Working Caregivers Give From Their Hearts and Their Wallets

By Janet McLean, Education and Engagement Lead for Family Caregivers of BC

According to a new report from CIBC, the cost of caring for family members and friends comes with a big price tag for unpaid caregivers. Many Canadians juggle the demands of employment along with providing care to family members and friends and it is estimated that this is costing them $33 billion in out-of-pocket expenses, time off work and foregone vacation time, a number that is expected to continue growing.

The report, “Who Cares: The Economics of Caring For Aging Parents”, co-authored by CIBC Deputy Chief Economist Benjamin Tal and Senior Economist Royce Mendes suggests nearly 2 million Canadians (14% of those with parents over the age of 65) spend about $3,300 each per year – an overall cost to the Canadian economy of ~$6 billion. The bigger cost comes in the form of time taken off work. The survey showed close to 30% of workers with senior parents also sacrifice about 450 working hours per year.

The report goes on to predict the costs associated with unpaid caregiving will mushroom by more than 20 percent over the next 10 years based on the changing demographic of Canada. “An aging population combined with longer life spans and strained social services has in recent years seen more and more Canadians taking on the role of caregiver for their aging parents, and in the coming years, that tendency is only likely to intensify,” explains Tal.

This prediction is difficult to refute given the findings of the latest Statistics Canada census. For the first time in the survey’s history there are more Canadians over the age of 65 than under the age of 15 and Centenarians are the fastest growing segment of the population. Consequently, these growing costs will be borne by a shrinking proportion of the population as those of working age (15-64 years) are on the decline, now at 66.5% of the total population, down from 68.5% in 2011. Tal goes on to say “Add in the fact that costs associated with the elderly are already rising faster than the pace of inflation because of the high demand for such goods and services, and you can see that this will be a major concern for a growing number of Canadians in the years to come”.

And all of this is a double whammy for lower income Canadians and female caregivers. The report found that caregivers with lower incomes are more likely to have...
It is hard to believe my one year anniversary with Family Caregivers of BC (FCBC) is just around the corner. In the past year I have been on a steep learning curve about my role and the scope of work FCBC tackles on an annual basis. It has been exhilarating and by far the best part for me has been YOU.

I have had the privilege of speaking to some of you on our Caregiver Support Line, interacting with you online during a webinar and responding to questions and emails you send in from our website. All of it has humbled me beyond belief. I feel so honoured to be in a position where I can support and help to bring more visibility to the role of caregivers across British Columbia.

This edition of Caregiver Connection has a variety of articles we hope will provide interesting information and useful tips to get you through the summer. If you are a working caregiver you won’t be surprised to read the facts about the growing number of caregivers balancing caregiving with work and other personal demands.

We have also linked a few of our articles to current and past webinars – Vickie Cammack’s article – Do You See What I See? (June 8th webinar on Acute Care for Caregivers), The Grief Response (webinar recording – Insights into Palliative Care) and Online Aids for Caregivers (webinar recording – Building a Gold Medal Support Network). And it is always helpful to review tips on how to advocate for your care recipient.

We hope you will find some time to refresh yourself in whatever way works best for you over the next couple of months. If you have any requests for topics you would like us to explore in the fall – please pick up the phone (1-877-520-3267) or email us from our website www.familycaregiversbc.ca. We would love to hear from you!

Thanks for caring.

Janet
One of the most common pieces of advice you will receive as a caregiver is – ask for and accept help. It sounds easy but when you are bogged down with multiple demands on your time it feels like one more thing to do – it is easier to just keep doing things yourself. The problem is as the list grows your ability to keep up, sometimes over an extended period of time, becomes unsustainable.

In our March 9, 2017 webinar “Building a Gold Medal Support Network”, Jodie McDonald discussed the importance of reaching out and accepting help. She provided some very helpful tips for how to zero in on your needs and identify tasks others can assist you with in a way that makes it manageable for them and you. You can watch the recording of the webinar and download some helpful planning tools by following this link to our website http://www.familycaregiversbc.ca/events/webinars/.

