FCBC's New Caregiver Resources

By Janet McLean, Family Caregivers of BC Education & Engagement Lead

What's important to you is important to us. Our key sources of learning come from you, as caregivers. This past year we took a deep dive into analyzing themes from our Caregiver Support Line, Caregiver Coaching consultations, attendance and viewings of our webinars, feedback from Caregiver Support Group facilitators, and information about the ways you are accessing information from our website, including our newsletters. Here's what we heard: caregivers are looking for resources that will help them, depending on where they are in their caregiving journey. What we also know from years of experience is that when you have met one caregiver, you have met one caregiver! Each journey is different and unique to the caregiver and the person they are caring for.

Next, we asked, “how can we help all of you collectively while helping each of you individually?” Our conclusion is we need to offer a blend of tools that you can pick and choose from based on your specific needs. Based on this, we decided to refresh what was previously known as the “Caregiver Stress Test”. We created a new “Caregiver Self-Assessment” which you can see on page 5 as well as on our website https://www.familycaregiversbc.ca/caregiver-self-assessment/. By shifting the focus to health from stress, we believe the new assessment provides a way for you to identify areas of personal need that will make it easier to locate resources that might help to support you. We intend to build on the self-assessment to provide way-finding on our website.

We also took some of the core content we piloted last year in our “welcome email series” for new Caregiver Connection subscribers https://www.familycaregiversbc.ca/newsletter-subscription/ and made it into a “flipbook”. The new flip book can be found on our website https://www.familycaregiversbc.ca/get-help/family-caregiver-flipbook/ and can also be downloaded if you prefer a hard copy. The flipbook, entitled "Family Caregiving: Don't Do it Alone," introduces just a few of the key themes we hear over and over from caregivers – about finding balance while caregiving, how to build self-care into their lives and a little bit about the benefit of developing an action plan.

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“Information is so important, and it must be open,” the poet, actor, speaker and civil rights activist Dr. Maya Angelou once said. “Information helps you to see that you’re not alone. That there’s somebody in Mississippi and somebody in Tokyo who all have wept, who’ve all longed and lost, who’ve all been happy. So the library helps you to see, not only that you are not alone, but that you’re not really any different from everyone else. There may be details that are different, but a human being is a human being.”

For people able to use print books, it is easy to take for granted the many benefits of local public libraries: their diverse and inviting collection of facts and fantasy; books and resources that offer comfort, recreation, professional and personal development and lifelong learning. For those with “print disabilities,” such as low vision or blindness, dyslexia, cognitive disabilities or mobility disabilities that prevent handling/reading a book, libraries can feel largely if not all together inaccessible. Thankfully, there are a growing number of resources available online and through local libraries to service those with just such challenges.

One example of these resources is the NNELS, the National Network for Equitable Library Service, library collection. Launched in 2013, NNELS is committed to ensuring that Canadians with print disabilities have access to the same books and information as everyone else, through libraries.

The collection started with 5,000 books and has now grown to 30,000 items. New titles are added on an ongoing basis, and this is largely based on requests from readers. In February of this year, NNELS received one million dollars to dramatically expand its impact.

NNELS is available to any eligible reader in Canada who is registered as print disabled through their library’s assistance services, and whose library is a participant in the NNELS program. As all material/files are accessed online and shared via downloading, a user must have access to a computer and possess an appropriate device (or computer software) for playing their desired format.

One thing particularly exciting and nice about the NNELS collection is that if a reader cannot find a specific title, and they live in one of the eight participating provinces and territories (AB, BC, MB, NT, NS, NU, SK, and YT), they can ask for the book to be converted to an accessible format.

While not all books are available in all formats, there are a number of formats to work from including DAISY talking books, EPUB 3, EPUB 2, PDF, e-text and MP3 for audio files. Access to NNELS comes at no charge to participating libraries or individuals.

Discover The Treasures of Your Local Library

By Kim Davis

The Different Stages of Caregiving
October 11, 2018
Janet Dunnett

Find more events at familycaregiversbc.ca/events
Editor's Note

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

This edition of the Caregiver Connection is dedicated to our late colleague, Katherine Willett. You can read more about Katherine in our Tribute on page 4. Suffice it to say she worked tirelessly to ensure that family caregivers were acknowledged for the tremendous contributions they make to our health care system and society.

