

2nd Annual Charity Golf Tournament

Friday, September 17, 2010

Cedar Hill Golf Course

Registration begins 12:00 Noon

Includes: Shotgun Start, 18 Holes Best Ball, Skill Prizes, Deluxe Buffet Dinner and Silent Auction

\$130 per golfer (you will receive a \$45 charitable tax receipt)

\$50 Dinner only

Sponsorship opportunities still available.

For more information or to reserve your spot and avoid disappointment, call the FCNS office at 250-384-0408, email fcns@telus.net or visit

www.fcns-caregiving.org/fundraising/fcns-2nd-annual-charity-golf-tournament/

Gather a foursome and come join us!



**Effective Sept. 7th
FCNS will offer 3 new
ways for caregivers to
receive support!**

1. Use **Skype** to talk with us face-to-face, wherever you are, free of charge. All you will need is access to a computer, a web camera and a head set.



Skype is offered by appointment only based on availability. Call the office at 250-384-0408 or email fcns@telus.net to schedule a 30-minute call.

The following days and times are available:
Tuesdays (9:15, 10:00, 10:45, 11:30 AM) or
Thursdays (1:15, 2:00, 2:45, 3:30 PM).

2. Use **MSN Messenger**, wherever you are, free of charge simply by using your computer.

Contact FCNS Monday to Friday, 9:00 AM – 4:00 PM and chat with a caregiver support person.



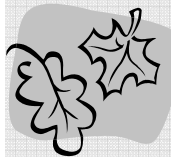
For more information and set-up details for Skype and MSN visit:

www.fcns-caregiving.org/wp-content/uploads/2010/08/Skype-MSN-Toll-Free-Support.pdf



3. We have a new **toll-free line** available from anywhere in BC:

1-877-520-FCNS (3267).



An Action Plan for British Columbia Project Update

Barb MacLean, Executive Director

We're very happy to have completed a 1+ year project to develop the first ever strategic framework (action plan) to support family caregivers in BC. The final report is now being reviewed by the Ministry of Health, and we hope to have a public launch in the near future.



Here's a quick look at what we did:

- BC-wide awareness and education campaign
- Establishment of the BC Caregiver Network
- Survey to over 200 organizations and groups
- Created an inventory of educational tools and resources
- Literature search and summarization
- BC stakeholder engagement

Project Outcomes

- Action Plan themes and recommendations
- Guiding principles: respect, choice and self-determination
- Stakeholder interest and commitment to work together via the BC Caregiver Network
- A vision for BC:

**Family caregivers are recognized, valued
and supported as partners in care.**

Now Available at www.familycaregiversnetwork.org:

- [Educational Tools & Resources to Support Family Caregivers](#)
This is a living document designed to capture useful tools to support family caregivers. Help us keep it current and send new information to fcns@telus.net. (PDF and Word)
- [Caregiver Supports in BC Contact List](#) (PDF and Word)



A spirit of collaboration and sharing is alive and well across BC as we've been fortunate to experience throughout the project. We are inspired by the volunteers and professionals who are working hard to offer help wherever it is needed most, often with individual initiative and with little or no funding. It is our hope to see a stronger future through a more formalized structure of support, and through offering families and friends the tools to build their own support networks.

***"Call it a clan, call it a network, call it a tribe, call it a family.
Whatever you call it, whoever you are, you need one."***

Jane Howard

Understanding and Navigating the System

Kathleen Atagi, Recreational Therapist, Regional Resource for Adults with Disabilities, Home and Community Care; Elizabeth McCarter, Recreational Therapist and Yakimovich Wellness Centre Coordinator, Seniors Health, VIHA

Ways to Keep the Connection

Staying connected is important for both the care recipient and family caregiver. This article will highlight some ways to stay connected to your community, as well as provide you with a tool that will be helpful in planning an activity of interest.

Family caregivers are often already overwhelmed with all the demands of caregiving. So finding time to plan activities for either yourself or the person you are caring for can seem like just another thing that has to be done. In addition, it may be difficult to remember all the details needed to make the excursion a success especially when physical or cognitive limitations are involved.

