

Services we offer:

ALL OUR SERVICES ARE FREE - thanks to donations and fundraising in our community

Specialized Equipment

- * Pressure reduction mattresses
- * Sheep skins
- * Medical equipment

Library & Resources

- * Books
- * DVD's
- * Brochures and Pamphlets

Companionship

Respite

Stress reduction techniques

Advanced care planning

Grief support

- * Individual
- * Groups

Public awareness & education

Advanced care planning

Palliative care suite

And so much more ...

I am a Hospice Volunteer

I come,

I am present,

I sit,

I listen,

I have no judgment,

I can be quiet,

I have no opinions,

I can be what you need me to be,



I am a Hospice Volunteer

Jody Malm

*100 Mile District Hospice
Palliative Care Society*

*555 Cedar Ave, Bag 399
100 Mile House, BC, V0K 2E0
Phone: 250-395-7680*

"Voice Mail messages are responded to promptly."

FAX: 250-395-7675

*Email: 100molehospice@shawbiz.ca
Web: www.100miledistricthospice.org
Facebook: 100 Mild District Hospice
Palliative Care Society*

Hospice Volunteers

Who are We and What Do We Do?



**100 MILE HOSPICE
CARE SOCIETY**



Simple Gifts;

hands, hearts & presence

From the moment a life threatening diagnosis is given your world changes.

Your Care Team



No one needs to journey alone!

It can feel like you are trying to cope with a lot of things such as:

Fear
Confusion
Finances
Shifting roles
Increased responsibility
Travel
Appointments
Grief
Isolation
Expectations
The unknown
Worry
Exhaustion
Time
Stress
Questions
Family
Loneliness
And the list goes on....



Who we are:

Part of your care team
Specially trained with ongoing education
Unpaid volunteers
Your neighbours
Peer support
Comforting presence
Dedicated
Safe
Caring

What we do:

Companionship

Provide:

- * Social, emotional, spiritual support
- * Respite—give family breaks
- * Caregiver support
- * Information and resources
- * Relaxation techniques

Offer comfort

Advocate

Hold your hand

LISTEN

Support you and your loved ones during the illness

Support you in your grief after the death of a loved one