

July 13th, 2023

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

NEW Peer Coaching Study Recruitment for Assisted Living

- **What is it?** The University of Victoria is conducting a research project on Self-Management Health Coaching and is looking for older adult participants and volunteer coaches in the Fraser Health region.
- **How will this help your clients?** This project will pair each participating older adult with a health coach to learn about self-management and how to [AVOID frailty](#), over 12-weeks of phone check-ins.
- **How can you help?** The project is looking for 60 or more older adult participants from Fraser Health by July 31st.
- Please **share this attached poster with your teams and post it at your care community**.
- Any questions on this project can be directed to Gurpreet Sandhu, Study Coordinator at 604-946-0195 or to Margaret Lin, CARES Project Lead at chenmei.lin@fraserhealth.ca

REMINDER Fraser Health Long Term Care (LTC) Basic Mattress and Specialty Surfaces Survey

- Pressure injury prevention is recognized as a key health quality indicator across Canada.
- One of the crucial pieces of pressure injury prevention is the quality of basic mattresses and the timely provision of appropriate specialty surfaces to those residents who require them.
- FH LTC is committed to making improvements in pressure injury prevention, and to support this work you are being invited to participate in an online survey.
- **Please complete survey by July 14th** using link here: [FH LTC Basic Mattress and Speciality Surfaces Survey](#)
- If you have any questions please contact leads: Wendy Lam Occupational Therapist, at wendy.lam3@fraserhealth.ca; Kim Lemond Nurse for Wound, Ostomy, Continence, at kim.lemond@fraserhealth.ca