

Challenging Cultural Norms - Male Family Caregivers: “Lone Wolf” or “Wolf Pack”?

By David Rittenhouse, Caregiver Consultant, CPCA, Senior Care Hacks - Life Hacks for Men

Take a moment and Google images for “family caregiver”. What do you notice? Are the majority of pictures a woman caring for another family member? Why are men underrepresented and what can we do to change this?

Over time, we’ve seen a sea change in attitudes when it comes to traditional gender roles. More women than ever attending universities and in the workplace, and more men opting to be the primary parent on the home front. I believe the last frontier we still need to challenge is our cultural assumption about who is responsible for caring for aging parents, spouses and other family / friends.

According to Statistics Canada in 2012, nearly half (46 percent) of all family caregivers in Canada were men. Unfortunately, men are not represented often enough as caregivers in seniors services brochures and in the mass media.

We need to identify and recognize how men contribute to caring for family members by creating more positive role models in the media. We need to see more representation of men as caregivers on TV and online. There’s a great video created by the American Association of Retired People (AARP) featuring men as caregivers with tough guy actor Danny Trejo “[Tougher](#)



[than Tough](#)”. In the video, it shows a middle-aged man involved in the care of his aging father, helping him with his activities of daily living. One of the things that is great about this video is that it presents information in a way that is engaging for men. Few other sources of information take this approach, let’s see more of this!

Continued on page 2...

Family Caregivers of BC is trialing an all male support group in Victoria. Our free male support group encourages men to share their experiences, develop friendships, and learn about resources and coping techniques. This support group meets every 2nd Tuesday of the month at 6-3318 Oak Street in Victoria from 7:00pm- 8:30pm. For information contact 250-384-0408 OR bnzglr@gmail.com or visit: <https://www.familycaregiversbc.ca/events/>

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Most male caregivers take on this role without reaching out for help. They often do not like to talk about the mushy stuff related to their feelings about caregiving. And men typically have a different approach to caring, most often by themselves. Too often men work in this job as a “lone wolf”. Men need to understand that

they cannot carry the burden of caregiving alone. When it comes to caring for a family member, I’d love to see more men create their own care “wolf pack”. The wolf pack can include family members, friends and even neighbours.

Mediate BC Provides Options and Resources for Dispute Resolution

By Zoe Stryd, Executive Director, Mediate BC

November 3-10 is Conflict Resolution week in BC this year. As a caregiver, there are many ways you might have to deal with conflict. Issues can arise with friends or family, medical professionals, or other individuals and institutions as you strive to help your loved ones.

When conflict emerges, you can turn to Mediate BC to find public information and resources for dispute resolution, including rosters of qualified mediators. Mediation is a practical, affordable, flexible and confidential approach to resolving contentious issues, especially when both parties want to maintain good relations. Some situations where you might consider using a mediator include:

- A difficult relationship with the one you care for – a mediator can help you work through specific disagreements, but also help you set a pathway for a better relationship going forward.
- Disputes with doctors, homecare workers, social workers, physiotherapists, or other professionals you need to interact with. A mediator can intervene in a dispute if the other party agrees, and many can also coach you to communicate better with these individuals on your own.
- Disputes within families about care of a loved one. Family Caregivers of BC and Mediate BC partnered to create a free online webinar: Who Decides What and

Other Touchy Caregiving Topics which is available as a recording on the Family Caregivers of BC website <https://www.familycaregiversbc.ca/events/webinars/>.

This webinar looks at how conflict arises over caregiving decisions and how mediation can be used to resolve these conflicts. You will learn about relevant laws and what legal options are available. There is also a discussion about tricky issues that can come up when making care decisions, including questions about capacity and abuse.

The webinar is free and can be accessed any time. At any time you can also access Mediate BC’s searchable on-line roster where you can find a mediator in your community, or mediators who provide distance mediation. Every rostered mediator has completed requisite levels of training and experience, has made a commitment to follow Mediate BC’s Standards of Conduct, and carries liability insurance. You can access Mediate BC’s services at <http://mediatebc.com/> or call for more information to ext. 100 at 604-684-1300 or toll-free: 1-877-656-130