Often the easiest ways for others to assist boils down to the practical activities of everyday living – shopping for groceries, preparing meals, driving to appointments. But not to be ignored, one of the key benefits of asking for and/or accepting help is it keeps you connected to people who care about you. It is important to pay attention to your intellectual, emotional, social and spiritual needs and find ways to meet those as well.

Below is a sample of online tools that can make asking for and coordinating help easier for you and your support network. They range from full spectrum private communication hubs that also help to coordinate and track assistance with identified tasks to applications designed specifically for certain types of assistance. They all help to make requests specific and time limited with the ability to follow up.

CaringBridge helps you create a free personal website to quickly share updates about your care recipient’s health journey. Share news and updates with everyone at the same time, activate your community and coordinate help, and receive emotional strength and support. https://www.caringbridge.org/

Lotsa Helping Hands features a free Help Calendar where you can post requests for support. Members of your community can quickly find ways to help, and Lotsa will send reminders and help coordinate logistics automatically so nothing falls through the cracks. It also facilitates communication so others can send encouragement and stay in the loop. Share how things are going, update requests, and receive support and feedback. http://lotsahelpinghands.com/

MealTrain is a free interactive online meal calendar with customized calendar dates, times and meal preferences. Invitations can be sent via e-mail and Facebook including reminder e-mails, online journal updates and an optional donation fund add-on. https://www.mealtrain.com/

Tyze Connecting Care is an online tool that brings people together around someone receiving care. If you’re helping to care for someone, Tyze is a simple way to keep everyone informed and get organized. Send updates to everyone at once from anywhere, keep track of everything in one place, access appointments, store documents and let family and friends know how to help. There may be a cost involved depending on options selected. http://tyze.com/caring-for-someone/
A caregiver’s view: Do you see what I see?
By Vickie Cammack
Reprinted with permission from Troy Media

A few months ago at the start of a busy day, I gave my feisty 90-year-old mother a call. I was worried. She had been nauseated and a little feverish for the past few days.

Alarmingly, she had lost her interest in cooking, her chief passion, and didn’t even want to walk into the kitchen or consider eating when I spoke with her the night before. On the phone that morning, she sounded confused and said she felt dizzy. She complained that her heart was pounding. I dropped everything, relieved that finally she had agreed to go to the hospital.

I provided the intake clerk with all my mother’s pertinent information — medical number, medications, my contact information. I provided most of her medical history. My mother described her symptoms but was not as sharp as she usually is. Her sentences were incomplete. Her words were slurred.

I did my best to fill in the blanks. I emphasized that my mom is usually a bright, vibrant, articulate woman. This is not like my mom, I said. I didn’t want anyone making assumptions about her capacity because of her age.

My fears were not unfounded. Health-care professionals often mistakenly assume that older people who seem confused and disoriented have pre-existing dementia or mental illness. A failure to diagnose delirium, a relatively common experience of hospitalized older adults, can be life-threatening.

The term visionary is rarely used to describe family or “natural” caregivers. Yet vision is indispensable when we take care. No professional care provider, no matter how trained or prepared, can see what we see — what was, what is and what can be for our family members and friends.

Visionaries make the truth visible. Caregiving requires us to share our knowledge with certainty, our intuitions with confidence and our stories with pride. When we do this, we not only provide critical care information, we help everyone involved to care and connect in more meaningful ways.

The Centre for Health Care of the Elderly reports that in a recent study, up to 67 per cent of delirium cases weren’t recognized by physicians and 43 per cent of cases weren’t recognized by nurses caring for the patients. The centre considers the problem prevalent enough that it created the website This Is Not My Mom, encouraging caregivers to talk about sudden or rapid changes in the person they’re caring for, even if no one asks.

Throughout our day at the hospital, many tests were conducted with my mother. Each time a new nurse, doctor or technician appeared, we repeated the context, the symptoms and, just as importantly, how mom was before she fell ill. I described her passion for baking. I even slipped in a mention of the elaborate birthday cakes that she bakes and painstakingly decorates with her arthritic fingers for each of her great-grandchildren.

I did this because I wanted them to see what I know. I wanted them to appreciate what has been in my mother’s life, and to spark for them what is possible.

Happily, the cause of my mother’s distress was found to be simple dehydration. A couple of bags of intravenous fluid and she was well on her way back to normal. When she asked me to go down to the hospital gift shop and pick up her favourite cooking magazine, I started to relax.

