Experience gratitude without guilt

By Rikki Ayers, Communications Lead, FCBC

“Thank-you” is one of the first phrases we learn as children. During the holiday season, when you’re balancing preparing family feasts in one home with caregiving in another, it can be hard to be grateful. Who has the time?

It’s hard to be thankful for a life you didn’t ask for.

Gratitude is an innately human quality. The Greater Good Science Center at the University of California, Berkeley studies the science of gratitude and finds that being grateful not only helps us feel less lonely and more positive, it also lowers blood pressure and improves our immune systems. Being grateful is good for you.

The Thanksgiving and holiday season is the perfect time to adopt a gratitude practice. You don’t have to be thankful for everything in your life and don’t feel guilty if you aren’t. Instead, recall moments. Look back on past Thanksgivings and all the happy memories you’ve collected over the years.

One of the best ways to start this practice is to use a gratitude journal. Every day, after you get out of bed or right before you go to bed, write down three things you’re grateful for. Maybe you’re thankful that Mom had a good day today, or for your best friend who regularly checks in with you to see how you’re doing. You could be thankful for the smell of a rose, or the promise of sunshine.

Instead of feeling resentful about the effort required to give care, try to shift your thinking to consider what you’re learning and how you’re growing from your experiences. Even just saying, “thank-you” changes the way we feel in a situation.

Among the many family gatherings, parties, and other Thanksgiving and holiday activities you partake in this year, take moments to remember what you’re grateful for.
Your caregiving journey is as unique as you are.

By choice and/or circumstance, you travel alongside your care recipient on passages that vary from long, with possible periods of respite, to sudden and totally life changing. You’re launched into a process of learning and self-discovery.

Caregiving research has shown that accessing resources and accepting help are critical coping strategies. You’re in new territory, and need to figure out how to navigate the healthcare system, find the right resources, all while meeting someone else’s personal and medical needs. If you already have a full agenda which includes work and family, it can be overwhelming.

There is no one-size-fits-all approach to accessing help. A critical first step is identifying as a caregiver, which may seem obvious, but for many it’s not. You might see your caring role as an extension of your relationship with the individual you’re caring for.

Caregiving can be stressful, and that presents itself emotionally and physically. Take the Caregiver Stress Test on page 5 to see where you’re at. The longer you ignore the way you feel, the closer you get to “caregiver burnout”, physical and emotional depletion.

When your own needs are not met, you can become irritable, exhausted, resentful, anxious, and even physically ill. Some common warning signs of caregiver burnout are:

- Anger and impatience directed at your care recipient.
- Denial about your care recipient’s condition and how it affects them.
- Withdrawing socially, losing touch with friends.
- Feeling dread about facing another day.
- Crying easily, feeling helpless and out of control.
- Exhaustion, difficulty sleeping and chronic fatigue.
- Trouble concentrating.
- Getting sick more than usual: colds, back pain, depression.
- Over time, the added tasks of caregiving become more than you can handle.

Increasingly, health care providers (e.g. family doctors and Home & Community Care staff) are playing an active role in identifying caregivers and recommending resources and help as soon as possible on their caregiving journey. At Family Caregivers of BC, we will help connect you to resources, services, and programs to help you meet your changing needs over time. Call to chat with us via our Caregiver Support Line to learn what’s available, discuss a challenge, generate solutions, and manage your own needs effectively.

From written materials and educational webinars accessed online to options for caregivers to speak to someone knowledgeable about the health care system or become personally involved with other caregivers through support groups – there are a wide variety of ways to engage.

Accessing resources and asking for help are a sign of strength, not weakness. It demonstrates your commitment to the journey and your ability to be a healthy and engaged caregiver.
Join our Family Caregiving Tree

As a caregiver in BC you are part of a province-wide family. **Your story** could be the reason another caregiver gets the help and support they need. **Your story** will inspire others and make them feel understood.

No one’s alone and we’re all here to help!

Family Caregivers of British Columbia

Upload your photos and family caregiving stories at www.familycaregivingtree.com

Questions or concerns? Email info@familycaregiversbc.ca

Editor’s note

In the spring we changed the name of our newsletter to “Caregiver Connection” to reflect our goal of reaching out and connecting family caregivers across the province. In partnership with the BC Ministry of Health, Patients as Partners, we’re working hard toward a future where family caregivers are recognized, supported, and included as partners in care.

It’s a big task. And we can’t do it alone.