FCBC Webinars

<https://www.familycaregiversbc.ca/events/webinars/>

Conquer Your Fears at Every Stage of Caregiving

October 11, 2018
Janet Dunnett

Get Help and Hope: Access the resources you need

October 18, 2018
Sheila Armstrong

Add a Pharmacist to your Care Team

November 13, 2018
Jason Cridge

Building Cooperative Relationships

November 29, 2018
Sheila Armstrong & Wendy Johnstone

Anger, Guilt and the Family Caregiver

December 6, 2018
Maureen Grant

Editor's Note

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



Producing a quarterly newsletter has its challenges. We try to anticipate content you will find helpful before our next issue is out and the period between now and our January Winter issue is laden with caregiver “need to knows”. For this reason, we publish a monthly eNews that is emailed to folks who subscribe to the electronic version of our newsletter. To sign up for the monthly E-news, please go on our website to subscribe <https://www.familycaregiversbc.ca/newsletter-subscription/> or give us a call @ 1-877-520-3267.

In this issue of the Caregiver Connection, we are encouraging all caregivers to reach out and speak out for support. David Rittenhouse has contributed our cover article about male caregivers – Lone Wolf or Wolf Pack? At FCBC we can attest to the fact that most of the calls we receive on our Caregiver Support Line are from females yet many many men are also caregivers. We know you are out there – please don’t care alone. Janet Dunnett’s article about the Power of Stories emphasizes how important it is for caregivers to tell their stories – to turn up the volume of the collective

voice that needs to be heard and acknowledged. And to read about a caregiver who hasn’t been afraid to reach out and touch many lives, turn to page 6 for a profile of Carmen Orquiola who works tirelessly for seniors and caregivers in South Vancouver. Perhaps you are thinking ahead to upcoming seasonal celebrations that may bring together members of your family who aren’t always in the same physical space. This can sometimes surface challenging questions about caregiving that might ruin otherwise joyful occasions. On page 2 read about how mediation and the services of Mediate BC can help you resolve conflicts. And we are thrilled to have an article from Jason Cridge, Cridge Family Pharmacy in Victoria, profiling the ways your local pharmacist can support you as a caregiver. Last but not least, our article about the Emotional Impacts of Caregiving is about cutting yourself some slack. The last quarter of the year can be challenging for caregivers so you need to know it is normal to experience ups and downs. Give us a call on our toll-free line 1-877-520-3267. We get it.

Thank you for caring -Janet

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The Power of Stories

By Janet Dunnett, Caregiver Emeritus

The truth of stories, says Tom King, a fine Canadian author, is “they are all we are.” He means that being human gives us all the gift of remembering, and forgetting, and choosing the spin we put on events in our lives through the stories we tell. Is it the grit of it all where we place our focus, or the bliss? I think that if we really accept life as a mix of both, and share both sides of our truth, we have the power to heal our personal hurts through our stories, but also move society to do better. Our experience is a drop in the wave of change. But to add our bit, we have to show up with our story.

Thinking about that, I’ve begun to amend the way I talk about my caregiving experience. Sure, I have as many gripping vignettes about wounds and aggravation as anyone, and they emerge first. Even with all the love and care I lavished on my parents, they kept right on dwindling. That time of no-fix was more challenging than any other in my life. But it also gave me a power I didn’t have before. The power of my story.

Looking back, I see a bigger picture. Through acknowledging the bliss beyond the grit, I grew stronger, even though many days I could barely lift my head for fatigue and discouragement.

Now I see my experience in a more positive light. For example, I used to talk about how my family battled through sharp differences around what was next in all the care challenges. Now I add to that by saying how our family meetings and tough talk morphed into sibling strength we didn’t know we had. Sharing that story helped us siblings to support each other in facing our own dwindling time. Same set of circumstances. Different stories.

And my stories of advocacy also change with time. Sure, that pesky Goliath is still blindly swinging in my narrative of struggle with the health care system. But now I accept the giant as struggling too, yearning just like me for good change. So we need a truce talk, not a battle. We need to share what matters and apply that new understanding to make things better.

But as a caregiver emeritus, I’m concerned. My tribe is known as an invisible army. For many reasons, we’ve opted out of most conversations about what



quality care looks like at the edge of life. That’s a yawning gap. Our experience has given us a unique perspective on what “patient first” really means in the moment by moment of care. Our stories are desperately needed.

If we are brave and speak our personal truth to power, others in our tribe might do it too. So each lone voice is magnified. Only then, our massive stakeholder group of caregivers can take the seat being held for us at those tables where decisions get made. Our stories straight from the heart breathe life into the studies and statistics of others. Head and heart, we all move the culture of care along.

