



# The Family Caregivers' Grapevine

A bi-monthly newsletter published by the  
**North Shore Supporting Family Caregivers  
Across the Lifespan Project**

January/February 2011

## **A New Year, A New You!**

*By Kendra Jones*

Despite our best intentions, New Year's resolutions can be difficult to keep. However, this New Year, we encourage you to set aside some time to reflect and to set goals that will help you enhance your physical, mental, emotional, and spiritual health and well-being as a caregiver. The act of setting meaningful goals makes it ten times more likely that you will succeed in achieving your goals.

When making resolutions, make sure that you think about exactly what you want to achieve and plan how you're going to get there. After all, you wouldn't leave on a trip without a map of how to get to your destination! Breaking down your larger goals into smaller steps is also helpful as small successes will keep you motivated. Remember, resolutions aren't "all or nothing"; change happens gradually and setbacks are expected. Finally, monitoring your progress helps you see whether you are achieving what you set out to do (so you know when to reward yourself for your good work!).

Here are some suggestions of New Year's resolutions for caregivers. Choose one or two that mean the most to you. Here's to a new you!

### ***In 2011 I will...***

- 1. Spend at least ten minutes of each day doing something that I enjoy.*
- 2. Find one new resource to support me in my caregiving role.*
- 3. Keep a list of tasks so that when friends or family offer to help, I know what needs to be done.*
- 4. Give my health more priority by visiting my doctor for a physical exam.*
- 5. Attend at least one caregiver network group to help me realize that I am not alone and that I can share and learn from others.*
- 6. Find a way to laugh or find humour in the day even if I am feeling sad or discouraged.*

**To help us reduce our mailing costs and be more environmentally friendly, sign up for the Family Caregivers' Grapevine by email, at [helen.wait@nscr.bc.ca](mailto:helen.wait@nscr.bc.ca)**





## Legally Speaking - New Year's Resolution: Get Your "Affairs" in Order

By Jackie Morris



Jackie Morris,  
North Shore  
Lawyer

A Power of Attorney is only one of three basic legal documents needed for many people to have their "affairs in order".

Sometimes people don't think ahead and plan for the inevitable: we will all die and some of us will become incapacitated. Instead, I get a call: "I have cancer" or "Uncle Joe isn't paying his bills."

Suddenly, the person or the family has realized that some legal documents are needed, and quickly too.

It can be stressful to meet with the person, get the necessary details, write up the documents, review them with the person and get them signed in a short period of time. It can also be traumatic for my client, who may not know or accept how ill they are.

An even greater stress for the person and the family is when the person no longer has the necessary mental capacity to go ahead with legal documents. Their affairs cannot be put in order as they might have wished and future legal costs will be more. The Public Guardian and Trustee or the Court may become involved. The three basic legal documents are:

1. A **Will** ensures that your instructions are clearly and validly expressed for the transfer of your estate after your death with a minimum of taxes and legal and administrative expenses.
2. An **Enduring Power of Attorney** ensures that a trusted person can act for you on *financial and legal matters* while you are *alive* when you cannot act for yourself (e.g. if you are out of town or you are temporarily or permanently incapable).
3. A **Representation Agreement** ensures that a trusted person can make decisions for you on *personal care and medical issues, based on your directions* when you cannot make those decisions yourself due to illness or accident. A Representation Agreement includes a **Living Will** which provides your views about some medical treatments, especially when you are near the end of your life.

In my opinion, everyone needs a Will and a Power of Attorney. If you do not have a capable spouse or child or your family has serious differences of opinion on health care and end-of-life decisions, you may need a Representation Agreement. Get your affairs in order when you are relatively healthy. You can always get new documents done, as your circumstances change. It is easier to do a new Will when you have already done one!

### Free Legal Advice and Referral Clinics

are available on Thursdays between 9 am and 11 am at the Silver Harbour Community Centre (144 East 22nd Street). You can sign up at the front desk of Silver Harbour for a confidential 30 minute appointment. Other free legal advice clinics are also available on the North Shore. Call North Shore Community Resources for more details at 604-985-7138.

We would like to invite your questions on legal topics to be answered in upcoming issues. Please note, we cannot, address individual circumstances. Please email any questions to [kendra.jones@nscr.bc.ca](mailto:kendra.jones@nscr.bc.ca).