The power of caregiving comes from the collective efforts of each and every one of our partners: caregivers, community organizations, caregiver support groups, healthcare professionals, and policy makers who understand the valuable contribution family caregivers make every day.

“Caregiver Connection” is your newsletter. We value your feedback and ideas for upcoming issues. We want to know how we can best serve you through the content of our newsletter. Please send your thoughts and contributions to janetmclean@familycaregiversbc.ca.

Family Caregivers of BC is grateful for the hard work you do and we hope our free webinars and resources are a source of support. Our next newsletter will come out mid-January 2017 – the start of a new year. Between now and then we will go through a season that often poses significant challenges for caregivers. Don’t forget, we’re here – Let Us Help.

Thank You,

Janet McLean
Education & Engagement Lead, FCBC

Caregiver Connection

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Family Caregivers of BC
1 877 520 3267
www.familycaregiversbc.ca
I am passionate about the concept of increasing resiliency. Why? This life is to be experienced well, not simply endured. As a family caregiver you can expect to have many demands placed on you: by yourself, by your family, by the medical system, by your friends, by your neighbours, and even by those who populate your dreams.

Here are 3 concepts which are helpful to increasing resiliency:

• being proactive;
• shifting out of crisis-management;
• doing at least the basics to satisfy physical, psychological, and spiritual health.

When you are being reactive, you need to keep on your toes; it means being hyper-vigilant and never relaxed. You need to be continually learning new strategies and you experience exhaustion.

Feelings commonly experienced are: guilt, worry, resentment, frustration and anger. In contrast, being proactive allows you to manage your caregiving role. Anticipating what is ahead and thinking through which activities require your presence and which can be delegated is a sign you are being proactive. Delegation allows you to share the burden of chores and decisions with others; it allows you to be a part of a care community.

Though everyone does things differently, being proactive reminds you that you are not alone and others have skills and attitudes which complement yours. Being proactive allows you more time to think, deliberate, and process all that is coming up for you.

Being a caregiver reflects your personal philosophy as well as your personal circumstances and is only part of your life. If it is taking over your life, you are acting more from a reactive stance.

Shifting out of crisis management and quick fixes to long-term strategies can also increase your resiliency. Crises drain adrenaline and your ability to withstand stress and result in burnout. Focus on lowering, not increasing, your tolerance of stress.

Physical resiliency helps enormously. The basics are: eating well, taking nutritional supplements when needed, drinking lots of water, sleeping well and exercising. Receiving and giving heart-felt touch is also an essential physical human need.

Psychological resiliency helps enormously. The basics are: respecting boundaries; being present-focused; healing from past issues; having a non-judgmental attitude; being kind and being surrounded by those who are kind; treating yourself as you would your best friend; recognizing which issues are important and letting go of the others; having integrity; keeping in contact with others who are not problem focused and having time alone. Heart-felt touch greatly benefits psychological health.

Spiritual resiliency helps enormously. The basic is remembering we are all connected and none of us is alone. No matter how it is accessed, spiritual health offers people many intangible benefits of community.

Getting ahead of, and coping positively with, the situations and challenges that come your way will help you as a family caregiver. Draft up a plan today for how you will become more resilient.

Increase your resiliency

Adapted from an article by M. Allison Reeves, M.A., Registered Clinical Counsellor
Caregiver Stress Test

The following test will help you become aware of your feelings and the pressures and stress you currently feel. Responses are:

1 = Seldom 2 = Sometimes 3 = Often 4 = Usually 5 = Always

___________ I find I can’t get enough rest.
___________ I don’t have enough time for myself.
___________ I don’t have time to be with other family members besides the person I care for.
___________ I feel guilty about my situation.
___________ I don’t get out much anymore.
___________ I have conflict with the person I care for.
___________ I have conflicts with other family members.
___________ I cry every day.
___________ I worry about having enough money to make ends meet.
___________ I don’t feel I have enough knowledge or experience to give care as well as I’d like.
___________ My own health is not good.

If your response to two or more of these areas is “Always”, “Usually” or “Often” it may be time to look for help with caring for your family member and making time to take care of yourself as well. Call Family Caregivers of BC’s toll-free Caregiver Support Line at 1 877 520 3267 or visit www.familycaregiversbc.ca for more information and resources.


Fall/Winter Webinars

As a family caregiver, it can be hard to find the information you need when you need it. Join one of our online webinar trainings this fall and winter and get answers from the experts.

