



All Together Series

Islanders Helping Islanders - Quadra's Rural Vision for Wrap-around Palliative Care

Presenters: Maureen McDowell, Jude McCormick, Kathleen Monahan

Tues Oct 21st 2025, 12pm-1pm

Agenda Item	Discussion
Presentation Key Points	Background - Compassionate community – UBC nursing school & BCCPC grants that aligns with 3 existing initiatives: 1) Quadra Circle’s Seniors-Support Services 2) Nav-CARE 3) Way to Go - Quadra Circle – senior support services charitable society. Continues to develop services to help meet needs of aging population - Nad-CARE – free support for individuals facing health challenges to maintain quality of life at home for as long as possible. Trained navigators to assist individuals & caregivers with community resources, offer companionship & emotional support - Way to Go – provides education & support for EOL planning and natural death care. Promote conversations about death, ACP, empower communities to care for their own deceased and dying - Using this 3-prong approach to improve quality of life and provide support to community, especially those facing terminal illness maintain strong and meaningful relationships during this phase of life Why we need Islanders to help Islanders 2700 population (year-round residents). 50% 55+ - Majority of volunteers are aging seniors who also need support - Many residents don’t have primary care physician which makes it challenging to get referrals to speciality care, TAP (travel assistance program) forms, need to travel off island for x-rays, blood work, etc - Health authority does have some local care providers, but they are stretched very thin and the available care depends on ferry schedule - Lack of respite care - Don’t always know whose missing care (where the gaps are), can be challenging to ask for help. It Takes an Island - Community is very connection and collaborative, tenacious, creative Compassionate Community & Volunteer Navigation

	• Nav-CARE training open to community – tools for people to be more aware and more confident dealing with their family, neighbours. Good uptake on the training Pilot 3 initiatives on Quadra to bridge service gaps 1) Simple Sharings – Intergenerational Compassion. Building bonds between youth and elders, addressing stigma around aging. Both age groups feel valued, included, engaging mentally & socially. Both are teachers and students. 2) Compassionate Neighbourhoods – Neighbours Helping Neighbours. Nav-CARE advocates being trained to be ambassadors in neighbourhoods. A resource providing support to individuals of all ages. Engage with individuals and open doors for Nav-CARE trained volunteers to go in and create a connection with them. Address concerns individuals have about being a burden to friends & family when they need help. 3) Continued Learning Series – discussions & learning opportunities about various health & wellness topics. Variety of engagement modes: interactive community sounds board, regular newspaper articles, in-person & virtual presentations, webpage with resources Waiting Room Revolution – Public talks and workshop series starting in Nov 2026 based on the 7 Keys for Navigating a Life-changing Diagnosis (<i>Hope for the Best, Plan for the Rest</i> by Dr. Sammy Winemaker & Dr. Hsien Seow)
Discussion, Q&A	Comments: • the principle that we see here in Quadra is a true compassionate community it's for community, by the community and it's with the community. There's a real integration of needs and solution finding. A community that has abundance and resources shaping the best quality of life for everyone there • the importance of listening to the community to discover what is really needed • Value and important of partnerships and communication • Key partners at the table working alongside you Q: I'm from a small community and there's some interesting initiatives happening here as well. I'm interested to hear a little bit more around the relationship with the health authority and how that has gone? • Local healthcare providers are very collaborative and give referrals, connecting clients with the resources they need. Challenging with the larger system though. We do our best to advocate with the home and community care services. The process is slow-going to get changes. I.e. bed availability. Struggling to develop a community-based community health centre approach – currently been put on hold. Few steps forward and then we face a roadblock. Being creative and thinking outside the box in rural communities is key • Quadra Medical Clinic is next door to Quadra Circle office. Physician will walk right over to connect patient to us. Also have community paramedic exclusive to Quadra Island. Has clients she sees and also does outreach to all community. Connected to other providers and first responders. Sits on various committees and working at building bridges with Indigenous community

Resources	Links: • https://www.nav-care.ca/ • quadracircle.ca/compassionate-community • Quadraislandhealth.ca –info on supports available within the community • quadracircle.ca/continued-learning – resources & education on various topics around palliative care, end of life planning, advocacy, and more • Contact: compassionatecommunityqi@gmail.com Upcoming All Together ECHO Session: • Nov 12th: <i>Men’s Sheds of BC – Men helping Men through Social Connection and Support</i> Register
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