



Perley Rideau

The Perley and Rideau
Veterans' Health Centre

Family and Friends Council

FFC Informal Gathering – “Circle of Care”

Was held: 2:00 – 3:00 p.m. Wednesday October 19, 2016
Rideau 1 South Activity Room

Starting in October we piloted a new meeting format. This informal one-hour gathering, to be led by Sandy Woods, was designed to build on the earlier *Care for the Caregiver* series. Circles of Care — Your Voice Matters consisted of an one hour gathering providing opportunities to join other family and friends to discuss care giving matters. The goal of this first circle was to identify needs and concerns in two areas: [1] Caring for You, the Caregiver; and [2] Caring for Your Loved One.

Topics raised by the family and friends attending included – communication with staff in person and by phone, communication boards, event schedules. Ideas were presented by family members for white boards or notebooks they use in their family members room to keep each other updated. The families also provided suggestions for future topics for informal and more formal meetings.

In particular some events for family and friends coming soon were mentioned:

- Perley Rideau Townhalls – Thursday, October 27 – see notices posted around the halls.
- **PATH** (Palliative and Therapeutic Harmonization):
 - FFC meeting on **Thursday November 24, 2016 at 7pm in** the Games Room
 - A discussion with Dr. Ruth Ellen regarding PATH, and the implementation at the Perley Rideau
- **Care Plans**
 - FFC meeting on **Thursday February 16, 2017**
 - What are Care Plans and how the families and friends can contribute to them.