Oct. 27th:  
Navigating Health Care

Nov. 3rd:  
Resiliency

Nov. 24th:  
How Not to Lose Yourself

Dec. 8th:  
Managing Emotions During The Holidays

Dec. 15th:  
Communication

Get details at www.familycaregiversbc.ca/education/workshops-events/
Support Groups in BC

Please call or email local groups for exact locations and times.

South Vancouver Island & Gulf Islands
Contact for all Victoria, Sidney, Salt Spring Island & Pender Island Groups: 250-384-0408/1-877-520-3267

Victoria
1st Mon., 7:00 - 9:00 PM
#6 – 3318 Oak Street, Victoria
NEW Victoria Downtown Lunch Hour Group starting in November, 2016.
info@familycaregiversbc.ca

Sidney
3rd Tues., 10:00 AM – Noon
Shoal Centre 10030 Resthaven Drive, Sidney

Salt Spring Island
Wednesdays, 11:00 AM – Noon
Seniors for Seniors Centre, Ganges

Pender Island
2nd & 4th Mondays, 10:00-11:30 am
Meeting Room, Pender Island Health Centre

Central Island

Gabriola Island
1st Wed., 2:00 PM
PHC Com. Resource Centre
Contact Angela Nutter: 250-247-9732
www.phcgabriola.org

Duncan
1st & 3rd Tuesdays, 2nd & 4th Mondays
Family Caregivers Support Society
#1 Kenneth Place, Duncan
Contact Janis at 250-815-0835
www.familycaregiverssupport.org

Ladysmith
2nd Tuesday
Contact Janis at 250-815-0835

Chemainus
2nd & 4th Thursdays
Contact Janis at 250-815-0835

Lake Cowichan
As needed
Contact Jodie: 250-597-0886

Young Carers
Contact Jodie at 250-597-0886

North Island

Comox Valley
Women’s group: 1st Tues., 2nd Tues. and 3rd Mon., 1:00 – 3:00 PM
Men’s group: 3rd Tues., 1:00 – 3:00 PM
Sr. Peer Counselling Society
#491B – 4th Street, Courtenay, BC
250-871-5940
www.comoxvalleyseniorpeercounselling.com

Campbell River
2nd Monday of every month from 2-4 pm
1351 Ironwood Road.
Contact Geri: campbellrivercaregivers@gmail.com

Interior & Kootenays

East Kootenay Senior’s Society serving:

Cranbrook Creston
Fernie Golden
Kimberley Invermere

Contact for all Kootenay Groups:
Tobi Johnston: caregiversnetworkek@gmail.com or
1-877-489-0803 or 250-489-0802
www.caregiversupport.weebly.com

Parksville
1st & 3rd Tues., 9:00 AM
Pharmasave Meeting Room - Healthy Caregiver Drop-in Groups
Contact Allison Reeves: 250-927-6548 or
info@allisonreevescounselling.com

Parksville/Qualicum
3rd Thurs., 2:30 PM
The Gardens

Nanaimo
2nd Wed., 3:30 PM,
Woodgrove Save-on Foods
& 1st Mon., 7:00 PM,
Woodgrove Save-on Foods

Port Alberni
2nd Tues., 1:00 pm, Echo Centre

Contact for Parksville, Qualicum, Port Alberni, & Nanaimo Groups is Isobel Gemmel: 250-468-5687 or relationships123@shaw.ca

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**Lower Mainland**

**Abbotsford**
Last Sat., 9:30 AM  
6256 Mt. Lehman Rd.  
Side by Side Caregiver and Family Support Group  
Contact Paddy: 778-982-0489

**Burnaby**
Every other Monday, 6-8pm  
2055 Rosser Ave.  
Family Caregivers Program  
Burnaby Seniors Outreach Services Society  
Contact: 604-291-2258 or burnabycaregivers@gmail.com  
www.bsoss.org

**Langley**
Langley Senior Resources Society  
20605 - 51B Avenue, Langley, BC  
Contact 778-328-2302, ext#2 or info@lsrs.ca

**North Shore**
Community Resources, Caregiver Support Program  
#201 - 935 Marine Drive, North Vancouver, BC  
Contact for all North Shore Groups: 604-982-3320  
www.nscr.bc.ca/information/caregiver

**Richmond**
Caregivers Drop-in Group  
Rosewood Manor, 6260 Blundell Road  
Contact: 604-271-3646

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**Surrey**
Seniors Come Share Society  
15008 26th Ave., Surrey, BC  
www.comeshare.ca  
Contact for this Surrey Group only: 604 531-9400 ext. 202

