

Support for Caregivers of Someone with Dementia

By the Alzheimer's Society & Family Caregivers of BC

January is Alzheimer Awareness month in British Columbia. To recognize the unique journey of caregivers caring for adults with a diagnosed dementia, Family Caregivers of BC is collaborating with the Alzheimer Society of B.C. to tell you about available resources.

The first thing you should do when you learn that the person you are caring for has a dementia is connect with the Alzheimer Society. Their First Link® program connects people affected by dementia and their caregivers to support and educate any stage of the journey.

Two years after her husband Mike first noticed changes in her, Donna Wager was diagnosed with dementia. "When we received the diagnosis, I was very afraid," Donna shares. Mike and Donna faced that fear by seeking out information. "We wanted to meet other people who were having the same experience." This drive to understand their situation led the Wagers to the Alzheimer Society of B.C.'s First Link® dementia support.

Through the First Link® program they met Mary Beth Rutherford, a Support and Education Coordinator. "When people reach out, I try to just let them talk," Mary Beth says. "People often have to talk through what they are experiencing, and then I can start to figure out what they need."



Donna and Mike Wager (courtesy of the Oliver Chronicle).

Connecting to First Link® has helped Donna and Mike build skills and plan ahead for the challenges presented by the disease. "It's taken away some of the fear." Donna says. "We can't change what will happen but we're more aware and better prepared to face it."

If you want to access First Link® dementia support, you can request a referral from a health-care provider, visit one of the Alzheimer Society of B.C.'s Regional Resource Centres in person or call the First Link® Dementia Helpline at **1-800-936-6033**. For more information, visit www.alzheimerbc.org.

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Alzheimer Society
BRITISH COLUMBIA

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Let us help. Call the BC Caregiver Support Line 1 877 520 3267

Family Caregivers of BC is another source of support you can tap into. Roughly 30% of the calls to our Caregiver Support Line (1-877-520-3267) are from caregivers caring for someone with dementia. We meet caregivers wherever they are on their journey. Our ability to listen, and refer caregivers to information, resources and caregiver support groups, help with navigation and

provide emotional support can be another invaluable source of support across the province. Visit our website www.familycaregiversbc.ca to access a vast array of resources including recorded webinars on a variety of common caregiver topics. Caregiving for someone with dementia is not easy – don't do it alone.

FCBC's Caregiver Support Line

By Lacie White, Caregiver Support and Engagement, Family Caregivers of BC

"Family Caregivers of BC, this is the Caregiver Support Line, Lacie speaking."

My main role at Family Caregivers of BC is to answer the phone Monday to Friday, 8:30am-4:00pm. Over 1 million unpaid family and friend caregivers across the province of B.C. have access to our free Caregiver Support Line services. I would like to take this opportunity to introduce myself, share my experience of answering caregiver calls, and remind people we are only a phone call away.

Who is on the other end of the line? I have seen family caregiving from many sides, personally, as a family and friend caregiver, professionally, as a nurse, and as a nurse researcher interviewing family members who are alongside people living with limiting chronic conditions. When I answer support calls my goal is to listen with compassion, remembering that while there may be common themes each experience is different and so are the needs.

Who is calling in and why? Parents, adult children, siblings, spouses, neighbours, friends, and friends of friends, and the list goes on. . . Some call in together, conference style; some call for the first time unsure what to expect. Others use the call line throughout their caring journey, pausing at different moments and remembering they can call us again, because

talking things through can be helpful. Sometimes there are no questions or supports one is clearly seeking. This is okay too. Having a place to talk through the layers of what is happening in the moment is enough.

What can we offer? We can take some time to listen to you which distinguishes us from the busy health care providers you may be encountering. We are then able to offer emotional support, help navigating the health system, and guidance toward information and resources that will help you move with and through what you are experiencing. If the situation is very complex, we might recommend a solution focused caregiver coaching session to develop a short-term action plan. For many caregivers, the support they find is in simply knowing they are not alone in their experience.

