

## Caregiver Training Goes Online

So many of us are, will be, or have been caregivers of a friend or family member living with a life-limiting illness. At times, it can be an overwhelming journey.

In 2018, Champlain Hospice Palliative Care Program (CHPCP) launched their Practical Caregiver Training course to ease this journey. Over five in-person sessions, caregivers learn everything from how to navigate the hospice palliative care system and communicating difficult subjects to how to help someone out of bed or manage their medication. The training is invaluable, with participants reporting a 100% satisfaction rate.

Then COVID-19 arrived. Last spring, all in-person sessions for practical caregiver training had to be cancelled, just when it was needed the most. CHPCP Executive Director Nadine Valk and her team decided that the only way that they could overcome this obstacle was to turn the modules into an online course.

When Nadine shared her plan with OutCare, we knew that this was another great opportunity to work together. We applied and received funding from the Ottawa Community Foundation to adapt the Practical Caregiver Training for online delivery. The work to bring the training online also made it feasible to create a 'train the trainer' kit.

Course materials have been created and distributed throughout the Champlain region and beyond so that organizations are able to run this important training right in their community! The expanded reach means that more friends and families will be supported in their caregiving journey.



Janet had cancer. She had no children and her husband, as he explained, did not know how to deal with Janet's increasing need for support.

Janet was also a Health Policy Consultant. She came to the CHPCP to help develop a program that would assist her husband, and the thousands of other unpaid Caregivers in Ontario to increase their practical caregiving skills and decrease their stress in providing this essential care.

So that is what happened. When the training was piloted, Janet's husband was the first to register.

CHPCP dedicated this program to Janet.

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## Leadership Renewal

The OutCare Foundation Board has worked tirelessly during this pandemic to support our palliative care partners while re-imagining how we can best serve. At our Annual General Meeting on June 2, 2021, returning Board members renewed their commitment, appointed their new executive and elected new members.

### Introducing Our Executive

Christine Irvine takes the helm as Board Chair in addition to her responsibilities as Treasurer. Joining her on the executive are Michael Sangster as Vice-Chair and Linda Bruce as Secretary.



Christine Irvine  
Chair & Treasurer



Michael Sangster  
Vice Chair



Linda Bruce  
Secretary

### Welcome New Members

We are pleased to introduce new members Alison Bouchier and Tamara Deines to the Board of OutCare. OutCare will benefit from their clinical knowledge of palliative care and fresh perspective.

Alison has volunteered in palliative day hospice programs for more than 10 years while Tamara is a registered practical nurse overseeing a team providing in-home care.

Learn more about our Board Leadership at

[outcarefoundation.org/about-the-outcare-foundation/leadership/](https://outcarefoundation.org/about-the-outcare-foundation/leadership/)

### Thank You Retiring Members

We are grateful for the many contributions made by retiring Board members:

Brian MacGregor 1999-2021

Dr. Ian Warrack 2012-2021

Michael Hughes 2014-2021

Bernie Forestell 2019-2021

## Join Us

Explore how you can volunteer with the OutCare Foundation. Opportunities exist on the Board, Committees and with events. Contact Jennifer Cass at [jennifer.cass@outcarefoundation.org](mailto:jennifer.cass@outcarefoundation.org)

**Join the conversation. Share this newsletter with friends, family and colleagues.**

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## Practical Caregiver Training

This 5-session program has been co-designed with Caregivers themselves and is delivered in a participatory small-group format. The program provides an opportunity for Caregivers to ask their questions directly to the professionals including Social Workers, Nurses and a Physiotherapist.

The course covers 11 modules including:

- Caregiving in Ontario
- Navigating the Hospice Palliative Care System
- Advance Care Planning
- Lifts & Transfers
- Providing Personal Care
- Grief
- Home Hygiene
- What to Expect at the End of Life
- Medication Management
- Communication Skills
- Self Care

If you are interested in running this training, please contact the Champlain Hospice Palliative Care Program and they will be more than happy to freely share all the resources available including slides, a facilitator guide and a participant guide.

### Contact CHPCP

Nadine Valk

[nvalk@champlainpalliative.ca](mailto:nvalk@champlainpalliative.ca)



## New Grants

We are always proud to share how we invest your generous donations in palliative care, whether by funding walkers for a medical equipment loan cupboard or education bursaries for palliative care volunteers. But with so much demand for funding, how do we decide where to allocate your dollars?

OutCare communicates regularly with our amazing hospices who are on the front-line in delivering palliative care. Our group Zoom calls provide the opportunity for Hospices to share insights and experience. Their feedback informs our understanding of current needs, funding gaps and opportunities. The needs vary by community as are evidenced by the diversity of grant applications we receive.

On June 23, OutCare announced our new grants program at a Zoom meeting with Hospices within the Champlain LHIN. Commencing in 2022, OutCare will be offering two rounds of grants per year. This will enable us to be more responsive to the changing needs of our Hospices. At the same time, we have redesigned the application form to provide us with a more complete understanding of initiatives requesting financial support. Grant application deadlines will be the end of February and September annually.

For 2021, Hospices are invited to submit applications for funding with a deadline of September 30. Grants will be awarded in November 2021.

For more information on our Grants Program contact



Visit our website: [outcarefoundation.org](http://outcarefoundation.org) Follow us on Facebook and Twitter.



## AWESOME AUCTION

Home | Garden | Getaway

April 16 - May 16



## How to Help

### Donate Today

You can help more people on their end-of-life journey by calling us at **613-232-2273** or by visiting us online at [outcarefoundation.org](https://outcarefoundation.org)

## Black Tie Bingo—In a Box!

**Saturday, November 13, 2021**

We could not let another year go by without Black Tie Bingo so we have decided to take it online.

OutCare has partnered with Beckta Dining & Wine to deliver our Black Tie Bingo in a Box to you at home.

The box will contain hors d'oeuvres with cocktails and a sumptuous three course dinner with wine. There will also be a goodie bag with everything that you will need to have a memorable at-home experience.

Stay tuned; more details to follow.

## Awesome Auction

Thanks to the generous support of those who donated items and to those who bid on the items, the Awesome Auction raised **\$14,175!**

Thank you to our sponsors Linda McCallum and PDQ Courier. We also want to acknowledge and thank the Hospices that provided auction items and promoted the auction:

- Beth Donovan Hospice
- Carefor Health and Community Services
- Home Hospice North Lanark
- Hospice Care Ottawa
- The Ottawa Mission Diane Morrison Hospice

All proceeds from the items provided by the Hospice go directly back to the Hospice.

## Navan Lions

On April 26th, the Navan Lions Club invited OutCare to make a presentation to their group via Zoom. We thank them for the opportunity to share our story in support of palliative care in Eastern Ontario.

## Golf

We made the decision to cancel our golf tournament. The uncertainties around evolving public health guidelines made planning a challenge. We look forward to welcoming everyone back to the links in 2022.