Your story is more powerful than you imagine. So tell it! Connect with Janet at janetdunnett@shaw.ca and with us at <https://www.familycaregiversbc.ca/research-family-caregivers-2/>. Get involved, be part of change. Share your voice through our Caregiver Engagement Program.

Are you prepared for what is to come along your caregiving journey? When you provide care for a sick, disabled or elderly loved one you will face a number of challenges throughout the many stages of caregiving. This learning event will examine the journey caregiving takes us on – no matter when it may happen in our lives.

Catch Janet Dunnett in this informative Webinar happening **October 11th at 6:30 - 8:00 PST**. Sign up for this free webinar here: <https://events.huddol.com/event/caregiving-stages/>

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.

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Caregiver Connection

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Family Caregivers of BC

1 877 520 3267

www.familycaregiversbc.ca



Carmen Orquiola - FCBC Support Group Faciliator and Volunteer

By Lylia Rodrigues, Caregiver Support & Engagement Lead, Family Caregivers of BC

I met Carmen Orquiola in 2009 at the Metro Vancouver Cross Cultural Network. I was impressed with her drive and vision for supporting seniors and caregivers. Currently she is involved with our BC Community of Practice for Support Group Facilitators. I recently had the honor to interview Carmen and learn more about her important efforts.

Tell us about your cultural and professional background. What brought you to Canada -Vancouver?

I was born and raised in Metro Manila of Filipino parents. I obtained a Doctorate degree in Public Administration and was executive service officer for more than 25 years with the Philippine Government. When I moved to Canada in 1992, my husband and I were seeking a country than can offer the best future for our five children in terms of safety, education, health care and employment opportunities.

What inspired you to support seniors and caregivers?

From 2004 to 2008, I took charge of providing a variety of senior programs for Filipino communities. As Program Coordinator of the Community Action for Seniors Independence (CASI) pilot project in Vancouver in 2010, predecessor of the Better at Home Program, I was exposed to the complex needs of seniors. Their poor quality of life challenged me more than ever to work and advocate for seniors. As a member of the South Vancouver Seniors Hub Council, I got involved with family caregivers and initiated the Family and Friend Caregiver Support Group in South Vancouver.

What is your current involvement with caregivers?

I facilitate a support group for multicultural family caregivers at the South Vancouver Neighbourhood House. Every session is divided into 2 parts. The first hour is devoted to information sharing and the second hour is for emotional support where



caregivers can vent about their experience, discuss practical solutions and exchange information about community resources. Occasionally meditative yoga is provided before or after break times.

What is your involvement with Family Caregivers of BC (FCBC)? How did you

learn about us?

I learned about FCBC through my late friend and mentor, Katherine Willett, former consultant with FCBC. In 2016, I attended her Training for Caregiver Support Group Facilitators. She encouraged me to pursue my plan of organizing a support group for family caregivers in South Vancouver. I learned more about your agency when I did a short presentation at the first Community of Practice (CoP) meeting in 2017. I also attended your training on Facilitation Skills. Most recently, I volunteered at your exhibit table at the BC Doctors Summit Meeting in Vancouver.

What are the types of support you consider to be the most significant for family caregivers?

Respite! Respite services comprised of home support, residential care facilities, and adult day centres, must be expanded. By expansion I mean longer hours of home support enable caregivers to attend to personal needs like doctor’s appointment, grocery shopping, church services. More beds in care facilities would also accommodate the needs of caregivers with urgent needs and seniors who cannot return home after being released from hospital.

Continued on page 11...

What Your Local Pharmacist Can Do For You

By Joey Kirk, Cridge Family Pharmacy

Pharmacists are an integral part of your loved ones primary healthcare team. While they may only see their family physician once every 6 months, your local Pharmacist will do a complete review of their medications every time they fill a new or existing prescription. A pharmacist can address any medication questions or concerns you or your loved ones may have, as well as consult the prescribing physician should further clarification be needed.

Many pharmacies have also branched out to include more clinical services, all available directly from the pharmacy. Yearly flu shot clinics as well as scheduled vaccination administration are all services that a pharmacist can now provide. They can help you understand Fair PharmaCare and third party insurance coverage, as well as work with the prescribing physician and any third party plans to make sure your loved ones get the maximum coverage available to them for their medications.