The calls leave me truly awe struck. Remarkable and resilient people are taking care of one another. Caregivers are a courageous group seeking out supports to extend the ways in which they can go on doing what they do. I use the word courage because it is not easy to ask for help, yet they do it anyway.

Please know we are here for you, we welcome your call. We are interested in what you are going through and want to be among the resources you think of for support.

FCBC Webinars

Where to Draw the Line: Boundary Setting for Caregivers

January 10, 2019
Jodie McDonald

Here to Help

February 12, 2019
Sarah Hamid-Balma

When Someone You Love is Dying

February 21, 2019
Jeanne Sedun

Find more events at
familycaregiversbc.ca/events

Find previously recorded
webinars here:

[https://www.familycaregiversbc.ca/
events/webinars/](https://www.familycaregiversbc.ca/events/webinars/)

Editor's Note

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



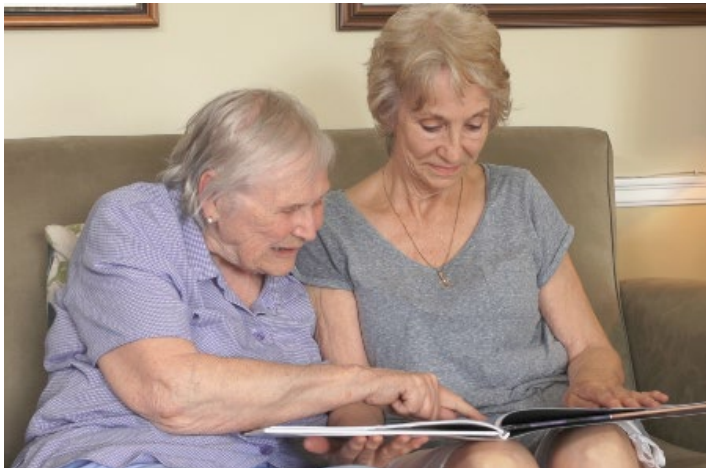
No matter where you are in your caregiving journey or the exact nature of your journey, you have experiences and concerns in common with other caregivers. It is in reaching out for support about these experiences and concerns that you can gain strength. This issue of Caregiver Connection helps to illustrate this January is Alzheimer Awareness month in BC. In collaboration with the Alzheimer Society our cover article talks about how the First Link program helps caregivers learn what to expect, refers them to helpful information and resources and provides one to one support for themselves and their care recipient. The article on page 2 talks about services offered through the Family Caregivers of BC's Caregiver Support Line. It describes the types of calls we get from caregivers in many different circumstances with very similar concerns. And the article on page 6 about the Caregiver Forum

held in Surrey last October demonstrates how helpful it can be to share caregiver experiences and concerns at the community level. All three articles point out the importance of reaching out to benefit from the experience and learning of others. There are even ways you can share using computer applications, read about these on page 8. And for practical advice about caring for someone nearing the end of life, read the article by author Jeanne Sedun on page 4 and register for our upcoming webinar with Jeanne on February 21st.

We wish you a good start to 2019 and hope you will make a New Year's resolution to be kind to yourself. Reaching out for support is a big part of that - it is important to know you are not alone.

Thanks for caring - Janet

Sharing the Dementia Journey



Caring for a loved one with a dementia disorder requires families to navigate unfamiliar and sometimes bewildering experiences. A new series of video tools, created in partnership by real family caregivers and experts, is designed to provide practical, honest and easily accessible tips for dealing with many of the common challenges faced by families living with dementia.

The video series, created by Island Health's Distributed Multimedia Systems with funding support from the Victoria Hospitals Foundation, is called 'Sharing The Journey: Practical Approaches to Caring for a Loved One With Dementia.'

Each five to 12-minute video segment focuses on a specific topic, such as communication, sleep or dressing. The videos honour the voices and lived experiences of family caregivers, providing practical advice to help other families respond to new challenges while maintaining healthy, respectful relationships with their loved ones. A wide variety of medical experts are interviewed to provide context for the recommendations.