One of Katherine’s favourite sayings was “Family Caregiving – Don’t Try It Alone” and this issue is filled with information and examples about different types of caregiver support. In the cover article you can read about some of the new tools we are creating at Family Caregivers of BC and on page 2 there is an article about resources you can access at your local library for care recipients with print disabilities. On page 7 we feature an article contributed by Jim Lamorte, a Vancouver Island caregiver, who along with a circle of other like-minded friends embraced a couple to help them manage a palliative care journey. And we are always looking for your help!! On page 6 we have an article contributed by the UBC Health Mentors Program. This program brings together patient and family caregiver volunteers to work with future health care providers. We know from the evidence that this is one of the best ways of ensuring that caregivers are identified and referred for support and included as partners in care. And for those of you who subscribe to the electronic version of our newsletter (https://www.familycaregiversbc.ca/caregiver-connection/) and receive our monthly eNews bulletins, you will recognize the authors of our article on the role of research in the lives of caregivers. The BC Support Unit Fraser Centre is a regular contributor to our eNews publications. They reach out to caregivers who are interested and willing to be involved in research that will improve the future of caregiving for everyone.

We hope you find something of value in this issue and that summer will bring you some moments of pure joy.

Thank you for caring - Janet
Tribute to a Tireless Caregiver Advocate

By the FCBC Team

In April, BC lost one of its most passionate champions for family caregivers. Katherine Willett, fondly known by many nicknames in our Victoria Office at Family Caregivers of BC (FCBC), passed away after a battle with cancer.

Self-referenced as “Weedy Willett”, Katherine was tireless in her quest for family caregivers. She dug into details and as the “Networking Guru” spread the word wherever she could about the need to get caregivers the attention they deserve in the health care system. Katherine completed her Post Baccalaureate Diploma in Gerontology at SFU in the late 1990s and firmly believed in supporting upcoming students in the field. Katherine was also extremely aware of the specific needs of multicultural seniors and caregivers and frequently connected with multicultural organizations to develop capacity to increase family caregiver support.

Her passion for family caregivers and the advocacy work she did stemmed from caring for her mother, affectionally known as Mamie. We came to know Katherine long before she joined us in 2014 in her volunteer Board role with the Caregivers Association of BC. Katherine stayed in touch as that organization closed its doors in 2010 and encouraged and supported us as we took on the BC champion role. Katherine then joined FCBC as part of our provincial program and was our feet on the ground in the Lower Mainland. In this role she represented us on many committees, manned FCBC exhibit tables at events, provided content on province-wide caregiver resources and updated our Employer Toolkit. She leaves a legacy of invaluable information about caregivers and for caregivers that will stand us in good stead for years to come. It was her personal mission to get family caregivers “into the water supply” of the health care system and to her credit, she made significant progress.

She leaves big shoes to fill in more ways than one. We miss her bigger than life personality and all that she brought to her work. We miss her contagious passion for getting the word out about caregivers, her understanding of the ins and outs of the health care system and the challenges of caregiver navigation. We miss her prolific supply of emails, offering a vast range of content and colour, and her surprise packages in the mail that told us she was thinking about us. We also miss her wacky sense of humour and stories about her life in English Bay. A huge pooch lover, Katherine spent precious hours with her late dogs Internet and Groovy walking on the beach. And always a funster, she even ventured down the slide at Second Beach – no doubt wearing a multi-coloured bathing suit and a pair of her wild glasses.

Katherine, we will not forget your smile and commitment and vow to continue your work for family caregivers – both in the weeds and in the water supply.
Caregiver Self-Assessment

Start by responding to the statements below to recognize the positive steps you are already taking to ensure you stay healthy, and to identify areas where you might consider action to help keep you resilient.