## Understanding and Navigating the Health Care System

*Adapted by Sana Shahram from the Resource Guide for Family Caregivers: North Shore Edition*

### Physiotherapy and Occupational Therapy

The focus of these services is on non-urgent rehabilitation in order to promote independence, pain management, pre-post-surgical care, palliative care, environmental adaptation, and home safety. Physiotherapists assess and provide education for care of physical problems including strength, balance and mobility. The goal of physiotherapy is to promote functional and physical independence.

Occupational therapists use a variety of assessment and treatment techniques to address goals developed with their clients. Interventions may include the training of daily living activities, such as getting dressed or eating, prescription of specialized equipment, such as a scooter or bath bench, evaluation and modification of the home environment, and related education. Their goal is to help people to develop or maintain independence at home and in the community.

Services are free, except for the cost and provision of supplies. Referrals are made through the Vancouver Coastal Health Central Intake office at 604-986-7111.

### Nutrition Services

Clinical nutritionists provide assessment, consultation and education to people with compromised nutritional status; services are provided in the home.

Services are free, except for the cost and provision of nutritional supplements, if required. To access this service call Vancouver Coastal Health Central Intake at 604-986-7111.

### Adult Day Programs

Adult day programs provide therapeutic support in a group setting for older people, especially those who are frail, have chronic illness or have cognitive impairments. A varied program of activities may include exercises, games, speakers, music, entertainment, crafts, a celebration of special events, discussions, and occasional outings. Health maintenance activities are also stressed: hygiene, medication monitoring, grooming, nutrition monitoring and activation. The centers have either a nurse on staff or nursing services available, if required. Clients are referred by their case manager at Vancouver Coastal Health.

#### Adult Day Centres (ADCs):

##### Margaret Fulton Centre

1601 Forbes Street, North Vancouver  
Tel: 604-904-3550

##### West Vancouver Adult Day Centre

990-22nd Street, West Vancouver  
Tel: 604-904-6231

Call North Shore Home Health Services at 604-986-7111 for information and assessment.

A modest daily fee applies. Donations are gladly accepted and income tax receipts are available on request.

Please direct any questions about adult day programs to your case manager.



## Income Tax Deductions and Credits for Family Caregivers

*Adapted by Sana Shahram and Kendra Jones from Resource Guide for Family Caregivers: North Shore Edition*

As a caregiver or someone who is receiving care, additional financial support may be available through income tax deductions and credits.

### Caregiver Credit

If you are a caregiver, you may be eligible for a tax credit if you maintained a dwelling where both you and a dependant lived at any time during the year. If you and another person support the same dependant, you may split the claim. The dependant must meet all of the following criteria:

- Be a member of your immediate family who is 18 years of age or older
- Be a resident of Canada
- Have a certain net income (specified on the tax form)
- Be dependent on you because of mental or physical impairment
- Be born in 1940 or earlier (if a parent or grandparent or parent- or grandparent-in-law)

### Infirm Dependant Deduction

You may claim a tax deduction for each impaired relative who is dependent on you or your spouse. The dependant must meet all of the following criteria:

- Be a member of you or your spouse's immediate family who is 18 years of age or older
- Be a resident of Canada
- Be dependent on you because of mental or physical impairment

NOTE: Only qualified professionals (medical doctors, optometrists, psychologists, occupational therapists, speech-language pathologists and audiologists) are able to certify impairment. For more information, please visit <http://www.cra-arc.gc.ca/disability/>.

### Personal Disability Credit

A person with a disability may claim a tax credit if a qualified professional certifies either that:

- A severe mental or physical impairment has markedly restricted all, or almost all, of the person's basic activities of daily living during the year
- The person has two or more significant restrictions which equate to one marked restriction all or almost all of the time
- The impairment is prolonged (it lasted or is expected to last at least 12 months)

*Continued on Page 5...*



## Income Tax Deductions and Credits for Family Caregivers

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### Medical Expenses Credit

You may claim a tax credit for medical expenses paid by you or your spouse for medical services or products for you or a member of your immediate family who is dependent on you for support. You may carry any unclaimed medical expenses forward to future years and may claim previously unclaimed expenses for any 12-month period ending in the year for which you are reporting.

Your total medical expenses must be a specified dollar amount or a specified percent of your net income (whichever is less). Eligible expenses include:

- Professional medical services, equipment and supplies
- Medicines, medical treatments, or hospital services
- Lab exams and tests
- Private health services or attendant care
- Nursing or group home fees
- Renovation, moving and travel expenses for medical treatment



For a full list of eligible expenses, please visit the Canada Revenue Agency (CRA) website at <http://www.cra-arc.gc.ca/menu-eng.html> and enter "medical expenses" in the red search bar. NOTE: There are other medical expenses that may be claimed if deemed required by a physician. It is best to speak to a tax specialist regarding current legislation for possible eligible expenses not listed on the CRA website.

