

# Patients as Partners Activity Guide

## August at a glance:

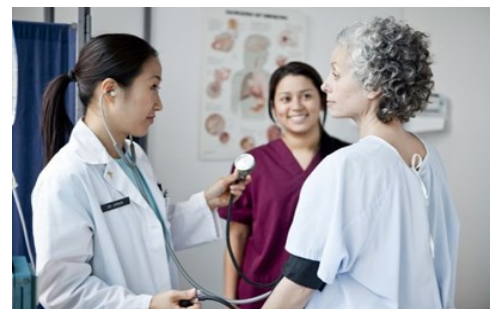
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7 <b>UVIC</b> – Chronic Conditions, VCH	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30 <b>UVIC</b> – Chronic Pain, IH	31	

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

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[Interior \(IH\)](#) 5

[Vancouver Coastal \(VCH\)](#) 6



# Activities by Region — Province Wide/Online

## Family Caregivers of BC: Article

Caregiver Self-Assessment — Look for the article by Family Caregivers of BC Consultant Wendy Johnstone in the August issue of Inspired Senior Living Magazine: <https://www.seniorlivingmag.com/wellness>

While you are there, check out these past articles on caregiver tips for holidays:

<https://www.seniorlivingmag.com/articles/2017/08/summerholidays>

<https://www.seniorlivingmag.com/travel-tips-for-family-caregivers/>



“Don't want to miss the chance to thank you... great topic, great info, great coverage of questions with useful suggestions and thoughts. Gives me good food for thought and even reduces some stress. Thanks!!!”

– Webinar Attendee

## Family Caregivers of BC: Webinars

To watch past recordings, please go to: <https://www.familycaregiversbc.ca/events/webinars/>

## Family Caregivers of BC: Caregiver Connection

Summer edition available online: <https://www.familycaregiversbc.ca/caregiver-connection/>

# Activities by Region — Province Wide/Online

**Pain BC: Latest Pain Waves Podcast**  
<https://painbc.ca/painwavespainbcpodcast>

Pain BC recently 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>

## **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



## **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 — Interior Region

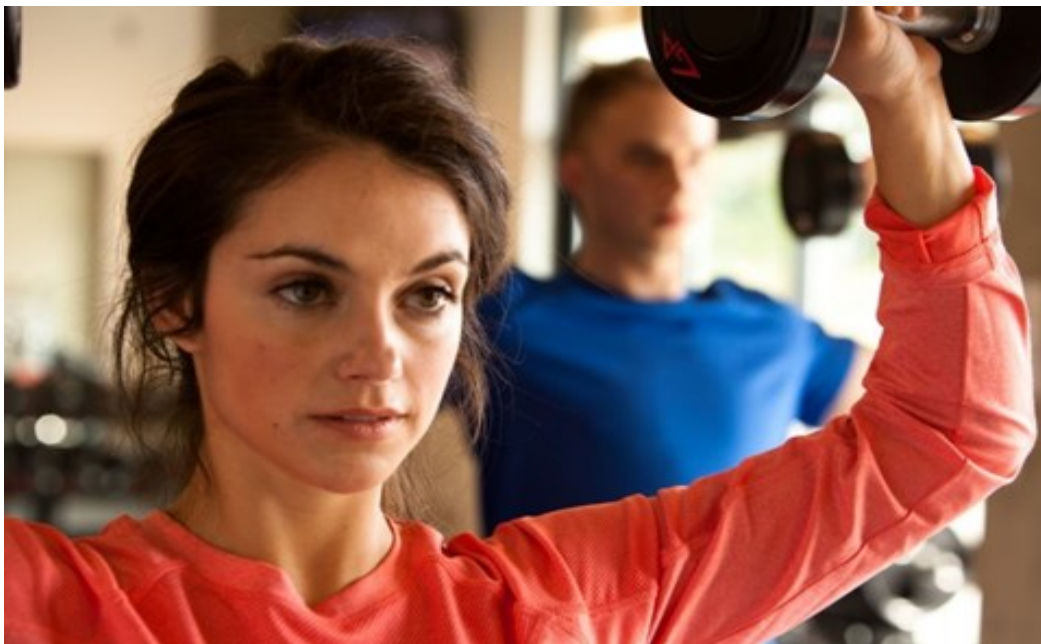
## University of Victoria Self-Management BC: Community Self-Management Programs

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 conditions. Each program is six sessions, 2.5 hours per session, and is 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
100 Mile House District General Hospital	100 Mile House	30/08/2018	12:30 to 3:00 p.m.	Chronic Pain	English



# Activities by Region — Vancouver Coastal Region

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

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Venue	City	Start date dd/mm/year	Time	Type	Language
Richmond Centre for Disability	Richmond	07/08/2018	1:30 to 4:00 p.m.	Chronic Conditions	Cantonese

# 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: 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](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?

The Patients as Partners Initiative is very excited to add the Engagement Planning Guide to the Engagement Tools and Resources. For more on this guide please go to: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/partners/patients>

The Engagement Planning Guide offers a step-by-step approach to engagement planning and communications. This is a central tool that supports the planning, design, management, reporting and evaluation of community- or system-level engagement activities. For a quick reference of the steps involved in engagement planning, see the Engagement Planning Summary and the Engagement Planning Infographic, which have also been posted to the Engagement Tools and Resources.

“First a big thank you to FCBC for the hard work advocating for caregivers. It is wonderful to read about the \$75M funding to support caregivers. Second, a short note to say that Dad is coasting along with home support.” – Caregiver Support Line Caller

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)

