




# CHANGE DAY BC 17.11.17

1 Day. 5000 Pledges. Unlimited Possibilities.

One small act can make a huge  
difference. Learn more and make a  
pledge at [www.changedaybc.ca](http://www.changedaybc.ca).

[www.changedaybc.ca](http://www.changedaybc.ca)  
[changeday@bcpsqc.ca](mailto:changeday@bcpsqc.ca)  
604.668.8223

 [@changedaybc](https://www.facebook.com/changedaybc)  
 [@changedaybc](https://twitter.com/changedaybc)  
 [@changedaybc](https://www.instagram.com/changedaybc)  
[#changeday](https://www.facebook.com/changedaybc)



CHANGE  
DAY BC  
17.11.17



BC PATIENT SAFETY  
& QUALITY COUNCIL  
Working Together. Accelerating Improvement.

WHAT DREW YOU TO HEALTH,  
SOCIAL OR COMMUNITY CARE?

WHAT IGNITES YOUR PASSION?

WHAT STEP – BIG OR SMALL – COULD  
YOU TAKE TO MAKE YOUR SYSTEM  
BETTER FOR BRITISH COLUMBIANS?

*THIS IS WHAT IT'S ALL ABOUT!* Change Day BC is November 17, 2017 (17.11.17). Between now and then, we invite anyone involved in health, social and community care to commit to making a change or trying something new. And we mean anyone! Patients, residents, clients, and those working in the system are invited to make a new pledge or join an existing pledge on [changedaybc.ca](http://changedaybc.ca).

Make or join pledges at [www.changedaybc.ca](http://www.changedaybc.ca)  
Questions? Email us at [changeday@bcpsqc.ca](mailto:changeday@bcpsqc.ca)  
Share your thoughts! Tweet us @[changedaybc](https://twitter.com/changedaybc)  
#[changeday](https://twitter.com/changedaybc)

# CHANGE DAY BC

17.11.17



**CHANGE  
DAY BC**  
17.11.17

## WHY CHANGE DAY BC?

We believe that individual acts of change – regardless of their size – can add up to significant improvements for British Columbians and the health, social and community care system. We know that every one of us has the power and passion to affect change that leads to better care. We want to harness this potential and support improvements in our system.

### TOP 5 REASONS TO PARTICIPATE:

1. *You have an idea that you're eager to try and Change Day BC is the perfect excuse.*
2. *You want to spread your idea by having others join your pledge.*
3. *You want to inspire others to make their own pledges.*
4. *The team around you needs a lift and Change Day BC is a great energy boost.*
5. *You want to do something for yourself by committing to staying well.*

## WHAT IS A PLEDGE?

A pledge is something that you commit to doing, changing or improving in health or social care. It's that simple!

When you are considering your pledge, think about something that you are passionate about. What is something that you have always wanted to change, improve and/or transform? What someone pledges, and how they do it, is entirely up to them.

## WHO CAN MAKE A PLEDGE?

Anyone can make a pledge. Regardless of where you work or volunteer, whether you are a patient, resident, client, family member or someone working in the care system, we invite you to join the movement to improve health and social care in our province.

## HOW DO I MAKE A PLEDGE?

Pledges can be made online at [www.changedaybc.ca](http://www.changedaybc.ca) or by completing and mailing in a pledge postcard. Don't have a pledge postcard? Contact [changeday@bcpsqc.ca](mailto:changeday@bcpsqc.ca) and we will send you some!

## HOW DO I PROMOTE CHANGE DAY BC?

We've developed some resources to help raise awareness about Change Day BC. Buttons, post-it notes, posters and more are free and available to order at [www.changedaybc.ca/resources](http://www.changedaybc.ca/resources) or by giving us a call at 604.668.8223.

### HERE ARE SOME EXAMPLE PLEDGES FROM CHANGE DAY 2015

- *wearing a patient gown and spending a day in hospital attached to an IV pole;*
- *encouraging patients to ask questions;*
- *remembering to acknowledge my colleagues' hard work;*
- *talking about my mental health;*
- *wearing and using, adult incontinence products for a day; and*
- *working to increase cultural safety for Indigenous people seeking health services.*

*FOR EXAMPLE, Amy Horrock, a dietitian in Northern Health pledged to spend a day eating only pureed foods and drinking only thickened fluids. Amy's pledge had a rippled effect and inspired the NH board to also try pureed food. In both cases, it allowed people to better empathize with patients on a restricted diet.*

## WHAT HAPPENS ON 17.11.17?

On 17.11.17, we invite you to acknowledge and celebrate Change Day BC pledges and actions.

Plan a local celebration or event and watch for more details about provincial activities.

## WANT TO GET MORE INVOLVED?

Change Day BC is the result of partnerships with organizations and individuals across the province. We can't possibly do this alone. If you aren't already a partner for Change Day BC, we invite you to join us!

You can also connect with others by becoming a volunteer Change Day BC Ambassador. There are no requirements or expectations around being an Ambassador, other than being an enthusiastic supporter.

Email [changeday@bcpsqc.ca](mailto:changeday@bcpsqc.ca) or call 604.668.8223.