**Surrey & Delta**
Contact: 604-686-3793  
**Surrey**: Fleetwood Villa  
16028 83rd Avenue  
**Newton**: Seniors Come Share  
13855 68th Avenue, Surrey  
**Delta**: Northcrest Care Centre  
6771 120th Street  
**Delta**: Kennedy Senior Recreation Center  
11760 88th Avenue

**South Delta**
Caregivers’ Support Network  
The Centre for Supportive Care  
4631 Clarence Taylor Cres., Ladner  
Contact Laurie: 604-943-3921  
The Centre for Supportive Care: 604-948-0660

**TriCities** (Coquitlam, Port Coquitlam and Port Moody)  
Caregiver Support Program  
Contact Karen Tyrell: 778-789-1496 or SeniorCaregiverProgram@gmail.com

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**Slow Cooker Lemon-Thyme Turkey**

Serves 8

**Ingredients**

- 4- to 5-lb bone-in turkey breast, thawed if frozen  
- 2 teaspoons butter or margarine, melted  
- 1 teaspoon grated lemon peel  
- 1 clove garlic, finely chopped  
- 1 teaspoon dried thyme leaves  
- 1 teaspoon lemon-pepper seasoning  
- 2 tablespoons cornstarch  
- 1/4 cup water

**Directions**

1. Spray 5- to 6-quart slow cooker with cooking spray. Place turkey in cooker. In small bowl, mix butter, lemon peel and garlic; rub over turkey breast. Sprinkle with thyme and lemon-pepper seasoning.

2. Cover; cook on Low heat setting 6 to 7 hours.

3. Remove turkey from cooker; cover turkey to keep warm. If desired, skim fat from juices in cooker. Pour juices from cooker into 4-cup microwavable measuring cup. In small bowl, mix cornstarch and water until smooth; stir into juices in cup. Microwave uncovered on High 2 to 3 minutes, stirring every minute, until mixture thickens. Serve with sliced turkey.

*Recipe from General Mills, www.bettycrocker.com*
Making the Most of Visits to The Doctor

By Janet McLean, Education & Engagement Lead, FCBC

We tend to think about the experience of an appointment with a Family Doctor only from the patient and family caregiver perspective. It goes by in a flash and after it’s over you may or may not feel you were heard, understood and got what you needed.

As in many situations, it helps to put the shoe on the other foot. Imagine being a doctor and seeing a wide range of patients every day. Every patient has their own reason for coming in. It may have been a long time since their last visit or you may never have seen them before. Clearly all parties involved face significant challenges and information sharing is very important.

In 2001, Dr. Donald Cegala wrote a booklet called “Communicating With Your Doctor”. In 2010 the booklet was modified for use by the Patient Voices Network supported by the BC Ministry of Health Services and the University of British Columbia Division of Health Care Communication. Below are some of the highlights.

Effective communication between the patient and the physician can be accomplished by following the steps represented in the acronym PACE. As a family caregiver, you can play a big part in each of these steps:

P – present detailed information about how the patient is feeling.
A – ask questions if desired information is not provided.
C – check your understanding of information that is given to you.
E – express any concerns about the recommended treatment.

Present detailed information
Keep a log of facts regarding how the patient has been feeling e.g. symptoms dates, time of day, duration and relationship to activities, food, other medications, therapies, and stress.

Take a list of all prescribed medications and non-prescription vitamins, mineral and herbs including names, dosages and when/how taken.

Ask questions
What is the medical condition, how serious is it, will it affect normal activities, how long is the treatment regime, where can additional information be obtained, is there a support group?
If tests or procedures are involved, what is the purpose, what are the risks, what is involved?

If there are medications, what do they do, are there side effects, will it interact with other medications, how would you recognize a negative reaction, how long does it have to be taken, are there other options?

If there are treatments such as therapy or diet, how should it be done and for how long, are there risks, what are the advantages, when will results be evident?

Check your understanding
Try one or all of these ways of checking - ask the doctor to repeat or clarify information that is unclear, repeat aloud what you heard the doctor say, summarize your understanding of what the doctor said.
You could also ask the doctor if you can record the appointment.

Express concerns
If the patient has been on a course of treatment that has caused concerns, be honest in reporting the problems and willing to work with the doctor to find a solution.

The booklet is available online http://pcpe.health.ubc.ca/sites/default/files/TTYD%20booklet.pdf

Other tips

• Before the appointment, write down the reasons for the visit in order of importance and what you and the patient want to accomplish. It helps to highlight any changes since the last visit if applicable.