1. I am satisfied with my overall personal health.
   Yes  No

2. I have the skills and information I need in order to give the required care.
   Yes  No

3. I maintain regular contact with family and friends and make time to spend with them.
   Yes  No

4. I can ask for and accept help when it’s offered. I know I don’t have to, and can’t do this alone.
   Yes  No

5. I am able to communicate effectively with the person I am caring for, as well as others involved in their care.
   Yes  No

6. I am aware of community resources available to help support me in my caregiver role.
   Yes  No

7. I am aware of caregiver support groups (locally or online) and/or have a supportive network where I can share my challenges and successes.
   Yes  No

8. I make use of respite options available and take breaks from my caregiving responsibilities.
   Yes  No

9. I have gathered information about the progression of my care recipient’s disease so I know what to expect and can prepare in advance as best I can.
   Yes  No

10. I know how to navigate the healthcare system and who to ask if, and when I need help.
    Yes  No

Give yourself one point for every “Yes” answer.

8-10 Points: You are already taking several important actions to take care of yourself. Look closely at statements where you answered “No,” and consider whether accessing more resources would be helpful.

5-7 Points: You understand the importance of self-care, but you’re not always able to take action to support yourself. Consider any barriers you have to self-care, and ask yourself whether these are external (you don’t know about the resources that exist to help you) or internal (you have trouble asking for and receiving support). Sharing the care is essential to finding enough time and energy for yourself. Choose one statement where you responded “No” to work on this week.

Fewer than 5 Points: Without contributing to your own well-being, caregiving quickly becomes overwhelming and unsustainable. Use this list of ten statements as a guide to creating a self-care plan, and start with learning more about the caregiver support resources available to guide you. It will be important for you to identify resources you’re not currently using in your social circle, such as family, friends, acquaintances and neighbours, to share the care and create some much-needed space for addressing your own wellbeing.

Call Family Caregivers of BC's toll-free Caregiver Support Line at 1-877-520-3267 or visit www.familycaregiversbc.ca for information and resources.

We gratefully acknowledge our donors and funding partners

Caregiver Connection

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Family Caregivers of BC
1 877 520 3267
www.familycaregiversbc.ca
Do you care for someone who has a chronic condition? Want to help instruct the next generation of healthcare professionals?

The UBC Health Mentors Program is looking for volunteer patient mentors/caregivers to help new healthcare students learn about patient-centered care.

Health mentors are adults with chronic conditions/disabilities or caregivers who provide care to someone with a chronic condition. Mentors are "experts" in their lives who help students learn how healthcare providers can best give support to patients and clients. Over 16 months, the small student groups visit their mentors twice a semester, focusing on specific healthcare topics.

Health mentors report that it gives them a sense of accomplishment to work with students and help instruct the next generation of healthcare providers. Students say that working with their health mentors provides experiential learning opportunities that gives them a unique patient perspective outside of textbooks and the classroom.

Since 2011, we have had over 1000 students and 170 mentors involved in the UBC Health Mentors program. Students are from the fields of pharmacy, physical therapy, nursing, occupational therapy, kinesiology, and medicine. Caregivers/mentors have various conditions including diabetes, rheumatoid arthritis, HIV, multiple sclerosis, Parkinson’s, stroke and aphasia, fibromyalgia, epilepsy, muscular dystrophy, transplant, and mental health.

Groups share their learning with other UBC students, faculty, and community members through an annual symposium. The fun event includes poster-board displays by each group and provides the opportunity for guests to talk with students and mentors about their experiences in the program. A short phrase or "tweet" that describes one key piece of learning from the program is the centerpiece of each group's presentation.

Health mentors/caregivers should live in the Metro Vancouver area and be comfortable discussing their health concerns. The program starts in September 2018 and runs until December 2019.

See the program website https://pcpe.health.ubc.ca/healthmentors for more information, and contact the program coordinator jen.macdonald@ubc.ca to apply.
I care about a caregiver, and I am not alone. There are a lot of us, and last year we all faced the same problem of how to help. Here is our story about the Caring Circle that grew around two friends in pain. Let’s call them Art and Grace.

When Grace began her two-year battle with Lymphoma cancer, her husband Art began his new career as Senior Caregiver and Chief Bottle Washer. He gradually took over many of the household chores and served as personal nurse as Grace’s condition worsened. When challenged with each new decline, Art simply stepped up to do anything and everything that was required for Grace - Regardless of the cost to him.