### Dependant Disability Credit

You may qualify to claim all or part of any disability credit for which a dependant (other than your spouse) qualifies. This credit can be claimed by a person with a disability, their spouse, or a family member who helps to support them on a regular basis (either financially or by means of food, shelter and/or clothing). It is awarded to the person with the disability; however, if he or she does not pay enough tax annually to recover the full amount of the tax credit, the remaining amount (in full or in part) can be shared with other supporting family members. Revenue Canada does not require receipts to prove support from family members, only a very simple statement of financial support. To be eligible, you must have claimed one of the following for that dependant:

- An equivalent-to-spouse credit
- An infirm dependant's amount or a caregiver credit
- Disability Tax Credit

For more information on disability, caregiver, or other tax credits contact Ability Tax Group by phone at 604-630-0333 or visit them on the web at <http://www.abilitytax.ca/>.



**Resource Review: "Let's Talk The Care Years" by Patty Randall**

Adapted from the website <http://www.longtermcarecanada.com/> (2005)

"Let's Talk The Care-Years...Taking Care Of Our Parents/Planning For Ourselves" is a guide written by a Canadian, for Canadians who are caring for an aging parent. It is useful for today's (and tomorrow's) seniors in planning for their own care-years. The guide is filled with planning strategies on health care, legal matters, and financial concerns and is a valuable resource for you and your family.



**Offers suggestions and examples on how to:**

- Respond to emergencies
- Access financial assistance programs
- Become medication-wise
- Understand the costs of care
- Reduce risks to savings and investments
- Respond as an advocate
- Accept changes in one's life

**Meet the Newest Staff Member at North Shore Family Caregivers' Support Project**

***Kendra Jones, Writer/Researcher***

We welcome Kendra to the North Shore Family Caregivers Support team. She will be taking over Sana's role as Sana has returned to school to complete her Ph.D. Kendra was born and raised in Ontario where she completed a degree in Health Studies and Gerontology at the University of Waterloo. Kendra recently moved to Vancouver to enjoy the beautiful mountains and ocean and is currently completing a Masters degree in Public Health at UBC. After working on a project with North Shore Family Caregivers Program over the summer, she is thrilled to be joining the team!



**Visit the Family Caregiver Resource Library!**

Sign out great resources free of charge. Registration is free and books can be borrowed for up to 3 weeks. The Resource Library is located at:

**North Shore Community Resources, Capilano Mall,  
2nd Floor**

**Hours: Monday to Friday, 9:00am-4:30pm**

*For more info, contact Karyn Davies at 604-982-3320*





## North and West Vancouver Resources for Family Caregivers

**INFORMATION AND SUPPORT**

Access to Government Numbers (BC).....	604-660-2421
TDD.....	604-775-0303
Alzheimer Society of BC Dementia Hotline.....	604-681-8651
BC 211 Info Line.....	211
Capilano Community Services Society.....	604-988-7115
Crisis Line for Battered Women.....	604-987-3374
Geriatric Outreach Program.....	604-904-6200
NS Community Resources Info and Referral..	604-985-7138
NS Disability Resource Centre.....	604-985-5371
NS Family Caregiver Support Program.....	604-982-3320
NS Peer Support Program.....	604-987-8138
Older Adult Mental Health.....	604-904-6200
Seniors' One Stop.....	604-983-3303/604-925-7474
West Van Seniors' Special Services.....	604-925-7281

**HEALTH**

Adult Day Centre (North Van).....	604-904-3550
Adult Day Centre (West Van).....	604-904-6231
Community Health Centres:	
Central Community Health Centre....	604-983-6700
Parkgate Community Health Centre..	604-904-6450
West Community Health Centre.....	604-904-6200
Health Link Nurse Line (24/7).....	811
Lifeline.....	1-866-784-1992
Lions Gate Hospice Society.....	604-988-2312
Lions Gate Hospital.....	604-988-3131
Meals on Wheels.....	604-922-3414
Medical Clinics:	
Caulfield Village.....	604-922-1544
Continuum Medical Care.....	604-913-8183
Dundarave Family Care.....	604-925-9962
Family Medical.....	604-986-3627
Lonsdale and 19th Street.....	604-987-3347
Lynn Valley.....	604-988-5389
Mount Seymour.....	604-904-7712
Ocean Walk.....	604-925-1884
Park and Tilford.....	604-983-2442
Park Royal Clinic North.....	604-922-7390
Pemberton Marine.....	604-986-0677
Medical Services Plan (Gold Card).....	604-683-7151
NS Home and Community Care.....	604-986-7111
NS Stroke Recovery Centre.....	604-929-5803
Pharmacare.....	604-683-7151

