

# Patients as Partners Activity Guide

## November at a glance:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 UVic – Chronic Pain, VCH	2 UVic – Chronic Conditions, FH; UVic – Chronic Conditions, FH	3
4	5	6 UVic – Chronic Conditions, FH; FCBC – Caregiver Support Group	7 FCBC-Mindful Self-Care Course for Caregivers	8 UVic – Chronic Conditions, FH; UVic – Chronic Pain, VCH; FCBC – Caregiver Support Group; FCBC – Caregiver Support Group	9	10 UVic – Diabetes, FH
11	12	13 FCBC – Webinar - Pharmacists Supporting Caregivers	14 FCBC-Mindful Self-Care Course for Caregivers; Pain BC – Webinar - The Cannabis Question: Culture to Science	15	16	17
18	19	20 FCBC – Caregiver Support Group	21	22 FCBC – Caregiver Support Group; FCBC – Caregiver Support Group	23	24
25	26	27	28	29 FCBC – Webinar - Building Cooperative Relationships	30	



### What's going on in your region:

<a href="#">Province wide/Online</a>	2-5
<a href="#">Island (VIHA)</a>	6
<a href="#">Vancouver Coastal (VCH)</a>	7
<a href="#">Fraser (FH)</a>	8

# Activities by Region — Province Wide/Online

## Family Caregivers of BC: Article

Medication Safety Tips for Caregivers — Look for the article by Family Caregivers of BC Consultant Wendy Johnstone in the November issue of Inspired Senior Living Magazine:

<https://www.seniorlivingmag.com/wellness>

BC Caregiver Support Line

**1-877-520-3267**

Monday – Friday 8:30 AM -4:00 PM



Caregiver Connection

Fall Edition 2018

## Family Caregivers of BC: Caregiver Connection

Fall edition available online:

<https://www.familycaregiversbc.ca/caregiver-connection/>

## Caregiver Support:

Ongoing Caregiver Support Groups are listed on our website here:

<https://www.familycaregiversbc.ca/family-caregiver-support-groups/>

## Live Webinars

**November 13, 2018 – 6:30-8 pm PST** – Pharmacists Supporting Caregivers – Jason Cridge, Cridge Family Pharmacy and Wendy Johnstone – FCBC Consultant <https://www.familycaregiversbc.ca/events/webinars/>

**November 29, 2018 - 6:30-8 pm PST** – “Building Cooperative Relationships” – Sheila Armstrong & Wendy Johnstone <https://www.familycaregiversbc.ca/events/webinars/>

**Webinars Recordings** – visit our website to see recent webinar recordings:

<https://www.familycaregiversbc.ca/events/webinars/>



# Activities by Region — Province Wide/Online



Pain BC launched the Pain Support Line. This is a free telephone-based service for people living with chronic pain in BC. The service aims to help with a variety of challenges that can impact people with pain including social isolation, income, housing and self-management support.

Support line: <https://painbc.ca/supportline>

**Pain BC:** Latest Pain Waves Podcast

<https://painbc.ca/painwavespainbcpodcast>

## **Feeling stuck? Coaching can help!**

Coaching for Health is a free program that supports people in pain to self-manage. Self-management is key to improving your quality of life, but it can be difficult to do. Our coaches provide one-to-one telephone support to help you learn self-management skills and regain function. Coaching for

Health: <https://painbc.ca/coaching>

# Activities by Region — Province Wide/Online

## Pain BC

### Webinars/Social Media:

#### Webinar - The Cannabis Question: Culture to Science

November 14<sup>th</sup>, 2018 from 12-1pm (online)

In this webinar, clinical pharmacist Terri Betts will speak to many of the question providers have about prescribing cannabis for chronic pain. <https://painbc.ca/events/cannabisquestionwebinar>

#### National Pain Awareness Week (NPAW):

November 4-10, 2018

What's it like to live with chronic pain? It's often hard for those living with pain to explain, and even harder for someone without pain to understand. As part of National Pain Awareness Week in November, Pain BC will be running a week-long social media campaign to shine a spotlight on chronic pain and raise awareness about this often invisible issue. Follow us on Facebook:

<https://www.facebook.com/PainBc/> and Twitter: @PainBC to find out more!