I could imagine her standing in the kitchen, baking up a storm once again. The doctor saw it, too. She gave my mother discharge instructions to drink plenty of fluids and said, with a twinkle in her eye, “take it easy in the kitchen.”

Vickie Cammack has established groundbreaking organizations dedicated to strengthening community and addressing isolation. She is a member of the Order of Canada.

http://www.troymedia.com/2017/05/04/do-you-see-what-i-see/
The Grief Response

By Janet McLean, Education and Engagement Lead for Family Caregivers of BC

Tom Attig was a panelist in our “Coach Caregiver” webinar on Loss & Grief held February 23rd, 2017. If you missed the webinar you can watch the recording on our website by going here: http://www.familycaregiversbc.ca/education/tele-workshop-podcasts/. Tom has written several books on the topic of loss and grief and provided a handout for webinar participants entitled “A Dozen Good Things about Grieving” – also available with the webinar recording on our website. In the essay Tom offers a unique perspective about “the grieving response” which explores the hopeful aspects of grieving. A summary of key points is outlined below.

When something happens in our lives that is tragic and not within our control, the loss and grief we experience can make us feel hopeless. Tom calls this the “grief reaction” and distinguishes it from the “grief response” which focuses on what we do with the grief. By turning some of the grieving energy into hope, we can move into a stage of “active receptivity.” In a state of active receptivity, loss and grief aren’t treated like an illness that leave us broken but instead are refocused on re-engaging in living again. Learning how to live is something we have been doing since birth and living in bereavement is important since we will never stop missing or loving those who have died.

Tom contends that as humans we are amazingly resilient. He encourages us to tap into our natural resilience recognizing not everything is broken and drawing upon that which isn’t - our own health and physical stamina; our ability to solve everyday problems, make decisions, and protect ourselves from threats; our capacity for courage, faith, hope, and perseverance; our continued love for fellow survivors and the deceased; and our ability to reach out to countless lifelines of support. Through a process of reintroducing order into the brokenness of our lives, our resilience will help us relearn the world by a) learning how to carry the pain of missing our loved one; b) relearning how to live in our physical and social surroundings; and c) learning how to love in separation.

Learning how to carry the pain involves paying attention to our emotions instead of suppressing them so we can come to know our deepest selves and needs. Reach out to others, keep a grief journal, meditate, dream-keep, and open the heart in prayer. As we do this, the intensity of the emotions will tend to ease up. First encounters with painful physical and social reminders are usually the most difficult (places, experiences, events, other people) because they remind us of a connection to our loss that we still value. When we reach past the pain of separation, the memory will be a legacy no one can take from us.

Catching Your Breath in Grief ...

...and grace will lead you home is a one-of-a-kind, heart-to-heart invitation to reflect on essential realities of life, deep human needs in soul and spirit, agonies of loss, and the hope and meaning possible in dark times. Its combination of engaging text and uncannily matched, exquisite photographs is unique.

continued on the next page...
Learning to love in separation starts by recognizing we were apart from loved ones most of the time when they were alive and didn’t stop loving them just because we weren’t with them. While we can no longer love one another in ways that require physical presence we can continue to love in the other ways we know well and fulfill our desire to continue loving and feel loved. Remembering to remember is a key to loving in separation. Memories bring the past into present awareness – enabling us to reach across time and retrieve some of the very best of what was. By re-engaging with the past that we cherish, we reconnect with stories of our loved ones that no one, nor anything can take away from us. Memory enables us to recognize the legacies of loved ones, appreciate how they contribute to making us who we are and how they live on in and through us.

Finally, as Tom points out, a focused grief response can ensure we recover our physical health and all dimensions of our being. We find: ways of returning to wholeness in our daily life patterns, new trajectories in our life stories, improved interactions with those who survive with us, reshaped family and community lives, ways of being at home again in our lives, renewed and deepened connections with our roots, and life-affirming ties in separation with those who have died.