The **Community Activity Checklist** is a tool that you can use to plan and organize activities that you want to participate in within your community, whether the activity is going to a friend's house, church, recreation centre, out for dinner, to the theatre, or to a park. Both Word and PDF copies of this checklist are available at:

www.fcns-caregiving.org/wp-content/uploads/2010/08/Community-Activity-Checklist.doc or

www.fcns-caregiving.org/wp-content/uploads/2010/08/Community-Activity-Checklist.pdf

Here is a sample **Community Activity Checklist** (completed using a sample activity)

1. Identify Activity of Interest:

What do you want to do?
Photography - Digital

Is the activity an organized or 1-1 activity?
Organized at Saanich Commonwealth Place

What day of the week is the program(s) offered?
Wednesday

What is the length/time of the program?
4 weeks; 7:15 - 9:15 PM

How should you dress?
Comfortable clothes

Is the activity in a group format or on your own?
Group

2. Where is the activity held?

Address: *4536 Elk Lake Drive*

Phone number(s):
250-475-7600

Website:
www.recreation.saanich.ca

Email Address: *N/A*

3. What is my transportation needs/options?

Bus Route: *Call bus line info: (250-382-6161) find out what bus to take*

HandyDART: *Book HandyDART (250-727-7811) for all 4 Wednesdays*

Disabled Parking spots: *N/A*

Parking: *Free*

Taxi: *Purchase Taxi Saver Coupons with BC Transit. Book taxi with participating taxi companies*

Volunteer Driver: *Saanich Volunteer Services (250-595-8008)*

Family Drive: *N/A*

Other: *N/A*

4. Cost of Program (inclusive of total cost for program is transportation)?

Cost of Program(s): *\$88.00*

Transportation: *Depends on which transportation option*

Equipment Rental: *N/A*

Food/Refreshments: *Bring my own water, bring \$2 for snack from machine*

Extra costs outside of registration fee: *N/A*

Other costs: *N/A*

5. Do I need to bring anything with me to the program?

Yoga Mat: *N/A*

Arts/Crafts material or equipment: *bring my own digital camera & accessories*

Foot wear: *N/A*

Clothing to wear: *N/A*

(Continued on page 4)

(Connection continued from p. 3)

Water/Food: N/A

6. What is the **accessibility** like outside and inside the facility?

Parking Lot (Handicapped parking) Yes

Distance of parking lot to facility: *drop off area in front or 2-5 min. walk from car*

Parking (Paid or Free): *Free*

Place to park my scooter: *N/A*

Entrance (Automatic doors): *Yes, push handicapped button*

Signage:

Lighting outside:

Lighting inside:

Front reception: *Main floor to the left past the library & Pro Shop*

Washrooms: *on all floors, handicapped washrooms as well*

Change Rooms: *N/A (do not need for photography class)*

Is there assistance available in the centre: *Yes*

Is there a lift or elevator in facility: *Yes, an elevator*

Location of program area in relation to washroom/change rooms/lift:

Hand railings:

Other:

7. Are you needing **assistance to participate in the program?**

Instructor (can the instructor provide assistance): *Yes, if you ask ahead of time*

Front reception: *N/A*

Volunteers can assist in participation. Where to find volunteers:

*Each Municipality has their own Direct Volunteer Services
Recreation Integration Victoria:
250-477-6314 or
www.rivonline.org*

Family/Friends:

Community agencies:

Other Patrons (I need a volunteer to come with me):

Does the facility have emergency plans: *Yes, available upon request*

Exit Doors: *Yes and marked*

Staff who have first aid training: *Pool staff are trained for emergencies*

For individuals and families on limited income, all the municipal recreation centres offer LIFE (Leisure Involvement for Everyone) passes. These allow 52 free admissions for drop in activities and 50% off registered programs. To access disability parking permits to be able to park in disabled spots, contact the Victoria Disability Resource Centre (250-595-0044).