Their story is likely familiar to many readers, with the inevitable slide from Hope Mountain into the Valley of Doubt, and ultimately ending in the Pit of Doom. Art and Grace faced this challenge with wisdom, courage, and love.

We, their friends and family members encountered a challenge, too: How to help Art and Grace cope. What did they need? What could we offer? What help would they accept? We fumbled at first, all wanting to help so much. But as Art said later, “Having four casseroles land in my fridge on one day, although miraculous and generous, was not all that helpful.”

Our dilemma was this. While we didn’t want them to go through this alone, we also wanted to respect their privacy. We hesitated to call or knock on their door. We didn’t know what to do, but doing nothing felt wrong. We didn’t want to say the wrong thing, offering some lighthearted comment that triggered pain or anger, but saying nothing felt wrong, too.

We learned that Art and Grace faced a similar conundrum. They did not want to impose on others, but felt their energies dwindling. Art was clearly heading for “caregiver burnout,” a new term for all of us, but did not know what he needed or who to turn to. Asking for help was embarrassing and triggered a guilt reflex.

When we all talked about the situation honestly, we eventually came to this agreement:

1. We supporters of Art and Grace promise that we will not take on a role or engage in an activity that unduly impacts our lives.
2. In exchange, Art and Grace promise to identify and express their needs, whatever they might be. Then we can choose to meet specific needs, according to our respective schedules and availability.

Trusting each other on these two points helped everyone. No one had an inkling of how to structure the help that Art and Grace needed, but at least we had a working principle. Some type of calendar seemed useful, but how could we get everyone using the same system?

By great good fortune, we discovered the FCBC and the experience they offer. In the first meeting, we learned that our situation is common, and that there are tools that could help. FCBC explained that it is not unusual for friends to scatter when they hear of someone who is seriously ill or injured. We also learned about the power of sharing the caregiving activities in a Caring Circle, one that spreads the work and the joy of giving among members of a new community.

One tool in particular became a centre-point for our coordinated efforts. The online service we adapted is called Lotsa Helping Hands (http://lotsahelpinghands.com/). This application set out a place for Art to state his needs by time and date, and allowed us to respond when we were able. It’s all based on a common calendar that people can reference any time. This tool allowed us to create a new community, we called “Grace’s Circle.” Eventually, the Circle included nearly 50 members, so sharing the workload was easy. We shared meal preparation, visits, yard work, and giving Art a break occasionally. Even distant friends could participate by sharing stories and photos on Grace’s Circle for us all to see. Eventually, Art used Lotsa Helping Hands to keep everyone informed about the latest news, including test results and how Grace was feeling.

Watching a friend or family member suffer and being unable to relieve their pain feels like an unfamiliar level of hell. There is a persistent itch to help. With the help of the FCBC, and the tools they identified, we found a way to build a new community of care that worked.

www.familycaregiversbc.ca
Have you ever wondered how health research is conducted? How patients and family caregivers can help contribute to health research? Is there a way people with lived experience can help shape research ideas and topics?

Well look no further! The BC SUPPORT Unit Fraser Centre (http://bcsupportunit.ca/) can help with that! Patients and family caregivers have valuable experience in using the health care system, reflecting on what is working and what is not. This is critical to creating relevant research. For example, one study on patient priorities for the treatment of osteoarthritis found that only 9% of patients wanted more research on drugs, yet over 80% of research trials were on drug interventions. Clearly there is a mismatch.

To address this gap, the Canadian Institutes of Health Research (CIHR) introduced the Strategy for Patient-Oriented Research to ensure “that the right patient receives the right clinical intervention at the right time, ultimately leading to better health outcomes”. “Patient-oriented research can be undertaken in all health care settings: primary care, tertiary care, long-term care, home care or community-based care, wherever patients seek and/or receive care”. As part of this strategy, BC SUPPORT Unit Fraser Centre is supporting patients and family caregivers to become partners on research teams so they can share their lived experience with researchers to conduct research that produces patient centered results.