**SOCIAL AND RECREATION**

John Braithwaite Community Centre.....	604-982-8300
Mollie Nye House (Lynn Valley).....	604-987-5820
NS Neighbourhood House Seniors' Programs.	604-987-8138
NS Keep Well.....	604-988-7115
NS Volunteers for Seniors.....	604-922-1575
North Van Recreation Commission.....	604-987-7529
Parkgate Seniors' Centre.....	604-983-6350
Seniors' Hub.....	604-988-7115
Silver Harbour Seniors' Centre.....	604-980-2474
West Van Recreation Centre.....	604-925-7270
West Van Seniors' Centre.....	604-925-7280

**HOUSING**

BC Housing Commission.....	604-433-2218
Residential Tenancy Office.....	604-660-1020
Tenants' Rights Hotline.....	604-255-0546

**FINANCIAL**

Income Tax Preparation for Low Income Households.....	604-985-7138
NS Employment and Assistance Centre.....	604-981-0125
Old Age Pension, CPP, GIS.....	1-800-277-9914
Revenue Canada.....	1-800-959-8281
S.A.F.E.R. (Shelter Allowance).....	604-433-2218
Veteran's Benefits.....	1-866-522-2122

**TRANSPORTATION**

Bus Pass Program.....	1-866-866-0800 (Press 4 then 3)
Cancer Society Shuttle (to cancer treatments)	604-904-2361
Go Bus.....	778-230-1852
HandyDART.....	604-575-6600
Handy Card Application.....	604-453-4634
North Van Bus Info.....	604-953-3333
North Van Volunteer Drivers.....	604-988-7115
SPARC (Handicapped Parking).....	604-718-7744
West Van Bus Info.....	604-985-7777
West Van Volunteer Drivers.....	604-925-7281

**LEGAL**

Legal Advocacy and Info (NSCR).....	604-985-7138
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**GRIEF SUPPORT SERVICES**

Living Systems Counselling.....	604-926-5496
NS Grief Recovery.....	604-979-1600
NS Palliative Care Program.....	(604) 984-3743
Widows' Network (voicemail).....	604-985-4336

The Family Caregivers' Grapevine is published bi-monthly and is intended to support family caregivers by promoting the importance of self-care while providing practical information and resources.

If you have any questions or feedback about the newsletter, please contact the editor at:  
kendra.jones@nscr.bc.ca

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The Supporting Caregivers Across the Lifespan Project is located at:

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(Capilano Mall)  
North Vancouver, BC  
V7P 1S3  
Tel: 604-985-7138  
Fax: 604-985-0645



North Shore  
Community Resources  
*Connecting You to Community Services!*

## The Supporting Caregivers Across the Lifespan Project

The Supporting Caregivers Across the Lifespan Project works in partnership with the North Shore Caregiver Support Program. Together we provide a wide variety of educational workshops, caregiver support and resources for family and friends supporting someone with an illness or disability.

### The Project provides:

- Education sessions for family caregivers
- Social recreation programs
- Expressive arts programming
- Tele-learning education sessions for family caregivers (educational workshops over the phone)
- Education for professionals working with family caregivers
- Education for employers

### Additional activities provided by the Caregiver Support Program:

- Family Caregiver Network groups
- Stress management & relaxation workshops
- Telephone support & individual consultation
- Educational workshops
- Information & referral to community services
- Library with books, videos & other educational resources

### Are you a family caregiver?

You are if you provide a family member or friend who is chronically ill, elderly, palliative or living with a disability with any of the following types of assistance:

- **Personal Care:** dressing, bathing, eating
- **Household Work:** house cleaning, shopping/errands, preparing meals, yard work
- **Coordination of Care:** transportation, appointments, arranging services, visiting
- **Support:** phone check-in, supervision, emotional support
- **Nursing Care:** medication, changing dressings

You're not alone.

We're here to help.

Contact: [helen.wait@nscr.bc.ca](mailto:helen.wait@nscr.bc.ca) or 604-988-3313