• Be clear with the Doctor’s receptionist about the reason for the visit so the appropriate time slot can be allocated.

• If waiting is a concern, try to book the first or last appointment of the day and call before leaving home to see if the Doctor is on schedule.

• If you are seeing other Doctors or Health Care Providers, ask that copies of visit notes and test results be sent to your Doctor.

• Ask for copies of visit notes and test results for your own records.
In British Columbia, there are two key personal planning documents: Enduring Powers of Attorney and Representation Agreements.

An Enduring Power of Attorney deals strictly with financial and legal matters while a Representation Agreement may deal with personal and health care matters and or legal and routine financial matters. There are two types of Representation Agreements with important differences between them and which documents a person will make depends largely on their mental capacity at the time they are made.

British Columbia has laws that make it possible for nearly all adults, at almost any point in their life, to have a say in planning for their future.

It was not always so, but since the Representation Agreement Act came into force in 2000, adults with diminished mental capacity, whether that be due to dementia, disability, or handicap, are able to appoint those that they know and trust to assist them in making decisions and to act for them when they can’t act for themselves. Prior to 2000, adults with diminished mental capacity were likely to lose their rights through adult guardianship when a Committee was appointed through the courts. With this alternate view of mental capacity, a person with diminished capacity is able to make a Representation Agreement Section 7, leaving them in charge of their personal matters to the extent possible, and with those people that they choose to assist them and act for them as needed.

A Section 7 Representation Agreement can cover routine financial matters, legal matters, personal care decisions such as where they will live, and most health care decisions, although the agreement need not cover all of those areas. In other words, an adult could make a Section 7 Representation Agreement appointing someone to act for them in personal and health care matters only, or legal and routine financial matters only.

Where mental capacity is not an issue, an adult would normally choose to make two documents: an Enduring Power of Attorney for financial and legal matters and a Section 9 Representation Agreement for health care and personal care matters. Section 9 Representation Agreements made after 2011 cover personal care and health care only (prior to this Section 9 Representation Agreements could cover financial and legal matters as well). This type of agreement is the most comprehensive personal care and health care agreement available in BC and may include authority for the appointed person to give or refuse health care necessary to preserve life.

An Enduring Power of Attorney is broader in scope and more powerful than the financial powers conferred by a Section 7 Representation Agreement. It may allow the appointed person to do anything the adult could do with their legal and financial matters, including dealing with real property.

It is a good idea to speak to your legal professional if you are interested in creating personal planning documents for yourself, and to read more about it on the Nidus Personal Planning and Resource Centre at www.nidus.ca.
Most of us who are family caregivers would call this a thankless job.

My mother, who is blind, believes that in my heart of hearts, I really want to go grocery shopping with her, not with my husband and certainly not by myself. The idea!

But within this thankless job there are moments of pure pleasure, if you allow yourself to see them.

Taking confused Aunty to Safeway was always an exhausting but oddly stimulating afternoon activity. She would lose her cart and take someone else’s. I would find her wandering the soup aisle, her favourite place, and notice a large salmon and three turnips in her cart.

“Joan, is this your salmon?” I would ask.

“What salmon?”

“This 14 pound salmon right next to the turnips.”

“Someone stole my buggy,” she would cry out, and the search would begin for a puzzled shopper wondering what happened to her fish and why it was replaced with three hand picked sticks of celery.

We would transfer the cans of soup from one buggy to another and carry on until I next took my eyes off her, and she resorted again to the “Great Shopping Cart Caper”.

Mother would always be with us, too, and it became my greatest wish that I could have a leash for both of them. Mom would be wandering along peering closely at the Kotex boxes wondering if they were cereal, Aunty was in the soup aisle, and I was looking for both of them.

The upside? When Aunty moved out of her house we had enough soup to keep the Mustard Seed [a food bank in Victoria, BC] going for a week, and enough Kotex to insulate a wall.

We would then go to lunch where Aunty would say in her loud voice, “There are a lot of fat people in here today, aren’t there, Barb. Would you like to taste my soup? And what will I do with that salmon?”

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Laughter is an instant vacation

- Milton Berle

The Great Shopping Cart Caper

By Barbara Warman

Share your family caregiving story by becoming a Caregiver Connection contributor!