The Fraser Centre is a partnership between Fraser Health and Simon Fraser University, offering services for patients and family caregivers to learn more about patient-oriented research and how they can become patient partners on research teams. Rableen Nagra, Patient Engagement Specialist, is always looking to connect with patients and family caregivers who would like to get involved in health research. We work with various health care professionals and researchers who are looking to engage patient partners. The research ideas range from designing an online application for patients and family caregivers so they can keep a record of their symptoms, to researching best practices to support patients and family caregivers before and after getting their diabetes diagnoses, to creating a set of recommendations for total knee replacement surgery patients. In order for us to promote these opportunities, we collaborate with Family Caregivers of BC to share these opportunities with all of you! If you subscribe to the electronic version of FCBC’s Caregiver Connection newsletter, you will automatically receive their monthly eNews with postings about future research opportunities. You can subscribe to the newsletter on their website https://www.familycaregiversbc.ca/newsletter-subscription/. To check currently available opportunities click here: (https://patientvoicesbc.ca/patient-partners/volunteer-opportunities/#fraser-valley-lower-mainland-region)

Another way that you can get involved with the Fraser Centre is by becoming a member of our Patients Interested in Research (PIiR) group. The PIiR group is composed of community members from the Fraser Health region with personal experience of a health issue or of the health care system and family caregivers, including friends. This group serves as a community where patients interested in research can be kept abreast of patient partner research opportunities, find support and receive training in patient oriented research.

For more information on patient-oriented research and how you can get involved, email Rableen Nagra at Rableen.nagra@fraserhealth.ca

Ref 1: ‘Relations between the agendas of the research community and the research consumer’ Tallon et al, Lancet 2000 as cited by Iain Chalmers and Paul Glasziou, The Lancet, 2009
Ref 2: http://www.cihr-irsc.gc.ca/e/44000.html
Help is available — find a support group

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

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<th>FRASER HEALTH AREA</th>
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<td><strong>Burnaby</strong></td>
<td>Cranbrook, Creston, Fernie, Golden, Kimberley, Invermere</td>
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<td>Family Caregivers Program</td>
<td>Caregivers Network for East Kootenay Seniors</td>
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<tr>
<td>Burnaby Seniors Outreach Services Society</td>
<td>1-877-489-0803 or in Cranbrook 250-489-0802</td>
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<tr>
<td>2055 Rosser Ave.</td>
<td><a href="mailto:caregiversnetworkek@gmail.com">caregiversnetworkek@gmail.com</a></td>
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<td>604-291-2258 or <a href="mailto:judi@bbyseniors.ca">judi@bbyseniors.ca</a></td>
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<td>20605 - 51B Ave., Langley</td>
<td>250-499-3020</td>
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<td>604-530-3020 or <a href="mailto:info@lsrs.ca">info@lsrs.ca</a></td>
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<td>12150 224th St.</td>
<td>250-770-3486</td>
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<td>604-466-1442 or <a href="mailto:vcr_fv@telus.net">vcr_fv@telus.net</a></td>
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<td><strong>Surrey</strong></td>
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<td>Seniors Come Share Society</td>
<td>Princeton General Hospital</td>
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<td>15008 26th Ave., Surrey</td>
<td>250-295-4464</td>
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<td>Caregivers Network of Surrey/Delta</td>
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<td><strong>Newton</strong>: Seniors Come Share</td>
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<td><strong>Delta</strong>: Northcrest Care Centre</td>
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<td>6771 120th St.</td>
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<td>Delta**: Kennedy Senior Recreation Center</td>
<td>1351 Ironwood Rd</td>
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<td>Cowichan Family Caregivers Support Society</td>
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<td>604-591-3137 or <a href="mailto:normahenryt@shaw.ca">normahenryt@shaw.ca</a></td>
<td><a href="mailto:info@familycaregiverssupport.org">info@familycaregiverssupport.org</a></td>
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<td>250-597-0886</td>
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<td><strong>South Delta</strong></td>
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<td>Caregivers’ Support Network</td>
<td>Comox Valley Senior Support</td>
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<tr>
<td>The Centre for Supportive Care</td>
<td>#491B – 4th St., Courtenay</td>
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<tr>
<td>4631 Clarence Taylor Cres., Ladner</td>
<td>250-871-5940 or <a href="mailto:seniorpeercounselling@shaw.ca">seniorpeercounselling@shaw.ca</a></td>
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<td>604-943-3921 or <a href="mailto:info@deltahospice.org">info@deltahospice.org</a></td>
<td><a href="http://www.comoxvalleyseniorpeercounselling.com">www.comoxvalleyseniorpeercounselling.com</a></td>
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<td><strong>Tri-Cities (Coquitlam, Port Coquitlam, Port Moody)</strong></td>
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<td>Caregiver Support Program</td>
<td>Cowichan Family Caregivers Support Society</td>
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<tr>
<td>778-789-1496</td>
<td>#1 Kenneth Place, Duncan</td>
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<td><a href="mailto:SeniorCaregiverProgram@gmail.com">SeniorCaregiverProgram@gmail.com</a></td>
<td>250-597-0886 or <a href="mailto:info@familycaregiverssupport.org">info@familycaregiverssupport.org</a></td>
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SAFE Family Caregivers Support Group of BC
(604) 653 5173 or familycaregiversssgbc@gmail.com
Gabriola Island
People for a Healthy Community (PHC) Resource Centre
250-247-7311  www.phcgabriola.org

