



Managing winter events and activities

Community Event

Complex Chronic Diseases Program

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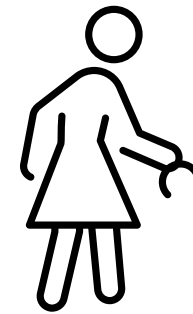
I acknowledge with gratitude, that we are gathered on the traditional, ancestral and unceded territories of the x^wməθk^wəy'əm (Musqueam), Sk̓wx̓wú7mesh (Squamish Nation) and səl'ílwətaʔ (Tsleil-Waututh Nation) who have cared for and nurtured the lands and waters around us for all time. I give thanks for the opportunity to live, work and support care here.

Webinar Details & Group Guidelines

- 90 min group
- Look after your comfort.
- Please respect confidentiality. Use headphones, if you are not alone.
- By attending, you are consenting to participate in this webinar. You can withdraw your consent at any time, by leaving this webinar.

Welcome to each and everyone!

We acknowledge participants are presenting with a diversity of backgrounds, identities and functional capacities.



Overview

- Environment
- Attending and Hosting Events
- Travel car/plane
- Crash planning

It's a new way of being and doing

- ❖ It can be hard to change the way to approach life and activity
- ❖ Frustrating when you don't have the energy to do things, and when you need to stop/rest
- ❖ Be kind to yourself as you learn about pacing and learn new tools to support your health

PACE

Plan	Plan your energy
Adapt	Adapt your activities and environment
Cope	Coping and Resilience
Engage	Engage with the community

Plan your Energy:

Does weather impact your symptoms?

- ❖ Check weather report ahead of time
- ❖ Prepare for the temperature difference outdoor/ indoor (layers)
- ❖ Is there places you can get relief when out in the community (warming areas, public indoor spaces)
- ❖ Plan for more time, more rests

Plan your Energy: Environment

In the community

- Be strategic e.g. print a map of the mall, make a map of the grocery store etc.
- Consider using a scooter in big stores
- Choose quietest time/least busy time of day (use google maps or similar)
- If driving, prepare your car as a space to rest

Adapt activities: Environment

Indoor air:

- ❖ Air purifier (HEPA)
- ❖ Humidifier – with heaters on, air often is very dry

Cold:

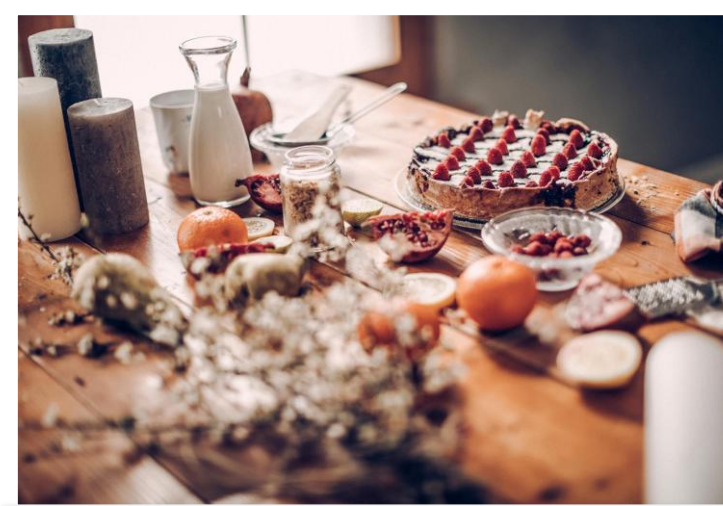
- ❖ Foot bath
- ❖ Hand and toe warmers
- ❖ Heated socks, vests, hats
- ❖ Warming pads



Plan your Energy: Events

General tips:

- ❖ pre-emptive rest
- ❖ spread out tasks
- ❖ look for energy savers
- ❖ set expectations for yourself and the host/guests



Plan your Energy: Events

Before attending:

- ❖ Consider emotional energy expenditure
- ❖ Is there a space to recharge?
- ❖ Have an exit strategy
- ❖ Provide the host with a time frame that you can attend and stick to your limit (e.g. staying for 1 hour).
- ❖ Set expectations for yourself based on your energy level (especially for emotional energy)



Before hosting



- ❖ Plan the party type around your needs
- ❖ Delegate tasks to others (must do, nice to do, not to do, who else can do).
- ❖ Break up tasks, the freezer is your friend, preemptive rest
- ❖ Manage expectations of guests (e.g. everyone leave at 9 pm)

While attending:

- Follow your activity tolerance – use Microbreaks
- Manage emotional energy – can you have a point person
- Environment – Where is it quieter/possibility to sit etc.

While hosting:

- Switch between energy types (socializing, food prep etc.)
- Delegate responsibilities during the event (collecting cans to put in recycle, check on food etc.)
- Easy cleanup – use paper plates/cups, station garbage bins
- Have a set time when the event will end

Cope: Events

After attending or hosting:

- ❖ Plan for recovery – what is your crash kit?
- ❖ Reflect on the event – What strategies worked?
- ❖ What will you try next time?



