



Kamloops Hospice Association

New Community Support

Kamloops Hospice Association has expanded, with the addition of a new Community Services Centre.

One of the many exciting new services we are offering is free Caregiver Workshops. These workshops are for anyone looking after a loved one with a life-limiting illness who wants to equip themselves with knowledge, tips, tools and techniques to be a more confident caregiver. Workshop topics include:

- The Basics of Care – How to provide physical care, hygiene and prevent skin breakdown
- Symptom Series – Caring for someone with pain and/or nausea and vomiting
- Symptom Series – Caring for someone who is experiencing confusion, delirium and/or breathing challenges
- Symptom Series – Caring for someone with bowel and/or bladder changes
- Food for Thought – When a loved one's appetite and hydration decreases
- What to Expect in the Final Days and Hours – What end-of-life looks like and how to support your loved one

These can be taken individually or as a series.

If you have any questions or would like to register, contact Kamloops Hospice Association 250-372-1336 or email allison@kamloopshospice.com

Other Opportunities Coming Up

- Grief Groups
- Advance Care Planning Sessions
- Complementary Therapy Groups
- Public Speaker Stories
- And More!

Follow us on Facebook for updates and check out our new website at kamloopshospice.com

If you or someone you know is interested in volunteering as a guest speaker at our Public Speaker Stories or helping with community programs, please contact Kamloops Hospice Association by phone 250-372-1336 or email pamela@kamloopshospice.com

Allison Perry, RN

Learning and Development Coordinator



CAREGIVER WORKSHOPS

WHAT does end-of-life look like?

WHY won't s/he eat?

HOW can I provide comfort?

CONTACT US:

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www.kamloopshospice.com

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