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

Nanaimo
BC Seniors and Pensioners Nanaimo
250-754-7334 or reneemo@shaw.ca

Nanaimo Family Life Association EngAGE
Caregivers Support Group Meetings
Contact 250-754-3331 or reception@nflabc.org

Pender Island
Plumtree Couth
guidingseal@gmail.com

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

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
250-384-0408 or  jandb@telus.net

Victoria Downtown Lunch Hour Group
Anna.burrowes@gov.bc.ca

Victoria Disability Resource Centre
victoriacaregivers@gmail.com

Male Caregiver Support Group
250-384-0408 or bnzglr@gmail.com

Saanich Peninsula Group
2159 Mt. Newton X Rd, Saanichton
250-384-0408 or sol.valiquette@shaw.ca

NORTHERN HEALTH AREA

Smithers
Mental Health Conference Room
250-847-2975 for more information 250-295-4464

Prince George
Prince George Native Friendship Centre
250-564-3568 x275  or betterathome@pgnfc.com

VANCOUVER COASTAL HEALTH AREA

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

Richmond
Caregivers Drop-in Group
Rosewood Manor, 6260 Blundell Rd.
604-271-3646

South Vancouver
Support Group for South Vancouver Family & Friend Caregivers
carmenorquiola67@gmail.com
604-453-5885/604-324-6212

Vancouver
Frog Hollow Neighbourhood House (Mandarin Group)
604-251-1225 ext 237  gloria@froghollow.bc.ca

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 (no area code)

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
Making the private matter of caring for your family member or friend a public matter has been a 29 year mission for Family Caregivers Society of British Columbia.

With Health Minister Adrian Dix’s announcement of $75 million in new provincial caregiver support funding on June 18, 2018, the Society is celebrating.

“Today’s commitment to supporting family and friend caregivers across BC is significant and unprecedented in Canada,” said Barbra Hopkins, President of Family Caregivers of British Columbia (FCBC). “I am a caregiver for my mother and had to reduce my work to part-time, and I also help care for my grandchildren, so I know first-hand what’s at stake.” Hopkins is one of more than one million family caregivers across BC doing the same thing, juggling work, caring for an aging parent or chronically ill family member or friend and trying to remain healthy despite the financial, physical and emotional toll of caregiving.

“After many decades of calling for a systemic approach to supporting caregivers, it’s finally going to happen,” adds FCBC Executive Director Barb MacLean. “We couldn’t be more pleased about this increased level of recognition and support for a very hard-working, invisible part of society.”

MacLean notes that the new provincial funding is going directly to Health Regions to increase and improve respite and adult day program options. Caregivers need regular relief from caregiving duties and this funding will help significantly.”
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) A charitable tax receipt will be issued for donations of $20 or more.

Please make cheques payable to Family Caregivers Society of British 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

Family Caregivers Society of British Columbia
#6-3318 Oak Street
Victoria, BC V8X 1R1