Books by Tom Attig:


Caregiver Word Search

AN EASY SUMMER RECIPE

Greek Lentil Salad

Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 - 19 fl. oz can lentils, rinsed &amp; drained</td>
<td>1</td>
</tr>
<tr>
<td>1/2 cup kalamata olives</td>
<td>1/2</td>
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<tr>
<td>1/2 cup onion, chopped</td>
<td>1/2</td>
</tr>
<tr>
<td>1 1/2 cups grape tomatoes, halved</td>
<td>1 1/2</td>
</tr>
<tr>
<td>1/2 cup green peppers</td>
<td>1/2</td>
</tr>
<tr>
<td>1 cup cucumber, diced</td>
<td>1</td>
</tr>
<tr>
<td>1 1/4 cup feta cheese</td>
<td>1 1/4</td>
</tr>
<tr>
<td>1/4 cup fresh parsley, chopped</td>
<td>1/4</td>
</tr>
<tr>
<td>Dressing</td>
<td></td>
</tr>
<tr>
<td>1/4 cup olive oil</td>
<td>1/4</td>
</tr>
<tr>
<td>1/4 cup lemon juice</td>
<td>1/4</td>
</tr>
<tr>
<td>1 tbsp dried oregano</td>
<td>1</td>
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</tbody>
</table>

Instructions

1) In a large bowl, combine lentils, olives, vegetables, and feta cheese.
2) Whisk dressing ingredients together.
3) Add parsley to salad and toss with dressing to coat.
4) Can be eaten right away or covered and left in fridge to marinate for 2 hours before serving. Salad can be made a day in advance. Enjoy.

Makes 10 servings

Recipe reprinted from Pulse Canada, pulsecanada.com
Help is available — find a support group

Please contact local groups for exact locations and times. Find details on our website.

FRASER HEALTH AREA

Abbotsford
Side by Side Caregiver and Family Support Group
6256 Mt. Lehman Rd.
Paddy: 778-982-0489 or mtlehmansidebyside@gmail.com

Burnaby
Family Caregivers Program
Burnaby Seniors Outreach Services Society
2055 Rosser Ave.
604-292-3909 or lori@bbyseniors.ca
www.bsoss.org

Langley
Langley Senior Resources Society
20605 - 518 Ave., Langley
604-530-3020 or info@lsrs.ca

Surrey
Seniors Come Share Society
15008 26th Ave., Surrey
604 531-9400 ext. 202 or caregivers@comeshare.ca

Surrey & Delta
Caregivers Network of Surrey/Delta
604-686-3793

Surrey: Fleetwood Villa
16028 83rd Ave.
info@caregiversnetworksurreydelta.com

Newton: Seniors Come Share
13855 68th Ave., Surrey

Delta: Northcrest Care Centre
6771 120th St.

Delta: Kennedy Senior Recreation Center
11760 88th Ave.

North Delta
Crossroads United Church Caregivers Group
Norma: 604-591-3137 or normahenryt@shaw.ca

South Delta
Caregivers’ Support Network
The Centre for Supportive Care
4631 Clarence Taylor Cres., Ladner
Laurie: 604-943-3921 or info@deltahospice.org

Tri-Cities (Coquitlam, Port Coquitlam, Port Moody)
Caregiver Support Program
Karen Tyrell: 778-789-1496
SeniorCaregiverProgram@gmail.com

Maple Ridge
Maple Ridge Caregiver Support Group
Maple Ridge Seniors Activity Centre
Vcr_fv@telus.net or text 604-889-1879

INTERIOR HEALTH AREA

Cranbrook, Creston, Fernie, Golden, Kimberley, Invermere
Caregivers Network for East Kootenay Seniors
Tobi Johnston: 1-877-489-0803 or in Cranbrook 250-489-0802
caregiversnetworkek@gmail.com
www.caregiverssupport.weebly.com

Keremeos
South Similkameen Health Centre
250-499-3020

Oliver
Sunnybank—Tea Room
250-498-5084

Penticton
Trinity Care Centre
250-770-3486

Princeton
Princeton General Hospital
250-295-4464

Summerland
Summerland Health Centre
250-404-8072

ISLAND HEALTH AREA

Covers Vancouver Island and the Gulf Islands.