Blister Packing medications has been standard practice for many years to assist with medication compliance, but new innovative options, such as the electronic, automated Spencer Medication Dispenser <https://www.cridgepharmacy.com/spencer> are now available at select pharmacies across British Columbia, including locations in Victoria and Kelowna. This toaster-sized machine can hold one weeks worth of medication at a time, and will prompt patients with an alarm when it is time to take their medications, dispensing the doses required for that day, at that specific time. This alleviates patient confusion, as well as caregiver burden, and allows for daily monitoring of patient compliance, which can then be used to improve patient healthcare outcomes.

Pharmacy based nursing services, such as daily blood sugar monitoring, insulin injection, and medication administration, are also newly available throughout Greater Victoria and some parts of Vancouver/ the Lower Mainland. These programs involve daily visits from nurses to patients homes, where they can provide a variety of medication-based healthcare services and monitoring, working closely with both



Jason Cridge, Pharmacist, Cridge Family Pharmacy

the pharmacy and patients physicians to ensure thorough and ongoing assessment of patients health.

With doctor shortages across the province, we encourage you to speak to your local pharmacy today, and see how they can help you and your loved ones receive the best possible support and services from your healthcare team. When it comes to medication management at home, your local pharmacy team is always there to help.

Stay tuned for an upcoming webinar on Medication Management for Caregivers with Jason Cridge and Wendy Johnstone on **November 13th, 2018**.

Sign up for this free webinar here: <https://www.familycaregiversbc.ca/webinars/add-a-pharmacist-to-your-care-team/>

The Emotional Impact of Caregiving

By Barbara Small, Former FCBC Program Lead

Family caregivers experience a wide range of emotions in response to the responsibilities of providing care, including anger, grief, guilt, and resentment. And yes, there is some joy and satisfaction as well.

All these feelings are normal and will fluctuate continuously dependent on the current situation. It is important to find a way to express and manage these emotions, especially those that drain your energy. Left unexpressed these emotions can lead to caregiver burnout.

All your emotions are valid and real. Trust them as they come up. Take a deep breath and examine what is motivating the emotion and what small change you could make to shift that feeling. Difficult emotions can be a signal to you that the current situation is not working for you or that something needs to change. Then at those times when you feel happy and energized, notice what has caused this response so you can draw on it in the future when you need to.

Below are some suggestions to help you manage tough emotions:

- Attend a caregiver support group through the Family Caregivers of BC (FCBC), a local community organization or one of the many disease-specific organizations such as the Alzheimer's Society and the BC Cancer Society. For a listing of caregiver support groups in BC, visit FCBC's website <https://www.familycaregiversbc.ca/family-caregiver-support-groups/>.
- Call FCBC's **Toll-free Caregiver Support Line at 1-877-520-3267**. We can help you find local resources too. Talk to a friend, a fellow caregiver, a co-worker or a professional counsellor in your community.
- Find time for activities that energize you and that you enjoy. Taking time to recharge will make you a better caregiver overall and help toward reducing any anger and resentment. Everyone will benefit.
- Look at the expectations you have for yourself, the person you are caring for and the current situation. Are your expectations realistic or are you setting yourself up for further frustration and guilt? Are you

trying to maintain life as it was before any changes in health?

- When you feel angry or resentful, take a break and leave the situation if possible. A quick walk or some deep breathing can quickly help defuse your feelings.
- You may feel guilty when you are experiencing "negative" emotions such as anger and resentment, or when you take time for yourself. It is important to remember that you are doing the best you can, at the time, with what you know.

FCBC Resources

With the holiday season approaching, take some time for yourself and watch our past webinar on "Strategies for Creating a Stress Free Caregiver Holiday Season" here: <https://huddol.adobeconnect.com/a1024170528/p4k75r2v4d6/>

Mark your calendars for our upcoming webinar on Anger and Guilt for Caregivers on **December 6th, 2018**. Sign up for this webinar and our other free webinars here: <https://www.familycaregiversbc.ca/events/webinars/>

New! Check out our flipbook created as a quick learning tool for busy lives: <https://www.familycaregiversbc.ca/get-help/family-caregiver-flip-book/>

Family Caregiving: Don't do it alone.

Information, Tips & Tools
for Family Caregivers

Help is available — find a support group

Please contact local groups for exact locations and times. Find details on [our website](#).

