### 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,



"We Care" I am a Hospice
Volunteer

Jody Malm

100 Mile District Hospice Palliative Care Society

555 Cedar Ave, Bag 399 100 Mile House, BC, VOK 2E0 Phone: 250-395-7680 "Voice Mail messages are responded to promptly."

FAX: 250-395-7675

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

## **Hospice Volunteers**

Who are We and What Do We Do?



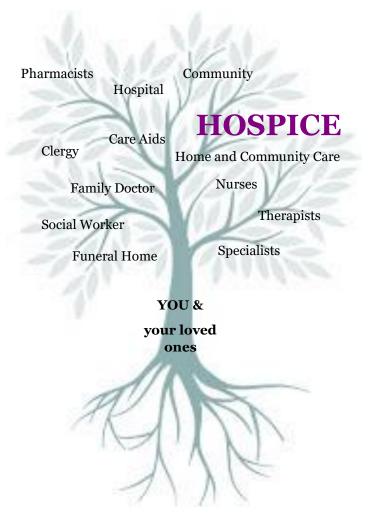
# 100 MILE HOSPICE CARE SOCIETY



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