

## What is Hospice?

Hospice provides free of charge support to those in the last phase of life, helping them live as comfortably as possible. Care can be offered at home or in care facilities, in cooperation with physicians and other members of the health care team.



Hospice is dedicated to offering compassionate care for terminally ill patients, their families and friends, and anyone experiencing grief and loss.



## Hospice Society of North Kootenay Lake

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Chelsea Van Koughnett  
Executive Director

## Hospice Society of North Kootenay Lake



*“You matter because you are.  
You matter to the last moment of  
your life.  
We will do all we can, not only to help  
you die peacefully,  
but also to live until you die.”*

*Cicely Saunders  
founder of the modern  
hospice movement*

## Who We Are

The Hospice Society of North Kootenay Lake is a community based, independent non-profit group. Our society's mission is to offer compassionate care to the terminally ill, the dying, and the bereaved.

The work of HSNKL is financially possible through support from the Interior Health Authority, grants from local community organizations, and donations from individuals and businesses. A group of trained volunteers carries out the work to which we are dedicated.

## How You Can Help

- make a donation
- become a member of HSNKL
- become a volunteer
- tell others about our services

## Volunteering

There are many ways to contribute to hospice. Volunteer training sessions are given periodically in our area and are open to all. You may be interested in assisting hospice in ways other than visiting clients. Contact our office for more information.

## What We Do

Our trained volunteers maintain confidentiality and can provide:

- empathetic listening and conversation about death and dying
- emotional and spiritual support for people of all faiths and beliefs
- home and hospital visits, as well as phone contact with clients and their families
- help with practical day-to-day needs, such as appointments and outings
- respite time to give caregivers a much-needed break, or to simply share companionship, reading aloud, or listening to music with clients
- help with adjusting to change, loss, grief and bereavement
- book, audio, and video resources
- advocacy and community awareness concerning end-of-life issues



## How to Begin

An individual or a family member can contact hospice to request service, or can ask their home care nurse, doctor, or care facility staff to contact hospice for them.

Once contacted, the hospice director will set up a meeting to discuss what kinds of help would be most beneficial.



Hospice care encourages living fully to the end of life, with dignity and comfort, surrounded by a caring circle of support.