Another great option for family caregivers to have free admission to all municipal recreation facilities and some private sector venues is the Leisure Assistance Pass issued by Recreation Integration Victoria (250-477-6314, www.rivonline.org/services.html).

This pass allows an individual providing leisure assistance to a person with a disability free admission to all municipal recreation facilities and some private sector venues. The pass is issued to the person with the disability

Never hesitate to ask for help!!
Have FUN!

Visit the Care-Ring Voice Network at www.careringvoice.com or call 1-866-396-2433 for more tele-workshops for family caregivers:

Balancing Work and Eldercare Commitments, Sept. 20, 7:00 PM or Nov. 8, 4:00 PM. (North Shore Community Resources)

Caring from Afar, Oct. 21, 4:00 PM or Oct. 28, 7:00 PM. (North Shore Community Resources)

Understanding Dementia, Sept. 23, 7:00 PM (Alzheimer Society of BC)

Living Safely with Dementia, Oct. 28, Noon (Alzheimer Society of BC)



FREE Tele-workshops for Family Caregivers - Fall 2010

Life with Aging Parents

Are you finding it a challenge to support an aging parent who you see is failing, but resists accepting help? Do you struggle to find a balance between their independence and your own anxiety over how they are managing? This workshop will help you to strategize ways for providing assistance to your aging parents, while at the same time helping you deal with the frustrations inherent in this caregiving process.

Facilitator: Maureen Grant, Community Social Worker, Quick Response Team, Home and Community Care, VIHA

Monday, Sept. 27, 2010

6:30 – 8:00 PM

(This topic will also be offered as in-person workshop on Wed. Nov. 24, 6:30 - 8:00 PM, see pg 7)

Family Dynamics and Caregiving

When a family member becomes ill or disabled, dynamics in the whole family can change significantly. Each family member brings their own unique history within the family and their own feeling and reactions to the new situation. These differences can lead to conflict among family members especially when making decisions or choices about caregiving. This tele-workshop will help you understand how family dynamics (both past and present) can impact caregiving and you will learn practical tips for dealing with problematic interactions between family members. Specific issues such as changing family roles and “grudges” within the family will be addressed. You will also explore how to create healthier communication within the family with the goal of providing the best possible care and support for your ill or disabled family member.

Facilitator: Allison Reeves, M.A., Registered Clinical Counsellor

Thursday, Oct. 14, 2010

6:30 – 8:00 PM

Dealing with the “Nasties”

The caregiving situation can become challenging for everyone involved. One of the most difficult challenges is when the “nasties” arrive. The “nasties” are those behaviours and attitudes that are distasteful, irritating or downright mean. They can arrive because of the care recipient’s physical and/or mental condition, such as pain, dementia or loss of social inhibitions. If you have run into the “nasties” in your role as caregiver, this tele-workshop is for you. Together with others who are experiencing similar difficulties and frustrations, you will learn specific and concrete strategies for dealing with the “nasties”.

Facilitator: Allison Reeves, M.A., Registered Clinical Counsellor

Wednesday, Nov. 17, 2010

6:30 – 8:00 PM

To register for these FREE tele-workshops call the Care-Ring Voice Network at 1-866-396-2433 or register on-line at www.careringvoice.com.



Upcoming Workshops for Family Caregivers - Fall 2010

The Reluctant Caregiver

This workshop will be different from anything you may have attended before. You will have the opportunity to vent, receive compassion, be challenged respectfully by a skilled therapist and learn ways to manage your unique caregiving situation more easily. If you are either "reluctant" or "resentful" this workshop is for you.

Facilitator: Allison Reeves, M.A., Registered Clinical Counsellor

Saturday, Oct. 2, 2010 **9:30 AM – 12:30 PM**

Canadian Cancer Society, Vancouver Island Lodge, 2202 Richmond Road

\$25.00 for FCNS members \$30.00 for non-members

Limited seating. Please register by Sept. 27th.