The videos will be freely available for viewing at IslandHealth.ca starting in January, 2019.



Navigating the End of Life Journey: A Roadmap for Caregivers

By Jeanne M. Sedun, BA, BEd, MDiv
 Author – Someone I Love is Dying

It can be overwhelming to find out that someone you love has been diagnosed with a terminal illness. How do you support a loved one through their end of life journey?

What you may be feeling

Take a moment to reflect on what you're feeling. It can be extremely difficult to come to terms with the fact that someone you love has been diagnosed with a life-threatening illness. One of the common reactions to events like this is anticipatory grief – intense sorrow knowing that someone you love is dying.

Here are some of the things you may be feeling:

- shock and numbness;
- anxiety and fear about death, pain and suffering, and what life will be like without them;
- anger and sadness about why this is happening;
- denial and an unwillingness to believe that the diagnosis is accurate;
- an inability to cope with daily activities, and a feeling of being overwhelmed; and
- despair and hopelessness.

A terminal illness has an emotional and a physical impact on family and friends as well. Understanding and acknowledging your feelings is an important part of caring for your loved one. Allowing others to help you in ways that are meaningful for you is also important, since taking care of yourself will help you be able to support and care for your loved one.

Practical Considerations for the Time that Remains

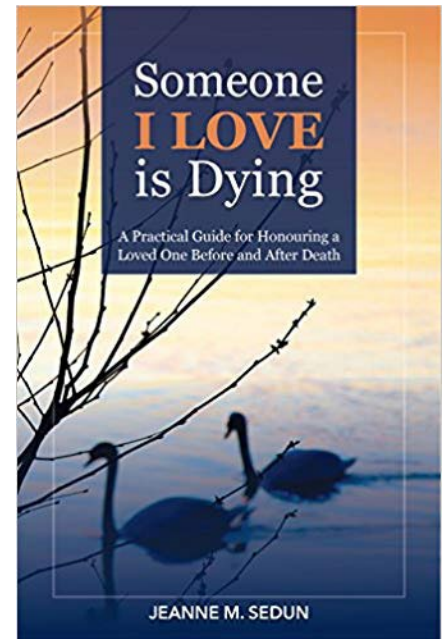
Working with your loved one to locate and organize important documents and information in the time that remains can make it easier for friends and family to carry out their wishes after they're gone. Arranging the affairs of your loved one can be less stressful if you have the opportunity to talk with them about key documents such as:

- A master contact list of friends, family and key advisors;

- Financial information including bank accounts and investments;
- Final wishes and advance directives such as a living will; and,
- Pre-planning for arrangements after death.

What Happens Next

There are many decisions that have to be made after someone dies. Some of the immediate steps include caring for their body, arranging for a funeral or celebration of life, writing an obituary, and carrying out their wishes for the distribution of their money, property, and belongings. Working through the arrangements after death can be emotionally and physically exhausting. Grieving is a very personal process that may take months for some, and years for others. Don't be afraid to reach out for support from friends, family, or counsellors to help you in your journey through grief.



Join us Live on Feb. 21

Free Webinar with Author Jeanne Sedun:

Navigating the End of Life: a Roadmap for Caregivers

Registration opens in January
WWW.FAMILYCAREGIVERSBC.CA/EVENTS



FCBC LEARNING EVENT

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



City of Surrey - Focus on Seniors Caregiver Forum

By Sahra-Lea Tosdevine-Tataryn, Project Manager for Age Friendly Strategy – City of Surrey

The City of Surrey is leading the way in supporting healthy active aging through its Age Friendly Strategy for Seniors, a framework that ensures seniors, families and caregivers are supported through advocacy, policy, partnering and service delivery.

Through successful collaborations with partners and organizations the City of Surrey offers educational opportunities to gain further knowledge and resources that will support seniors' caregivers and families with the tools to remain healthy, active, independent and engaged in the community.

