



## **Sarb Basra, Social Worker**

Sarb Basra is a health care social worker with Fraser Health Hospice and Palliative Care Consultation Team. She has a master's in social work from UBC. Sarb's mother had Advanced Parkinson's Disease and she died in December 2023. Sarb was one of her caregivers and a health care advocate. Sarb has personal and professional experience about the many challenges and benefits of managing our health, affects on caregivers, our journey through the health system, and the ups and downs of life, health and wellness we can all experience.

### **Session: Planning Ahead and Accessing Support**

#### **Objectives:**

1. How to make decisions as you or your loved ones age
2. Prepare financial and health directives
3. Accessing community resources and supports
4. Explore support resources for caregivers

**Date:** Sunday, March 2, 2025