Achieving Better Mental Health: Navigating the emotional ups and downs of caregiving

When we devote so much time to caring for someone else, we often lose our sense of self. We spend less and less time on our own needs and on activities that are important to us. At this workshop you will learn basic tools that will help you keep your Self intact while being stretched by the demands of caregiving. The healthier and stronger you keep yourself, the better caregiver you will be overall.

Facilitator: Allison Reeves, M.A., Registered Clinical Counsellor

Saturday, Oct. 30, 2010 **9:30 AM – 12:30 PM**

Canadian Cancer Society, Vancouver Island Lodge, 2202 Richmond Road

\$25.00 for FCNS members \$30.00 for non-members

Limited seating. Please register by Oct. 25th.

Are You Ready? Preparing for the Normal Transitions of Aging in Your Family

Are you ready to downsize yourself or help another family member downsize? Become a Power of Attorney for a family member or friend? Be the Executor for a loved one's estate? Deal with the emotional ups and downs of a family member aging or with their decline in health? Being a family caregiver can involve assisting family members in many areas of their lives, including financial, legal and the logistics of day-to-day life. Are you prepared to take on this role? This workshop will provide you with important information to help ensure you are ready now so you save time and money later.

Facilitator: Cheri Crause, Certified Senior Advisor and Real Estate Agent

Wednesday, Nov. 3, 2010 **7:00 – 9:00 PM**

Multi-Purpose Room, Salvation Army Citadel, 4030 Douglas St. (Pat Bay Hwy & McKenzie Ave.)

\$15.00 for FCNS members \$20.00 for non-members

Limited seating. Please register by Oct. 28th.

To register for workshops, call FCNS at 250-384-0408 or register on-line at www.fcns-caregiving.org/education/live-workshops-and-events.

Finding Stability in the Unpredictability of Caregiving

This workshop brings to light how to be still when the world around you is churning. For your mental and physical health it is important to learn how to be there for the people you are providing care for while not experiencing their level of distress. Although their distress is real, it is important for you to not be swept away by their significant and unpredictable shifts in moods or behaviour.

Facilitator: Allison Reeves, M.A., Registered Clinical Counsellor

Saturday, Nov. 27, 2010

9:30 AM – 12:30 PM

Canadian Cancer Society, Vancouver Island Lodge, 2202 Richmond Road

\$25.00 for FCNS members

\$30.00 for non-members

Limited seating. Please register by Nov. 22nd.

Life with Aging Parents

Are you finding it a challenge to support an aging parent who you see is failing, but resists accepting help? Do you struggle to find a balance between their independence and your own anxiety over how they are managing? This workshop will help you to strategize ways for providing assistance to your aging parents, while at the same time helping you deal with the frustrations inherent in this caregiving process.

Facilitator: Maureen Grant, Community Social Worker, Quick Response Team, Home and Community Care, VIHA

Wednesday, Nov. 24, 2010

6:30 – 8:00 PM

Youth Room, Salvation Army Citadel, 4030 Douglas Street (McKenzie & Pat Bay Hwy)

\$10.00 for FCNS members

\$15.00 for non-members

Limited seating. Please register by Nov. 18th.

(This topic will also be offered as a tele-workshop on Mon., Sept. 27th, 6:30 - 8:00 PM, see pg 5).

To register for workshops, call FCNS at 250-384-0408 or register on-line at www.fcns-caregiving.org/education/live-workshops-and-events.



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Legal Considerations in Caregiving

by William Walters, Lawyer, Horne Coupar, <http://lawmattersnow.blogspot.com/>

Discretionary and Non-Discretionary Trusts

For most parents, children are forever a concern, if not an outright worry. With adulthood these anxieties tend to abate, of course, as a child becomes established in the world with feet more or less firmly planted to face life's challenges. In some circumstances, whether through birth or misadventure later in life, a child never achieves or loses the ability to live independently.

The question for parents in these circumstances, especially as they age and near death, remains as to how to provide for the financial and material needs of their child. Through careful planning, parents can insure that their children remain eligible for government assistance while still providing for their child with their own resources, both during the parents' lifetimes and after their deaths.