Focus on Seniors Forums are held throughout various locations in Surrey and through community-based partnerships are offered in other languages including, Korean, Punjabi, Mandarin and Arabic. The Forums provide a safe comfortable venue to gain information on topics that include safety, health and wellness, transportation and mobility, housing and other subjects that are of importance to seniors, caregivers and their families.

In recognition of the value of the non-paid caregiver and the importance for them to remain socially connected and engaged in their journey as a caregiver, a 'Caregiver Forum' was offered to the community in partnership with Family Caregivers of BC, Seniors Come Share Society, Surrey Hospice Society, City of Surrey Cemetery Services and other community-based organizations who hosted resource booths on site.

The participants of the Forum were welcomed to a space that promoted conversation and social connection through a caregiver facilitator who lead an activity that provided participants with a way of becoming comfortable in the environment. The presentations included, Family Caregivers of BC, a caregiver who shared his own personal story of his journey and Surrey Hospice Society provided an interactive presentation on 'self care'. During lunch participants were able to experience a 'harp player'



Janet McLean with Caregiver Bill Housden and his mother Dorothy while connecting with others and visiting the resource booths.

Forum participants were fully engaged in the day of activities and overall the feedback was very positive. One participant noted, "it was nice to be with people that understand the life you are trying to navigate" .

A huge thank you to all the community partners and volunteers involved to create such a positive and successful experience.

CAREGIVER RESOURCE CENTER

www.familycaregiversbc.ca



- Information you need to care
- Calendar of events
- Sign up for our monthly e-news:



- Upcoming events
- Articles
- Opportunities to participate in research, health system improvement

Caregiver Resolution - Be Kind to Myself

By Cassandra Van Dyck, reprinted with permission from North Shore Community Resources

When you become a caregiver, you may find that some of the things in your life that used to come easily may now be harder. You might have less time to cook the kind of meals you want to eat or to get to exercise classes as often as you used to. There's a good chance that you will struggle to make it to as many social events or spend as much time on your hobbies. You could be forgetful and miss an appointment or not notice when something is amiss with your care partner. It can be tempting to be hard on yourself for the way your lifestyle is changing or mistakes that you might make. You might feel that even though you now have the responsibility of caring for a loved one, you should also be able to do everything you used to do just as well as before.

Taking pride and care in the way you spend your time is a positive thing! It shows that you value yourself and that you care about other people enough to make an effort. The trouble occurs when you feel pressure to be at the top of your game all the time. Perfection simply does not exist, and striving for it can cause an inordinate amount of stress.

Consider this your invitation to take a load off.

Take a deep breath, shake out your hands, relax in to your seat. Try to let go of the pressure to do things to the best of your abilities all the time for just a minute, and consider this: a caregiving journey is never an easy one and it's impossible to do things perfectly. There will be days when you feel you ticked all the boxes on your to-do list and there will be days when you wonder why you even try to write one. There will be conversations where you feel you said exactly what you wanted to and appointments where you wonder if you spoke up when you should have. You are worried and feel pressured because you care.

When you feel that you are not living up to the expectations you have of yourself, it can be hard to know how to turn off the nagging voice that's telling you you're not doing all you could be as well as you want to. If you're battling this feeling, consider trying these visualizations and writing exercises to calm your mind and give yourself a much needed break.

Visualization

Settle in to a warm bath, find a quiet, cool spot under a tree on a summer's day, or get cozy in bed. Take a deep breath in and out, and thank yourself for taking the time to do this exercise.

Picture yourself walking home with from the grocery store while carrying heavy bags. The handles are pulling at the skin on your fingers and your shoulders are aching from the weight. It's a hot day and your shirt is clinging to your back. Now stop for a minute and put your bags down. Shake out your hands, air out your shirt and take a long sip of water from the bottle you are carrying. How do you feel? Chances are, you feel energized and ready to tackle the final stretch home. Maybe you're realizing that it would be better to call a friend for a ride or wait at a bus stop.