Campbell River
1351 Ironwood Rd
Geri: campbellrivercaregivers@gmail.com

Chemainus
Cowichan Family Caregivers Support Society
#1 Kenneth Place, Duncan
Janis: 250-815-0835 or info@familycaregiverssupport.org

Comox Valley
Senior Peer Counselling Society
#491B – 4th St., Courtenay
250-871-5940 or seniorpeercounselling@shaw.ca
www.comoxvalleyseniorpeercounselling.com

Cowichan Valley
Cowichan Family Caregivers Support Society
#1 Kenneth Place, Duncan
250-597-0886 or info@familycaregiverssupport.org

More on next page...
Duncan
#1 Kenneth Place, Duncan
Janis: 250-815-0835 or info@familycaregiverssupport.org
www.familycaregiverssupport.org

Gabriola Island
People for a Healthy Community (PHC) Resource Centre
Angela Nutter: 250-247-9732
www.phcgabriola.org

Ladysmith
Cowichan Family Caregivers Support Society
Janis: 250-597-0886 or info@familycaregiverssupport.org

Mayne Island
Jessica Easton: 250-539-2123 or jessica.easton@me.com

Pender Island
Meeting Room, Pender Island Health Centre
250-384-0408/1-877-520-3267

Port Alberni
Echo Centre
Samantha: 250-723-4478 or samantha@albernihospice.ca

Quadra Island
Quadra Circle Community Connections Society
Helen: 250-285-2255 or qcircle@outlook.com

Salt Spring Island
Saltspring Seniors Centre, Ganges
250-537-5004 or muffetmbc@yahoo.ca

Sidney
Shoal Centre 10030 Resthaven Dr., Sidney
250-384-0408/1-877-520-3267

Victoria
Family Caregivers of British Columbia Evening Group
#6 – 3318 Oak St., 250-384-0408

Victoria Downtown Lunch Hour Group
250-384-0408 or victoriaicaregivers@gmail.com

First Metropolitan Caregiver Support Group
First Metropolitan United Church
Kyla.morgan@firstmetvictoria.com
250-388-5188 local 226

NORTHERN HEALTH AREA

Smithers
2nd floor of the courthouse
Jenny deVries at 250-847-2975

Find more resources on
www.familycaregiversbc.ca

VANCOUVER COASTAL HEALTH AREA

North Shore
North Shore Community Resources
Caregiver Support Program
#201 - 935 Marine Dr., North Vancouver
604-982-3320
www.nscr.bc.ca/information/caregiver

Richmond
Caregivers Drop-in Group
Rosewood Manor, 6260 Blundell Rd.
Eleanor 604-277-3774 or sunflower31@shaw.ca

South Vancouver Family & Friend Support Group
Caregiver Support South Vancouver Neighbourhood House
carmenorquiola67@gmail.com
604-453-5885/604-324-6212

Sechelt
Sechelt Caregiver Support Group
604-885-4099 or nfschmitt@hotmail.com

DISEASE-SPECIFIC FAMILY CAREGIVER GROUPS

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.alzheimer.ca/bc/ 1-800-667-3742
First Link Dementia Helpline 1-800-936-6033

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

British Columbia Schizophrenia Society
www.bcss.org 1.888.888.0029

BC Cancer Agency
www.bccancer.bc.ca

Here to Help (for Mental Health)
www.heretohelp.bc.ca 310-6789

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.strokerecoverybc.ca 1-888-313-3377

Find more resources on
www.familycaregiversbc.ca
Often we find ourselves caught in a large system when trying to establish the best possible services for our family member. Finding ways of working with a wide variety of health care providers – physicians, home and community care staff, hospital staff, acute care liaison workers, therapists, specialists and outpatient clinics, can be challenging and often requires a great deal of clarification and advocacy.

Some key points to remember:

**Be Polite** - Treating others with respect will go a long way in developing a collaborative relationship.

**Be Positive** - It’s always worthwhile balancing the positive and negative.

**Be Patient** - Not all change happens immediately sometimes there is a process that needs to happen. Keep moving forward.

**Be Purposeful** – Keep your thoughts focused on the problem at hand and be clear and concise regarding the points you want to make.

**Be Persistent** – A front line worker is not in a position to change a policy, but you can pursue a broader issue at a higher level.

