One Caring Human Society - Our story

Our Mission

One Caring Human facilitates access to compassionate presence, therapeutic touch, social inclusion, advocacy, and community connection for the elderly, the dying of all ages, and vulnerable populations throughout British Columbia.
We support caregivers and raise awareness of this need with research and education, and expand our impact by collaborating with organizations that serve those who face barriers to this type of care.

Introduction

In the fall of 2021, when the heavy doors of a Senior's care home facility in Surrey, British Columbia, finally opened to outside visitors again, the atmosphere was thick with quiet exhaustion. For 18 long months, global health restrictions had locked down these spaces to protect physical health, but the invisible cost to human spirit was devastating.

When Executive Director, Kelly Graham Tick returned to re-start a beloved outreach, offering gentle therapeutic touch and listening ears, she was met by friend and dear resident, Marion Rowe. Marion looked at her, eyes welling up with grief and relief, reflected on the profound loneliness of confinement. As Kelly and Marion talked, they agreed on a simple truth that would change everything:

"If just one caring human had been able to visit regularly to offer company, compassion, and touch, it would have not only made things easier, but it might have saved lives."

Marion's words exposed a painful reality that persists long after the pandemic. When our team reflects on her experience, we are asked to look closely at the systemic gaps in our healthcare environments. This raises a deeply uncomfortable question that we all must face:

If a society ensures an elderly or dying person has food, shelter, and medication, but leaves them completely devoid of human warmth, have we actually cared for them, or are we simply managing them?

One Caring Human Society was created to nurture the need for human warmth, kind touch, dignity, connection, and advocacy. Learning from those we serve. Listening to their stories. We honour what it means to be human.

Our Programs

- **Hospice -** Working with RMTs to provide compassionate presence and therapeutic touch at the end of life. Currently running a weekly program in partnership with Langley Hospice Society, and working to expand throughout the Fraser Valley and beyond.
- **Elderly Support -** Facilitating access to Registered Massage Therapy, education, and self-care guidance for those in independent, assisted, and palliative care residences.
- **Outreach Support -** Collaboration with organizations that serve vulnerable populations. We support community advocates who serve Indigenous health, addictions work, folks facing food insecurity, housing uncertainty, and homelessness.
- **Social Advocacy -** Providing access to kind, safe touch, education, and program facilitation for those who face barriers to social inclusion, and advocating for a person-centered approach to healthcare.
- **Program Facilitation**
- **Intergenerational Connection**
- **Caregiver Education & Support**
- **Extending Care through Community Partnerships**

How you can be a Caring Human

- **Donate** - Make a monthly or one-time donation to OCH to today support our programs.

- **Become a member of OCH** - connect, volunteer, learn, contribute, grow.

- **Join the Board of directors** - reach out if you are passionate about the elderly in our communities.

- **Offer compassionate care to the elderly and the dying** - if you're a registered massage therapist, talk to us about joining our group of dedicated RMTs. If you're a licensed healthcare provider, there's room at the One Caring Human table for you as well!

- **Sign up for our newsletter** - Stay up to date with OCH's activities and research. Add your name to the Newsletter signup sheet and we'll send you our next newsletter.

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