Send your idea to info@familycaregiversbc.ca
Provincial Resources for Family Caregivers

Anti Fraud Centre
www.antifraudcentre.ca or 1-888-495-8501
If you know someone who may be vulnerable to investor scams, check out the website, call your local police department (non-emergency line) or Crime Stoppers at 1.800.222.8477

HealthLink BC
www.healthlinkbc.ca
Call 811 anytime 24/7 to speak to a nurse. On weekdays, you can speak to a dietitian about nutrition and healthy eating. At night there are pharmacists available to answer your medication questions.

BC Health Authority General Enquiry Lines
Fraser Health 1-855-412-2121
Interior Health 250-980-1400
Island Health 250-388-2273 or 1-888-533-2273
Vancouver Coastal Health 604-263-7377
Northern Health 250-565-7317

BC Ministry of Health website
www.gov.bc.ca/health
Information and resources for “Caring for Seniors” and “Caring for the Caregiver”. Includes self-assessment tools, financial information and tips for communicating with healthcare professionals.
Visit www.healthlinkbc.ca/healthtopics and put in the search term “Caregiver”.

BC Palliative Care Benefits Program
www.health.gov.bc.ca/pharме/outgoing/palliative.html
Supports those who have reached the end stage of a life-threatening illness and who wish to receive palliative care at home. or call HealthLink BC at 811.

BC Seniors Guide (BRAND NEW!)
www.gov.bc.ca/seniors-guide or 1.800.663.7867
Provincial resources. Free hard copy or digital file. Available in English, Chinese, French & Punjabi. There is also a First Nations Guide.

Family Caregivers of BC
www.familycaregiversbc.ca
Caregiver Support Line: 1-877-520-3267
Registered charity that supports family caregivers with support groups, educational webinars; quarterly newsletter; presentations; online resources; involvement in health system improvement.

Here to Help
www.heretohelp.bc.ca
Group of seven leading mental health and addictions non-profit agencies. Working to increase awareness about anxiety disorders, providing education and increasing access to evidence-based resources and treatments

The Nidus Personal Planning Resource Centre
www.nidus.ca or email: info@nidus.ca
Non-profit organization which provides information to British Columbians about personal planning such as Representation Agreements and Power of Attorney.

Pain BC
www.painbc.ca
Find resources related to housing, employment, food security, education, social services, and more.

SAIL - Seniors Abuse & Information Line
Vancouver - Metro 604-437-1940
Toll Free: 1-866-437-1940 (8am-8pm daily)
Language Interpretation (9am-4pm M-F)
BC Centre for Elder Advocacy & Suport
www.bcceas.ca

Disease-Specific Organizations
Many of these organizations also offer support & groups for caregivers caring for someone with that condition. Contact the BC office below for information about services in your community.

ALS Society of BC
www.alsbc.ca 1-800-708-3228

Alzheimer Society of BC
www.alzheimerbc.org 1-800-667-3742
First Link—Dementia Helpline: 1-800-936-6033
Mon. to Fri. 9-4. This Dementia Helpline is a province-wide information service for anyone with any questions about dementia.

BC Brain Injury Association
www.brainstreams.ca 604-984-1212

BC Cancer Agency
www.bccancer.bc.ca

Mental Health
www.support.bc$s.org 1-888-888-0029

MS Society of Canada (BC)
www.mssociety.ca 1-800-268-7582

Parkinson Society BC
www.parkinson.bc.ca 1-800-668-3330

Stroke Recovery Association of BC
www.strokecoverybc.ca 1-888-313-3377

For more great resources, visit our website, www.familycaregiversbc.ca
We can help right now

Caregiver Support Line 1 877 520 3267
Share your story at
www.familycaregivingtree.com
www.familycaregiversbc.ca

Save a tree
Get your quarterly edition of Caregiver Connection by email!
Sign up at www.familycaregiversbc.ca.

To receive a hardcopy of future editions of Caregiver Connection, please call Family Caregivers of BC toll-free at 1-877-520-3267 or email info@familycaregiversbc.ca. Bulk copies also available.

Help build a stronger family caregiver community
& make the future brighter

Donate
Support our mission and vision of the future where family caregivers are valued, supported and included as partners in care, or donate for today’s caregiver support and education programs.
Family Caregivers of BC is a registered charity (#12981 7771 RR0001 as Family Caregivers’ Network Society).
A charitable tax receipt will be issued for donations of $20 or more.
Please make cheques payable to Family Caregivers’ Network Society, #6-3318 Oak Street, Victoria, BC, V8X 1R1

Volunteer
Be a caregiver voice in working toward patient and family centred care.

Call toll-free at 1-877-520-3267 or donate online at www.familycaregiversbc.ca