**Get yourself organized** - Keep a binder or folder with all relevant information regarding the situation. Contacts, doctors, dates of appointments and who was seen or spoken to. Once you have gotten through the maze to a real person make sure you note their name and number for future reference. It’s a great way to manage the situation and gives you a better sense of control.

**Have your questions ready and written down before meetings and phone calls.** In the moment we often forget important things and don’t always have the chance to ask later. Do you need information on medications, procedures, services, diet, transportation, equipment? The five W’s (who what where when and why) are helpful questions to keep in mind.

**Ask for copies of reports, assessments, lab work, service plans, test results.** Often we are asked by other professionals for information so it is helpful to keeps records and copies available for future discussions. For example, “Who was that doctor you saw 3 months ago?”

**Keep track of the names of all the people and their contact information, from doctors to home support workers and or volunteers.** Use their names when you speak with them and make sure they know who you are and the client’s name. “Hello Mary, it’s Mabel Marvel. I was wondering if you could tell me how my father Jason Marvel has been doing today”. This provides context as well as a personal touch and reinforces that we are dealing with individuals, not just numbers.

**Plan Ahead for Future Needs and Have Your Affairs In Order.** Make sure that you have your overall affairs in order. Do you have a Power of Attorney? A Health Care Representation Agreement? Have you discussed Advanced Care Planning? Do you know what decisions your loved one would make? Is the will up to date? Do you know where important papers are? Have these discussions now. This makes good sense when you are advocating for the best possible outcome for your loved one.

**Be Persistent in the Nicest Way Possible.** Keep calm and carry on! Keep asking until someone helps you. Be polite and courteous. Keep the discussion professional. Respectful communication goes a long way. Move it forward to a higher level if it’s a decision that cannot be made on the front line. Speak to a manager.

Home and Community Care Staff located in each Health Authority are available to provide assessments, answer questions, explain processes and to try to assist you with developing the right care for your family member. They have a broad knowledge of additional resources in the community which can add to the care you require. There are a variety of services which come under Case Management including home supports, adult day programs, short term respite, assisted living and residential care. In addition, there are Home Care Nurses, Physiotherapists and Occupational Therapists, Social Workers and Dietitians available.

If you feel a concern has not been adequately resolved at the local level, the Health Authorities have complaint processes which can found on their websites.
Provincial Resources for Family Caregivers

Anti Fraud Centre
www.antifraudcentre.ca or 1-888-495-8501

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.
Visit www.healthlinkbc.ca/healthtopics and put in the search term “Caregiver”.

BC Palliative Care Benefits Program
www.health.gov.bc.ca/pharme/outgoing/palliative.html

BC Seniors Guide (BRAND NEW!)
www.gov.bc.ca/seniors-guide or 1-800-663-7867
Available in English, Chinese, French & Punjabi. There is also a First Nations Guide.

Crisis Centre BC
http://crisiscentre.bc.ca/contact-us/
1-800-SUICIDE (1-800-784-2433)

Family Caregivers of British Columbia
www.familycaregiversbc.ca
Caregiver Support Line: 1-877-520-3267

Find Support BC
http://findsupportbc.com

HealthLink BC
www.healthlinkbc.ca
Call 811 anytime 24/7 to speak to a nurse.

Here to Help
www.heretohelp.bc.ca

Pain BC
www.painbc.ca

The Nidus Personal Planning Resource Centre
www.nidus.ca or email: info@nidus.ca

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)
www.bcceas.ca

Your Voice Counts
Caregiver Engagement Program Opportunity

Would you like to help support the shift to patient and family centered care? Do you have an interest in improving the health system? Would you like to help us improve our services or participate in research? Join a growing group of caregivers (past or present) in BC who are volunteering to share their experiences and give insight into what can be improved. Here are some examples of past engagement opportunities:

- Take a survey
- Join a committee
- Attend a one-day forum with health care leaders
- Review a document and provide feedback

Toll-free Caregiver Support Line 1 877 520 3267
www.familycaregiversbc.ca

www.familycaregiversbc.ca
We can help right now

Toll-free BC Caregiver Support Line 1-877-520-3267

info@familycaregiversbc.ca

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 Society 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 Society of British Columbia 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’ Society of Britishh Columbia #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