British Columbia's *Employment and Assistance for Persons with Disabilities Act* (the "Act") provides that a Disabled Person (DP) is eligible to receive benefits so long as certain conditions are met. These are

- a doctor must confirm that the person has a mental or physical condition that

- requires them to receive extensive assistance or supervision to perform activities of daily living within a reasonable time, and
- the condition will exist for two years, or at least one year and will likely recur;
- the person satisfies the test for asset and income levels which is that
 - they have less than \$3,000 in assets (\$5,000 for a family), and
 - they earn less than \$500 a month in income; and
- the person discloses required financial information to the government.

The basic amount is \$531 per month but increases with the number of dependants and the DP's age. Other amounts can be paid for shelter, medical care, and similar items.

In seeking to provide for a child who is a DP, parents can arrange their affairs to maximize or preserve the government benefits to their child while still making provision from their own resources. The key issue for parents is to make such provision without falling foul of

the provisions in the Act concerning asset or income limits or the required financial disclosure. One way to achieve these goals is by way of a trust, either created during the parents' lifetimes or after their deaths in one or both of their wills.

One type of trust that can be created is a **discretionary trust**. In this type, the trustee has complete discretion as to payment of capital and income to the beneficiary. The capital value of such a trust is not considered in calculating eligibility for benefits; consequently, there is no limit on the size of such a trust. That said, the Regulations of the Act do not refer to discretionary trusts, so this approach to asset calculation is a matter of government policy rather than express law.

A second type of trust is the **non-discretionary trust**. In this kind, the trust contains one or more provisions for specified payments to the beneficiary from the trust. A discretionary trust will also qualify as non-discretionary if the beneficiary is the trustee. Caution in drafting discretionary trusts is therefore required. A non-discretionary trust with less than \$100,000 in capital is not factored into

(Continued on page 9)

(Trusts cont'd from page 8)

the calculation of a DP assets; if over \$100,000, then DP is deemed to own the assets that exceed the \$100,000 level although ministry may set a higher threshold.

Payments from both kinds of trusts will cause disability benefits to be reduced regardless of whether these are made to the beneficiary or to another person or organization for the beneficiary. Some payments can be made for the beneficiary that will not reduce benefits, including for

- medical costs;
- educational costs;
- some caregiver costs; and
- home repairs, renovations, and maintenance

It is vital that these payments are made for the beneficiary and not to the beneficiary to then use to pay for the listed items or services.

In addition, benefits will not be reduced for certain expenditures including for the

- promotion of the DP's independence; and
- purchase of a home, vehicle and certain other prescribed items.

The advantages of a trust for a DP are of course that government benefits may be retained while also providing a capital fund for the DP in case those benefits are cutback or eliminated by future governments. At the same time, a trust can also satisfy the requirement that a child be provided for in a parent's will. If the trust is structured correctly, then the risk that the Public Guardian and Trustee will seek to challenge the will of a parent on behalf of a disabled child will be greatly reduced.

Two major disadvantages of creating such trusts are that the transfer of assets to a trust may trigger capital gains tax

and possibly result in property transfer tax. In addition, if the trust is created during the parents' lifetimes rather than upon death through their wills, then the trust income will be taxed at the highest marginal rate. In the present context, however, such considerations are more than likely secondary to the goal of insuring the well being of a disabled child both during and after the parents' lifetimes.

Trusts are flexible tools that can be used to maximize benefits to a disabled child long after their parents are able to do so themselves. Properly structured, they will enable parents to limit if not eliminate their worries about the well-being of their child.

Editor's Note:

The purpose of this column is NOT to advise people on their legal affairs or concerns, but to provide basic information for discussion with their own legal counsel.

Virtual Hospice provides reliable information about every aspect of caregiving, from the spiritual challenges to the day-to-day practicalities.