# Activities by Region — Province Wide/Online

## **University of Victoria Self-Management BC: 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**

To register: email [bc@selfmanage.org](mailto:bc@selfmanage.org) or call 604-940-1273, toll-free 1-866-902-3767.

## **University of Victoria Self-Management BC: 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**

To register: email [smhcoach@UVIC.ca](mailto:smhcoach@UVIC.ca) or call 604-940-1273, toll-free 1-866-902-3767.

# Activities by Region — Island Region

## Family Caregivers of BC

### Caregiver Support:

#### New Support Groups as of September—

<https://www.familycaregiversbc.ca/events/> visit our website event calendar for more information

**Male Support Group in Victoria** – 2<sup>nd</sup> Tuesday of each month 7-8:30 pm

**Cook Street Village in Victoria** – 2<sup>nd</sup> Thursday of each month 7-8:30 pm

**Colwood** – 2<sup>nd</sup> Thursday of each month 7-8:30 pm



### Mindful Self-Care Course for Caregivers

(for more information call 1-877-520-3267)

Location: Colwood, BC



# Activities by Region — Vancouver Coastal Region

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

Adults with chronic health conditions and 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](mailto:selfmgmt@UVIC.ca) or call 604-940-1273, 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](http://www.selfmanagementbc.ca)



Venue	City	Start date dd/mm/year	Time	Type	Language
<b>VANCOUVER COASTAL REGION</b>					
BC Women's Hospital & Health Centre	Vancouver	01/11/2018	1:15 to 3:45 pm	Chronic Pain	English
The 55 Activity Centre	Squamish	08/11/2018	6:00 to 8:30 pm	Chronic Pain	English

# Activities by Region — Fraser Region

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

Adults with chronic health conditions and 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](mailto:selfmgmt@UVIC.ca) or call 604-940-1273, 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](http://www.selfmanagementbc.ca)



Venue	City	Start date dd/mm/year	Time	Type	Language
<b>FRASER REGION</b>					
Lifetime Learning Centre	Mission	02/11/2018	12:30 pm to 3:00 pm	Chronic Conditions	English
Neighbourhood Learning Centre	Chilliwack	02/11/2018	9:30 am to 12:00 pm	Chronic Conditions	English
Westwood Alliance Church	Coquitlam	06/11/2018	9:30 am to 12:00 pm	Chronic Conditions	Mandarin
Envision Financial Community Room	Abbotsford	08/11/2018	1:00 pm to 3:30 pm	Chronic Conditions	English
Glen Pine Pavilion	Coquitlam	10/11/2018	12:00 pm to 2:30 pm	Diabetes	English



## 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](http://www.centrecmi.ca) for more information.

**Delaney + 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](http://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](http://www.familycaregiversbc.ca) for more information.

**Pain BC:** Programs include: Pain Support Line – a free telephone-based service 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), and Coaching for Health – a free lay coaching program designed to help people living with pain learn self-management skills, regain function and improve their well-being. 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](http://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 [iconproject.org](http://iconproject.org) for more information.

**University of Victoria Self-Management BC:** 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](http://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 have listened to our readers and you will now find it easier to access our Patients as Partners website. Now, just click [www.gov.bc.ca/patientsaspartners](http://www.gov.bc.ca/patientsaspartners).***

Shannon Holms and each of our partner organizations will be attending the pre-conference session at the 5th annual Fraser Health Patient Experience Conference on November 6, 2018. The partner organizations will discuss their work, what services they offer, and why it matters from a Triple Aim perspective. They will also discuss opportunities for patients and family caregivers to become involved.

The Preconference sessions will provide patient advisors with knowledge and awareness of various topics concerning media and health research planning, engagement opportunities, and available community resources.

With the focus being on innovation, the Fraser Health Patient Experience Conference is meant to display new and innovative ways in which Fraser Health is working to create a better health care system for clients. This event is focused on staff and physicians that are passionate about achieving quality and safety through innovation.

"Thanks, this organization is doing awesome and valuable work!" - Social Worker, Seniors Clinic, White Rock  
- Family Caregivers of BC

For more information on the Patients as Partners Initiative or to subscribe to this activity guide, please contact Jag Mangat at: [Jag.Mangat@gov.bc.ca](mailto:Jag.Mangat@gov.bc.ca)

