

## Benefits of a Family Council

- Provides peer support and encouragement.
- Provides information and education via guest speakers.
- Gives families a place to constructively channel their concerns and share their positive experiences.
- Reduces sense of isolation, helplessness, frustration.
- Provides an opportunity to have input into Long Term Care Home policies and procedures affecting their loved ones.
- Encourages collaboration and engagement between staff, families and residents, creating opportunities to resolve issues before they become a crisis.
- Helps improve quality of life for their loved ones.

**VIAFC provides one-to-one conversation with family members interested in starting a family council. We offer first hand knowledge of best practices, templates and resources to help your family council be successful.**

## Opportunities for Family Council Members

Education and learning: Experts in areas related to Long Term Care are happy to speak at Family Council meetings (e.g. Seniors Advocate, Alzheimer's Society).

Become a member of the VIAFC and attend their annual meetings (virtual) to learn what members from other councils are experiencing /doing and be informed about new initiatives and policy and legislation related to Long Term Care.

Have the ability to discuss experiences and successes and raise systemic issues of concern to Island Health and Ministry of Health through their Regional Resident and Family Council Network and their Provincial Committee.

**VIAFC is a member of the Independent Long Term Care Council Association of BC (ILTCCABC) and, therefore, has the platform to raise your concerns to the Provincial level.**



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VIAFC PAMPHLET

<https://vancouverislandfamilycouncils.ca>

## VANCOUVER ISLAND ASSOCIATION OF FAMILY COUNCILS (VIAFC)

*Proud member of ILTCCABC: <https://iltccabc.ca>*

VIAFC represents member family councils from Long Term Care Homes throughout the Island Health Authority.

Purpose:

- Advocate for enhanced care and quality of life for all residents of Long Term Care.
- Provide a forum for support, discussion, advice and involvement in decision-making of families/friends and representatives of residents on issues relating to the daily lives of all residents in Long Term Care.
- Promote and support the development of Independent family and/or resident councils and assist them where necessary.

**Get in Touch:**

E-mail: [viafc.regional@gmail.com](mailto:viafc.regional@gmail.com)

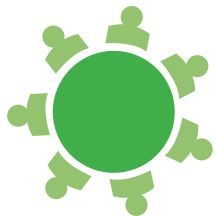


## What is a Family Council?

A Family Council is a group of people, representing residents in care, who meet regularly to:

- Promote the collective interests of residents
- Discuss issues of concern and consider solutions
- Advocate for quality care and quality of life for all residents
- Provide a voice for decision-making on everything that affects residents in their day-to-day lives
- Engage residents, family, staff and management in the Long Term Care community to improve the experiences for everyone

**VIAFC is here to support Long Term Care home operators, their families and residents to develop this mutually beneficial relationship.**



## What do Family Councils do?

- Create a safe environment for members to talk openly.
- Offer ongoing support for one another and share experiences and information.
- Encourage respectful communication and connections with each other and with the Long Term Care Home operator and staff.
- Serve as a sounding board and advisory body on new ideas and potential improvements.
- Advocate for positive change within the home and the Long Term Care system.
- Educate and inform families about issues relating to residents, Island Health and the Long Term Care system via guests from within the home and external experts.

VIAFC helps stand up family councils, transition to self-led councils and is an ongoing resource.

## Who Can Join a Family Council?

- Family members, representatives and others who act on behalf of residents in Long Term Care.
- According to the new regulation introduced in November, 2022, managers and staff cannot be Family Council members and can only attend meetings at the invitation of the Family Council.

