

Aug 18th, 2022

Sent on behalf of the Fraser Health Integrated Long-Term Care and Assisted Living Services

NEW* *FH LTC Quality Community of Practice starting in Fall

- A Community of Practice (COP) will begin this Fall, integrating local geographic (north, south, east) Directors of Care (DOC) reps, members of Clinical Practice Advisory and the Quality Improvement (QI) expansion team
- The Community of Practice will provide a venue for partnership opportunities from care communities across both owned and operated and affiliated, FH Quality Partners (QP), Clinical Practice Advisory reps, Access, Care and Transitions and Resident and family council reps (ad hoc)
- For more detail, please see attached KYI.
- Please identify a representative from each care community and geographical region of who would like to be part of this group who shares a concern or a passion for something they do, and learn how to make improvements through partnership and regular interaction. **Please forward to Raymi Komal by September 7, 2022**

NEW* *Fraser Health Care Fit training course LTC and AL

- The Carefit training course is open to leaders of exercise classes across Fraser Health assisted living, long-term care and day programs.
- Participants learn about safety, program design, exercise techniques and how to make exercises fun, relevant and beneficial to clients.
- **The course is broken up into:**
 - 2 full days of in-person, classroom training.
 - Additional online modules, self-study components and virtual sessions to be scheduled separately.
- Classroom training will take place on September 26 and October 3 (full days) with an additional recommended (half day) session on November 7. Please see the attached registration form for more details.
- **Admission requirements: completion of the 'Basics of Physical Activity for Seniors' course by September 16.** This course covers anatomy and physiology of aging and can take up to 20 hours of self-study.
 - To register for the Basics of Physical Activity for Seniors, please follow the instructions in attached file.
- To register for the Carefit training course, complete this form: <https://forms.gle/YxQmHgR1zEkWtCJDA>
- If you cannot complete the online form, email the attached fillable form to ronda.field@fraserhealth.ca or fax to 604-520-2154 – “Attention: Ronda Field”
- **Registration deadline is Monday, September 19, with limited spaces.**