



Independent Long-Term Care
Councils Association of BC

Spotlight *On* AgeCare Carlton



Fraser Association of Family
Councils

Spotlight: AgeCare Carlton, Burnaby

At [AgeCare Carlton](#) in Burnaby, Family Council members transform quiet Sundays into lively Social Sundays. Arranging seating to foster group interaction encourages both residents and their families to interact, encouraging conversation and sharing of personal stories to build connections while discovering common interests.



As discussions develop, participants often realize that there are numerous shared experiences that encourage conversation, such as places of origin, prior professions, family backgrounds, neighbourhoods lived in, favourite recipes, schools attended, and other topics that evoke memories and generate a sense of emotional well-being from years gone by. These gatherings and conversations not only benefit residents but also provide families with the opportunity to connect through the shared stories and meaningful dialogue, perhaps learning something they didn't know about their loved one in care.



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It is evident that Sunday's Social Circle is a collaborative effort with numerous benefits. Staff can attend to other responsibilities while residents are recollecting and reminiscing about lives lived, and family members can meet, connect and share experiences.

All of these ingredients combined bring life to the halls and warmth to the walls of AgeCare Carlton, where laughter is heard and smiles are seen, enhancing the sense of community for all, even the little four-legged friends.



AgeCare Carlton is a member of the [Fraser Association of Family Councils](#) (FAFC).