FRASER HEALTH AREA

Burnaby

Family Caregivers Program
Burnaby Seniors Outreach Services Society
2055 Rosser Ave.
604-291-2258 or faryar@bbyseniors.ca
www.bsoss.org

Langley

Langley Senior Resources Society
20605 - 51B Ave., Langley
604-530-3020 or info@lsrs.ca

Maple Ridge

Seniors Activity Centre
12150 224th St.
604-466-1442 or vcr_fv@telus.net

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
info@caregiversnetworksurreydelta.com

Surrey: Fleetwood Villa
16028 83rd Ave.
604-686-379

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
604-591-3137 or normahenryt@shaw.ca

South Delta

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

Tri-Cities (Coquitlam, Port Coquitlam, Port Moody)

Caregiver Support Program
778-789-1496
SeniorCaregiverProgram@gmail.com

SAFE Family Caregivers Support Group of BC
(604) 653 5173 or familycaregiverssgbc@gmail.com

INTERIOR HEALTH AREA

Cranbrook, Creston, Fernie, Golden, Kimberley, Invermere

Caregivers Network for East Kootenay Seniors
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

Comox Valley

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

Cowichan Valley, Duncan, Ladysmith

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

Gabriola Island

People for a Healthy Community (PHC) Resource Centre
250-247-7311 www.phcgabriola.org

More on next page...

Mayne Island

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

Nanaimo

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

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

Pender Island

Plumtree Couth
guidingseal@gmail.com or 250-629-6634

Port Alberni

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

Salt Spring Island

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

Victoria

Family Caregivers of British Columbia Evening Group
1st Monday of the month
250-384-0408 or info@familycaregiversbc.ca

Male Caregiver Support Group
2nd Tuesday of the month 7:00-9:00pm
250-384-0408 or bnzglr@gmail.com

Cook St. Village Caregivers – 2nd Thursday of month 7-8:30pm
Cook St. Village Activity Centre, #1-380 Cook St. Victoria
250-384-0408 or balund@shaw.ca

Westshore Caregivers – 2nd Thursday of month 7-8:30pm
Church of Advent
510 Mt. View Ave., Colwood
250-384-0408 or victoriacaregivers@gmail.com

First Metropolitan United Church – 4th Thursday of month
1-2:30pm in Chapel
<https://www.firstmetvictoria.com/programs/health-and-wellness>
contact Kyla Morrison Morgan, Health and Wellness Advocate
250-388-5188, ext. 226

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.
604-277-3774 or 604-733-9683

South Vancouver

Support Group for South Vancouver Family & Friend Caregivers
ping@southvan.org or mineldi939@gmail.com
604-324-6212

Vancouver

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

Mount Pleasant Neighbourhood House
604-879-8208 ext 107 or tlynch@mpnh.org

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

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, Korean, Vietnamese & 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

Seniors First

www.seniorsfirstbc.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.seniorsfirstbc.ca

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Is there any additional information you would like to share with us?

Caregiving is one of the most noble, rewarding and self-fulfilling tasks one can ever undertake, whether the care recipient is a loved one or not. When I took care of my grandmother after my mother passed away at an early age, I suddenly found myself belonging to the sandwich generation. I had to balance my time and energy between my children and my grandmother. Taking care of her for more than five years until her demise, I experienced what most family caregivers have and are experiencing – fatigue, stress, anxiety, fear and frustration. After her death, I felt guilt and remorse. After a while, I found comfort by telling myself that I tried my very best and gave whatever I could considering my physical, emotional, and financial circumstances.

Now that I am transitioning to becoming a care recipient myself, I hope that positive karma comes my

way. In the end we all long for the gifts of selfless and unconditional care, love and attention.

Are you interested in starting your own support group? Connect with us at <https://www.familycaregiversbc.ca/contact-us/> to find out more about facilitating a support group and upcoming training sessions.

Want to join one of our many support groups across B.C.? Check out our current support groups on our website here: <https://www.familycaregiversbc.ca/family-caregiver-support-groups/>

We can help right now



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



info@familycaregiversbc.ca



www.familycaregiversbc.ca



Family Caregivers
of British Columbia

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.

Sign up for our monthly E-News and don't miss out on upcoming events and caregiving news!

<https://www.familycaregiversbc.ca/newsletter-subscription/>

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

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#6-3318 Oak Street

Victoria, BC V8X 1R1

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