Making a plan

Example: Family dinner

Physical	Cognitive	Emotional	Orthostatic	Sensory
• sitting at table • eating • speaking • reaching	• follow conversation • process information and respond • interpret body language/facial expressions	• respond to emotions/have emotions • understanding the mood • be reminded off/ process past experiences	• be upright • feet on floor	• Sound (background music, laughter, voices) • Smells (food, scented candle) • Taste (food) • Visual (movement, lighting)
Pacing Strategies				
• seat support • sit where it is easy to get up and leave the table • build up handle for cutlery	• have a pause sign/signal • use micro brain breaks in the bathroom	• have a person as buffer • boundary setting before the dinner • exit strategy/sentence • microbreaks	• get up and stretch every 10 min • is there a space to recline	• wear essential oil pendant • sunglasses, loop earplugs

Success stories

Use the “raise hand function” if you have a success story to share



Plan your Energy: Travel

- ❖ Use to-do lists (save and reuse them)
- ❖ Spread out tasks such as preparing packing and tidying over a few days/weeks prior. Same with unpacking on return.
- ❖ Pre-emptive rest: clear your schedule the day before/day off travel to ensure you are staying within your energy envelope.
- ❖ Bring your own snacks to make sure you have food that is agreeable for you. Airports/ rest stops do not always have a lot of options.



Adapt activities: Travel

- Use gate assistance service (<https://www.yvr.ca/en/passengers/accessibility-at-yvr>)
- Sunflower lanyard
- Plan for layovers (<https://www.sleepinginairports.net/>)
- Adapt your position: foot hammock, seat support, noise cancelling headphones, neck support
- Think about where to sit on the plane. If you like to get up frequently or lean on the window? How much legroom do you need?
- Wear compression stockings
- Drink more fluids than normal

Prioritize what are the most important things to you when you get to your destination

Adapt activities: Travel

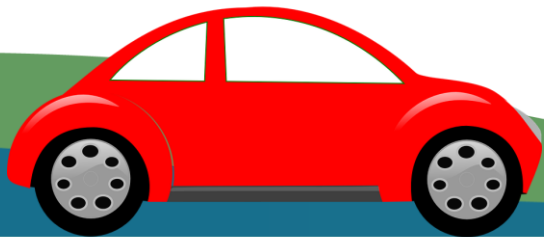
Car:

- Map out rest stops and set driving times
- How do you rest? Stretching, relaxation?
- Adapt your position (stool, car bed, blind spot mirrors)
- Use a car bed

Ferries:

free reservations and travel for patients travelling to and from medical specialist appointments as part of the BC Government's Travel Assistance Program (TAP)

<https://www.bcf ferries.com/book-sailings/medical-assured-loading>



Adapt activities: When you get to your destination

- Set expectations for yourself based on your energy level e.g. useable hours.
- Use Komoot or similar app to plan any walking (elevation and grade)
- Are e-bike/e-scooters available where you are going. Make an account or get the app before you get there.
- Bookmark places/restaurants (brainfog and decision making)

Crash Kit when travelling

- What do you need to bring from your at home crash kit?
- List of doctors' names, specialty, and phone number(s), printed recent patient visit note
- List of emergency contacts
- High protein snacks such as protein or breakfast bars, nuts, dried fruit
- Protection for sensory overload (eye mask, earplugs etc.)
- Ice or heat packs
- Written crash care instructions
- Rescue medications

<https://batemanhornecenter.org/crash-care-kit-essentials/>

Success stories

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Communication and Boundaries

What is your communication plan? Have you told important people in your life?

For example:

“If I don’t answer the phone it’s because I’m not feeling well, not because I don’t want to talk to you. Try me back on another day.”

“I take my daily rest break at 3:00 pm for an hour so please carry on without me and I’ll rejoin you when I’m ready.”



Expectations

Re-evaluate traditions:

- Is this important to you or someone else?
- Can you simplify it or let go of it?
- Can someone else take over?

Reflect

Build in time to discuss and problem solve with others for un-anticipated interruptions, mistakes, or distractions.

Priority setting - decide for you what is:

- Urgent (must be done today)
- Important (must be done in the next few days)
- For later (must be done this week or month)
- Perhaps never (keep the big picture in mind)

Solo Holidays

You may have chosen to be by yourself, or being alone during the holidays may not be a choice.

It can bring up a lot of emotions, memories and grief.

Focus on uplift:

- What traditions, food, music, films etc. make you feel connected and joyous?
- Community center/ neighborhood house events
- Faith communities
- Window swap – visit the world (<https://www.window-swap.com/>)

Emotional Wellbeing

- What are some ways you currently manage stressors in your everyday life? (E.g. mindful breathing, spending time in nature, creative outlets)
- Who can you count on when you are struggling? (Family, friends, pets, counsellor, crisis line)
- What could a self compassion practice look like for you?



Thank you

Questions?