



GUIDING LIGHTS IN A RURAL COMMUNITY

Are you interested in starting up a compassionate community initiative to support people who are affected by a serious illness, end of life, or grieving experience?

Visit our website for resources:

www.bc-cpc.ca/all-resources/community-organizations/

Contact us:

conversations@bc-cpc.ca



Volunteers in Trail, BC are lighting the path for citizens managing new life realities, health challenges, and end of life conversations. They are a critical part of Nav-CARE, an organization that demonstrates how to develop end of life care plans, opens healthy dialogues about quality of life, and hosts conversations about living with a chronic life-limiting disease, and preparing for an end-of-life journey. The resulting compassionate community brings together people from all walks of life.

It hasn't come without a great deal of thought and effort, however, says Gail Potter, who is on the Board of Directors of the Greater Trail Hospice Society. Both Gail and Ali Fillmore, the Nav-CARE Coordinator, have witnessed the tenacity and determination of both the Board and their volunteers to provide better service and help people live with the best quality of life possible.

"We could always use more volunteers," says Ali. "We want to stay connected with the community to make sure people are aware of the wide variety of services our local hospice and Nav-CARE programs provide."

"Our partners are so important to us," says Gail. "We've teamed up with community agencies and have connections with others who have influence with the authorities. For example, we connect with the Better at Home Program and mental health professionals and have a voice at the BC Hospice Palliative Care Association and Palliative Rounds table.

Support for caregivers who look after others has also been a challenge, and the Caregiver Support Group recently implemented has been very helpful. Nav-CARE participated in a 'Hike for Hospice' event that garnered a great deal of attention and started important conversations. Finally, having a contact on the ground from the medical community has been invaluable at Nav-CARE's events and discussion groups.

One client Nav-CARE has worked with says he found the support of a volunteer navigator incredibly helpful over the course of a year. Specifically, what he appreciated the most was how the organization was able to tailor their services based on his needs.

Another client, named Peter, says, "Nav-CARE's service was a 10/10. It was very important to me to have somebody to talk to that you can trust."

The volunteers at Nav-CARE are helping to keep their organization not only operating, but thriving, in their rural community. The giving spirit they contribute is one that makes communities such as Trail, truly compassionate.