers in key health initiatives. See www.familycaregiversbc.ca for more information.

Pain BC: Programs include: Connect for Health - which provides resources and health care navigation supports for people with chronic pain, the interactive online 'Live Plan Be' program—an innovative mechanism for patients to learn and become more engaged in managing their chronic pain (and is also a support for family physicians in providing care for their patients). Pain BC also works to foster patient-centered care for people in pain through patient engagement and local interdisciplinary collaboration, foster collective action on prescription drug misuse for chronic pain, and continue with provincial engagement and health sector collaboration. See www.painbc.ca for more information.

The University of British Columbia Intercultural Online Health Network (iCON) provides culturally and linguistically tailored information on chronic disease management to South Asian, Chinese, and Indigenous communities. iCON works in partnership with healthcare professionals to provide: in-person public health forums with webcasting access, community workshops, printed and online patient education materials, as well as learning and development opportunities for UBC health professional trainees. See <http://iconproject.org/> for more information.

University of Victoria Self-Management Programs: Provides evidence-based chronic disease self-management programs. These interactive programs provide information and teach practical skills for people with chronic conditions and their family members to live better with chronic disease and are provided in community centers across the province and online. Workshops on self-management support are also available to health care professionals, and a telephone delivered self-management coaching program is provided to persons with previous self-management training or prefer not to participate in group programs. See www.selfmanagementbc.ca for more information.

Patients as Partners

Who we are

The Ministry of Health's Patients as Partners Initiative works with patients and families, health authorities, health-care providers, universities, non-profit organizations, and other organizations to advance and integrate patient- and family-centred care at every level of the health-care system. We ensure patients' voices, choices and their representation are at the forefront of our work to improve the quality of health care in British Columbia.

What's New with Us?

We are excited to be partnering with the First Nations Health Authority and the Provincial Health Services Authority on February 5 to focus on issues around cultural safety and humility experienced by urban indigenous populations. Cultural safety strives to address power imbalances inherent in the health care system and works to create an environment free of racism and discrimination. The goal is to ensure people feel safe when receiving health care. This workshop seeks to generate ideas about how to make cultural safety a reality.

Then join us February 6, at the University of British Columbia, for the final round-up in our Regional Engagement Table series. We will be partnering with the Provincial Health Services Authority to bring together delegates from across the province to share what we have learned at the Regional Tables throughout the province over the last few months.

Want more information on the Patients as Partners Initiative? Please contact Kristen Grant at:

Kristen.Grant@gov.bc.ca

