



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: Advanced financial and medical care planning

Objectives:

1. Understand that Advance Care Plans and legal documents protect your wishes and prevent family burden if another stroke occurs.
2. Guide patients to reflect on their values, choose trusted decision-makers, and complete key BC planning forms.
3. Highlight resources and practical ways patients and caregivers can discuss medical and financial decisions.