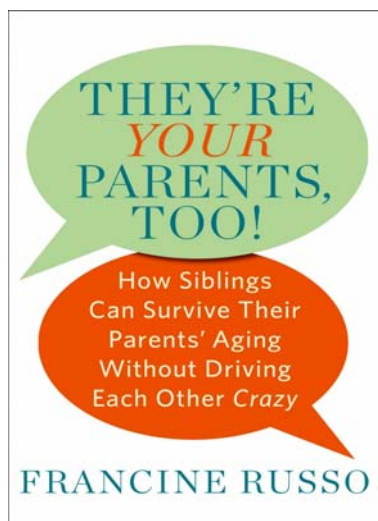
And while the service was created with palliative care in mind, most of the information is just as useful when caring for people who are elderly or who have been diagnosed with a serious, chronic or life-limiting health condition. The information is compiled by a team of leading experts with decades of experience in providing care to people with life-limiting and terminal illness. The content is updated regularly, so you can be confident that the information is current and credible. If you type "caregiver" into the website's search engine, you'll find more than 200 matches.

No matter where you live or what time of day it is, you can visit this website at www.virtualhospice.ca.





Our **RESOURCE LENDING LIBRARY** hours are Monday to Friday, 8:30 AM - 4:30 PM. **The resource lending library is open to the public. Books can be borrowed for 3 weeks and videos for 1 week.** An after-hour drop box is available outside our office.



By: Francine Russo

Publisher: Bantam

ISBN: 978-0-553-80699-1

Date: 2010

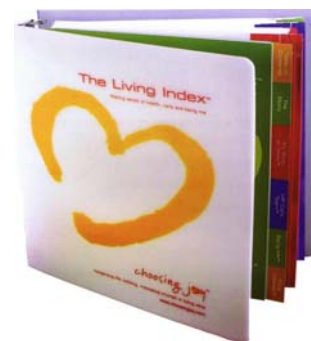
Your parents are growing older and are getting forgetful, starting to slow down, or worse. Suddenly you find yourself at the cusp of one of the most important transitions in your life and the life of your family. Your parents need you and your siblings to step up and take care of them, a little or a lot. To make the right things happen, you will all need to work together. And yet your siblings may have very different ideas from yours of what's best for Mom and Dad. They may be completely uninterested in helping, leaving you with all the responsibility. Or they may take charge and not allow you to help, or criticize whatever help

you do give. Will you and your siblings be able to reach an understanding and work together, or will the challenges you face tear you apart?

This is the first book to offer siblings a psychological and practical roadmap through this life-changing family transition. Filled with engaging, helpful stories of sisters and brothers with struggles like yours - whether you are the family caregiver or not - it also has research and top clinical expertise from geriatric care managers, family therapists and other experts on caregiving, family psychology, dementia, elder law, and end-of-life decisions.

The Living Index: For People With Health Challenges and Those Who Care for Them

Based out of Vancouver, **Choosing Joy** was created by Melanie Gold and her daughter Shira, and is founded on their shared experiences and insight. Melanie became a cancer patient in late 1999, and Shira found herself in the ensuing role of primary caregiver. Together Melanie and Shira created a framework for living joyfully in the face of illness and adversity - Melanie's choice to whole-heartedly adopt a positive mental attitude was paired with Shira's dedication and energy. This combination and their family and friends' collaborative approach to loving and caregiving made their journey remarkable. They decided their next challenge would be to create ways to help others find this joy.



The Living Index™ binder provides a framework which people with health challenges and those who care for them can use together with healthcare professionals to manage the details of care, while at the same time choosing joy every day. It is a comprehensive approach to living life better irrespective of illness or injury. Inside you'll find resources to better manage the challenges of living with chronic illness. Visit www.choosingjoy.com for more information.

Shira Gold generously donated several copies of the Living Index™ to the Family Caregivers' Network. You can pick-up your FREE copy at the FCNS office at 526 Michigan St. while supplies last.

Reminder to Use Your Thrifty Foods Smile Card

Thank you to everyone who helped us raise the funds to purchase two new retractable display banners by using your FCNS Smile Card when shopping at Thrifty Foods.



