

UBCM Grant Overview

Seniors Outreach and Support Project and Caregiver Support Program

January 1, 2016 – December 31, 2016

Caregiver Support Program: to plan, organize and facilitate a caregiver support program for seniors and families supporting seniors.

Goal 1: To support a healthy, happy age-friendly Kaslo by providing caregivers living in our rural and remote community, with social, emotional, and information support that will help them in their caregiving role (and will thus help the loved one they care for in turn)

- Objective: To develop and implement one Caregiver Support program (includes 2 group facilitators, one-8 week program, rental of space, travel, ads, supplies, etc.)

Intended Outcomes & Deliverables:

- Caregivers will be able to share and openly discuss their challenges and experiences without being judged
- Caregivers will experience relief from isolation and will create social networks
- Caregivers will learn practical ideas that will help them care for their loved one
- Caregivers will have information to navigate the health care process for the person they care for

Seniors Outreach and Support Project: To train and coordinate volunteers who will be paired with isolated seniors to provide one-to-one social interaction and support, and information about community resources.

Goal 2: To increase the social inclusion and participation of seniors in the creation of an age-friendly community by providing volunteer training and opportunities for seniors to support other vulnerable and isolated seniors.

- Objective: Seniors will participate in one Volunteer Training Program for Seniors Outreach & Support and will volunteer to support isolated and vulnerable seniors (one volunteer training program with one facilitator, presenter honoraria, travel, rent, supplies, ads). There will be one Seniors Outreach and Support Volunteer Coordinator.

Goal 3: To create a more age-friendly Kaslo by reaching out to isolated, vulnerable seniors by providing check-ins/visits with a paired volunteer, thereby increasing their social inclusion and promoting their independence and their capacity to stay confidently in their own homes

- Objective: To decrease seniors' isolation and stress by providing flexible check-ins/visits with partnered volunteers via email, phone or home visits.

Intended Outcomes & Deliverables:

- 3 or more seniors volunteers will participate in the volunteer training program

- Isolated and vulnerable seniors will have access to a volunteer who will provide them with social interaction and support
- Isolated seniors who receive support from volunteers will feel more connected to the community, less stress, and will be more confident remaining on their home environment

Age-Friendly North Kootenay Lake will:

- Serve as the Advisory Committee and provide guidance to the projects.

NKLCSS will:

- Facilitate community consultations
- Promote the project activities
- Refer seniors to the Caregivers Support Program and to the Seniors Outreach & Support Program
- Coordinate, organize and implement the project activities

Hospice Society of NKL will:

- (hopefully) take on the volunteer coordination component
- Refer seniors to the Caregivers Support Program and to the Seniors Outreach & Support Program
- Promote the project activities
- Refer potential volunteers
- Also expected that some of the Hospice volunteers will also volunteer in the Seniors Outreach & Support program

Kaslo & District Seniors Association will:

- Refer seniors to the Caregivers Support Program and to the Seniors Outreach & Support Program
- Promote the project activities
- Refer potential volunteers

Evaluation to include surveys of all stakeholders.