

Nidus *Personal Planning Resource Centre and Registry*

Welcome!

You are receiving this newsletter because you requested to be on our mailing list, you registered with the Nidus Registry or you are a Nidus member, volunteer or community partner. The purpose of this newsletter is to keep you informed of upcoming events, Registry news, tips on personal planning and progress of our projects. If you have any questions or want more information on Representation Agreements, Enduring Powers of Attorney and Living Wills/Advance Directives, please visit www.nidus.ca, call 604-408-7414 or come out to a free presentation!

Enjoy,
The Nidus Team

Name Change Anniversary

At the Annual General Meeting on February 5, 2008, the members of the Representation Agreement Resource Centre voted to change the name of the organization to the Nidus Personal Planning Resource Centre. The name change was appropriate to reflect the Resource Centre's evolution over the past fifteen years. Since its inception in 1995, the Centre has become the public's key resource for information and education on the range of personal planning tools available to British Columbians, including Representation Agreements, Enduring Powers of Attorney and Living Wills/Advance Directives.

Nidus is Latin for "nest," a symbol of safety, support and self-development that seems to accurately reflect the self-empowerment and sense of security we believe comes with planning for your future.

Please be sure to note our name change in your files and bookmark our new website address: www.nidus.ca (formerly www.rarc.ca)

Registry Tip

Have you moved recently? Changed phone numbers? Make sure you update your record in the Nidus Registry. Please remember to have your registry number and password handy. You can contact the Nidus Registry by phone at 604-408-7414, by fax at 604-801-5506 or by e-mail at registry@nidus.ca

Upcoming Free Presentation

Douglas Park Community Centre

Date: August 11, 2009

Time: 3:30 pm - 4:30 pm

Location: 801 West
22nd Avenue,
Vancouver

RSVP: 604-408-7414
or email
info@nidus.ca

Nidus Project Educates Seniors on Maintaining Independence Through Personal Planning

In 2008, thanks to funding from the United Way of the Lower Mainland, Nidus developed the *Maintaining Independence and Participation through Personal Planning* project, an educational program designed especially for seniors.

The project targeted four communities: Langley, Richmond, New Westminster and Surrey. Between April 2008 and March 2009, Nidus staff conducted 16 presentations to over 400 seniors; recruited and trained several volunteers; and produced five articles that were published in various community newspapers and newsletters.

The response from all communities was very positive. Many seniors and their families reported that, as a result of attending a presentation, they would be taking action to plan for their future.

As part of the project, Nidus also implemented an evaluation and feedback process in order to better understand who our organization is reaching and who is most interested in personal planning. Following are some of the results from our survey:

Almost all individuals who attended the presentations were over the age of 60. Evaluation forms indicate that those in the younger age groups likely attended on behalf of an older family member or friend.

The majority who attended the Langley and Richmond presentations were between the ages of 60 and 69. In contrast, the majority who attended presentations in Surrey and New Westminster were in the 70 - 79 age bracket. A substantial number were between 80 and 89 years of age.

In all four communities, women made up 70 to 80% of participants, suggesting that women may have higher interest in the topic than men. However, this finding may also reflect the fact that women traditionally assume the caregiving role and that many do not want to be a burden to others. It may also be due to the fact that women typically live longer than men.

Nidus would like to thank the Community Centres who hosted presentations, the organizations who helped promote the project and information about personal planning and

Thank You to Our Project Funders



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the United Way of the Lower Mainland for its financial support, all of which made this project a great success.



Nidus staff member, Laura Johnston and South Arm Community Centre's Seniors Coordinator, Stella Au, giving a presentation in English and Cantonese to a seniors group.

photo by Danielle Jung

Our mailing address is:

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(formerly Representation Agreement Resource Centre)
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Nidus is a Latin term for nest: a symbol of safety, support and self-development.

Nidus is a non-profit, charitable organization.

Nidus

- provides education and assistance with Representation Agreements, Enduring Powers of Attorney, Living Wills/Advance Directives.
- operates a centralized Registry service in partnership with the Law Society of BC, Juricert Program.

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