We have just been approved for another year with the Smile Card Program. For the upcoming year 5% of the total dollars that you load on to FCNS Smile Cards will go toward purchasing new tables and chairs for our Victoria Family Caregiver Support Group to use when meeting in our FCNS office in James Bay.

Thank you to Thrifty Foods for their ongoing support of FCNS over the past 5 years.

"Network News"

Published six times a year by the Family Caregivers' Network. The purpose of "Network News" is to provide support, information and education on issues of concern to family caregivers. "Network News" is not copyrighted. Reproduction in any manner is permitted accompanied by proper credit, unless it is designated "reprinted by permission." Deadline for the November 2010 issue is Oct. 15th.

We gratefully accept articles, stories, information sharing items, questions and reviews of appropriate materials to the readership. Submissions should be no longer than 650 words, and may be subject to editing. At FCNS we are committed to protecting your privacy according to the Personal Information Protection Act.

526 Michigan St., Victoria, B.C. V8V 1S2

Ph: (250) 384-0408, Fax: (250) 361-2660

Email: fcns@telus.net www.familycaregiversnetwork.org

Yes, I would like to be a member of the Family Caregivers' Network Society.

Name: _____
 (Please print) First name Last name

Address: _____

City: _____ Prov: _____ Postal Code: _____

Phone number: _____ Email: _____

Membership fee enclosed:

Individual \$20 Non-profit \$30 Corporate \$100

New membership: Renewal: Donation included:

Donations are gratefully accepted. You will receive a charitable tax receipt for donations of \$20 or more. Please do not send cash in the mail. **Make cheques payable to the Family Caregivers' Network. Return to: FCNS, 526 Michigan Street, Victoria, B.C. V8V 1S2**



Family Caregiver Support Groups

Victoria Evening Support Group

1st Monday of each month, 7:00 - 9:00 PM
FCNS office, 526 Michigan Street
(The Sept. group is moved to Sept. 13 due to the Labour Day holiday)

Sidney Support Group

2nd Monday of each month, 10:00 AM - Noon
Lounge, Shoal Centre, 10030 Resthaven Dr.
(The Oct. group is moved to Oct. 18 due to the Thanksgiving holiday)

Salt Spring Island Support Group

Every Wednesday, 11:00 AM - Noon
Seniors for Seniors Centre, Ganges
(The SSI group is offered in partnership with the Alzheimer Resource Centre, however this group is open to all caregivers.)

Pender Island Support Group

Every Monday, 10:00 AM - Noon
Pender Island Medical Centre, 5715 Canal Rd.
(This group is offered in partnership with the Pender Island Healthcare Society.)

Attendance at all our support groups is on a drop-in basis and they are facilitated by trained volunteers. For further information call the FCNS office at 250-384-0408.

Online Support for Caregivers

VON Canada Caregiver Connect
<http://www.caregiver-connect.ca>

Caring for Aging Parents in Canada
Social networking site
<http://agingparents.ning.com>

Community Support for Caregivers

A.L.S. Society: 250-721-0633 (caregivers can attend same support group as care receivers)

Alzheimer Resource Centre: 250-382-2052

BC Cancer Agency: 250-519-5525
(caregivers can attend same support groups as care receivers)

BC Schizophrenia Society, Strengthening Families Together Program: 250-384-4225

Fibromyalgia and Chronic Fatigue Syndrome: 877-437-4673

Huntington Society: 250-704-2512

Multiple Sclerosis Society of Canada: 250-388-6496

NEED Crisis and Information Line 250-386-6323

Parkinson's Caregiver Group: 250-475-6677

Peninsula Stroke Recovery: 250-652-3016

Victoria Brain Injury Society Family Program: 250-598-9339

Victoria Stroke Recovery Assoc.: 250-595-5940

Thanks!

We gratefully thank the volunteers who contributed to this issue of the Network News: Kathleen Atagi, Joyce Harper, Elizabeth McCarter and William Walters.

We also gratefully acknowledge VIHA for partial funding of this newsletter.

Family Caregivers' Network Society
526 Michigan Street
Victoria, B.C. V8V 1S2

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