

# Moving On

A Semi-Annual Newsletter for our Families, Partners and Donors

December 2019

## *Announcing Our New Service!*

We were very fortunate to be allocated some new annualized funding through the South West Local Health Integration Network (SWLHIN), from the Ontario Ministry of Health's announcement earlier in the fall for investment in community services to reduce 'Hallway Healthcare'.

These funds enabled us to provide an expansion to our Community Transitional Services (CTS) which we are calling "**Intensive Community Transitional Services**" (ICTS). This new service stream will enable people to leave the hospital sooner following an Acquired Brain Injury (including Stroke). We will be able to provide staffing in the person's home up to 16 hours/day for six weeks, followed by decreasing hours of support over time for up to six months, as they move along their rehabilitation journey at home, doing skill building, strength building, adapting and adjusting to their new life.



Our ICTS staff will be assisting the client with all of their personal care and activities of daily living, along with achieving their rehabilitation goals. We will work alongside the hospital staff to transition the clients home, and then in-home with the therapists from LHIN Home & Community Care, Parkwood Institute's Community Outreach Program, or Community Stroke Rehabilitation Team, and any other service providers needed to ensure that the client achieves all of their goals.

The caregiver(s) will also have access to staff for individualized services according to their needs. This could be 1-1 emotional supports, skills training, education about their loved ones' condition, or strategies and tools they need, as well as respite.



We are currently doing some training with the ICTS Team and have already admitted our first client, with a second one expected to start any day. We are very excited to be able to offer this opportunity to families and clients, who might otherwise be staying longer in hospital and/or going into long term care, or other places to work on their rehabilitation.

*We build futures.*



## Calling All Caregivers – We Need Your Assistance!

**We are designing some new supports and refreshing our existing services for caregivers, and we need your assistance to ensure that the services we develop will meet your needs! See the information at the bottom of this article about how you can participate.**

One of our #RESET goals is to “co-design 100% of the time – a strong culture of client, family and stakeholder engagement to support high quality services”. This means that we need you to participate as much as you can in the process of developing/redesigning our Caregiver Support Services.

Caregiving can impact nearly every aspect of a caregiver’s life. As a result of the cognitive, emotional and/or physical changes and challenges resulting from a brain injury, stroke or significant chronic illness, family roles, responsibilities and routines change. The focus often becomes the ‘disability’ or the illness, and the losses the ‘client’ is facing. Caregivers may find themselves feeling overwhelmed, frustrated, anxious, sad, guilty, angry and frightened in response to the disruption to the life they had and what the future now looks like with their family member/friend.



There are many ways we could support caregivers and we want to explore all of the possibilities. Should we continue with what we have been providing and/or how should these supports change to better meet caregiver

needs? What other services should we develop that would be most helpful?



**Below is a brief description of our current supports:**

- We provide 1-1 emotional supports for caregivers who meet regularly with members of our Clinical Team either short term, or on a longer-term basis. This can be done in person, on the phone, or by video conference, at times convenient to the caregiver.
- We developed a series of three 8-week groups. Caregivers could attend all three groups or only the groups that were of interest.
  - The first group focused on grief and loss experienced by caregivers as a result of changes in one’s life after starting their caregiving journey. These changes include identity, roles, relationship with friends and families or changes in their loved one.
  - The purpose of the second group offered was to provide strategies that have proven to be effective in addressing issues reported by caregivers such as behavioural, cognitive and other challenges of their relatives and/or partner which may cause both caregivers and their relative/partner to experience stress and distress as well as a change in relationships. *(continued on next page)*



- The third group offered group members the opportunity to explore personal growth in spite of changes in one's life. This growth can take place in five key areas which include: personal strength, closer relationships, greater appreciation for life, new possibilities and spiritual development.

- Respite services are also available at DBIS so caregivers can get away either for a few hours, a day, a weekend or a week or two for a holiday.
- Some respite services can be delivered in-home, while others include the client coming for a stay at one of our residential locations, or our Group Services program in London.

In the new year we will be hosting a monthly caregiver 'drop in' where caregivers can come and meet for a few hours to have some discussion time on a wide range of topics chosen by them. Further details will follow.

*Early in the new year we will be sending out a short survey for you to complete online to tell us what is important to you, what we should include*



*with Caregiver Services, or what may have been helpful to you earlier in your caregiving journey. There will also be focus groups held at varying times, dates and locations in January and perhaps early into February to get your ideas. Please participate if you can. As well we will be having a Caregiver Support Services Advisory Team to help us finalize all of the ideas and design the services.*

*If you are interested in participating in any or all of these please send your name, phone number and email address to Amanda Jahn at [amandaj@daleservices.on.ca](mailto:amandaj@daleservices.on.ca) or phone 519-668-0023 X 119*

## *What do Your Donations do at DBIS?*

Donations are vitally important to us as they enable us to provide services or programming we cannot do within our existing funding envelope from the provincial government, and occasionally supplement our existing funding so that we can support more people.

**We have a few different categories for donations here at DBIS including:**

**CAPITAL FUND:** In general, monies designated by the donor as Capital donations go towards purchasing new or replacement furnishings and equipment for client programming, as well as occasional minor renovations of client spaces. If you have a specific piece of equipment you would like to donate or have your funds go towards, that is also possible.



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**ENRICHING LIVES FUND:** Donations that are designated by donors for the Enriching Lives Fund or ‘ELF’, are used to subsidize client programming, enabling clients to attend community events such as concerts, sporting events, dinners out, or movies - community outings that they cannot otherwise afford on their fixed disability/pension incomes. We also use ELF to subsidize client rent and food on a short-term basis in our Residential Transitional Program, if they are unable to afford the full cost. These funds also go towards purchasing or subsidizing client’s basic needs such as winter clothing and boots, dentures, and household goods.

**WALKATHON FUND:** These Funds are usually collected only during and around the day of the event held in June each year. All funds generated during the Walkathon, unless otherwise specified by the donor, go into the Enriching Lives Fund.

**NEW - THE JOHN MASTRANDREA LEGACY FUND:** This new fund was created in memory of a staff member who was taken from us too soon. John enjoyed taking the clients out on special fun outings, so monies donated to this fund will be used for VERY special outings and activities for clients. As well we will use these funds to purchase things for the Client Care and Share Hamper – through which any client can access new or gently used clothing, household goods and small appliances etc., needed for everyday living, as many do not have the means to purchase these items.

**GENERAL FUND:** These funds are not specifically designated so as needs arise in the other Funds’ categories that may exceed the amount available (e.g. a piece of equipment that costs more than what is there), we will use the General Funds to supplement. If we do not use them all up within the year then they move forward into the next year to be available as needs arise. Our client subsidy requests are growing each year so we anticipate the need to use the General funds for that purpose in the upcoming years.

As you can see, we really need your donations to ensure that our clients are getting the supports and items they need to assist them with their daily lives, and to participate more fully in their community.

To donate to one of our Funds or for more information about how you can help this Holiday Season, please contact Sue Hillis at 519- 668-0023, ext. 101 or [shillis@daleservices.on.ca](mailto:shillis@daleservices.on.ca)



OR – donate online today by clicking the red button!



FROM ALL OF US AT DALE BRAIN INJURY SERVICES, HAPPY HOLIDAYS!



## **WE THANK YOU FOR YOUR CONTINUED SUPPORT!**

**Thank you to those that donated to DBIS initiatives from April – November 2019**

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 Please accept our sincere apologies in advance. Each and every gift makes a difference and is deeply appreciated.*