Parallel this visualization to your caregiving journey and ask yourself: what do I need most right now? A break, someone to talk to, or a helping hand? Doing a mental inventory of where you're at can help relieve pressure and take action.

Writing Exercise

Set aside half an hour and find an inspiring place in your home, outside in a park, or in your favourite coffee shop and get out a pen and paper. Read the instructions, and then set a timer for 10 minutes and write without stopping.

Think of someone you love dearly and picture them in the same situation you are in. What would you say to them if they said they were struggling to do everything as well as they wanted to? Would you encourage them to work harder, or would you tell them to be easier on themselves and remind them of all the good they're doing? Write a letter to a friend who is going through exactly the same thing you are. What would you tell them?

How did that feel? Treating ourselves with the same love and care we'd treat someone else with is a helpful way to get some perspective because our expectations of self are usually far greater than what we expect from others.

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Continued from page 7. Remember that asking for help when you need it is a powerful way of taking care of yourself, and that there are many ways to do so. Asking for help could look like reaching out to people for tangible things like assistance with grocery shopping and meal cooking, or helping your loved one get to their appointments. You might want to consider looking in to short term respite options to give yourself a break or allow yourself to get some other things done. Asking for help might look like booking a session with a counselor or a massage therapist, or finally making it to one of the caregiver network groups you've heard so much about! If you're unsure of what you need to ease some of the stress, make sure you reach out to someone to work through your thoughts and alleviate the pressure.

The caregiving journey has many twists and turns, and they won't all be the right ones. Remember to give yourself the same care and understanding that you give to your loved one, and to find support when you need it by reaching out to a close friend, a professional, or a faith-based organization.

Resources:

<http://www.nscr.bc.ca/information/caregiver.html>

<http://northvancaregivers.wordpress.com/>

Technology to Support Caregivers

By April Lawrence, Health and Community Engagement Lead, Family Caregivers of BC

Currently, 71 percent of caregivers are interested in using technology to support their caregiving tasks, but only 7 percent are actually using it, according to the American Association of Retired Persons' 2016 Caregiving and Technology study. Time is tight for caregivers so we thought it might be helpful to give you some ideas of what technology can do for you.

As with anything online, there is lots offered. A helpful way to weed things out may be to see what has been developed with participation from a major university, hospital or expert researchers. The product is more likely to be based in best practice than one developed by a software company alone.

Sharing the Labour

There are sites designed to make it easy for others to help you. You can create a calendar including things you need help with – transport to medical appointments, cover while you go to a class of your own, meals delivered, a lawn that needs mowing. You invite people to join you in your circle of care and they can then choose the activities they will help with. You are always confident people are doing what they are willing and able to do because they volunteer. These two sites can be used from a home computer or from a mobile device with an app. They are Caring Village (<https://www.caringvillage.com/>) and Lotsa Helping Hands (<https://lotsahelpinghands.com/>).

Venting the Frustration

Sometimes you just need to get it all out with no risk of judgement. During weekdays 8:30 - 4 we encourage you to call FCBC's Caregiver Support Line @ **1-877-520-3267**. However, if you need to talk in the evening or on weekends, you might want to try the "chat bot" that has been developed by Saint Elizabeth Healthcare in Canada. St. Elizz worked with Artificial Intelligence (AI) experts to develop a computer program designed to listen to you and respond with suggestions of self-care activities you can try to reduce the negative emotions you are feeling. You can start a conversation by texting Hi to 647-492-8640 or through your Facebook by going to <https://elizz.com/landing-page/elizzbot>. It might feel a bit odd at first but if it helps diffuse a loaded situation, it could be quite comforting.

Medication Management

There are a growing number of supports for medication management. In our November 13th webinar on Add a Pharmacist to Your Care Team <https://www.familycaregiversbc.ca/events/webinars/> we explored the benefits of dosage control and reminder programs that are available for a fee. MyMeds is free, though it is only an app so requires a smart phone (<https://www.my-meds.com/>).

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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

Burnaby Seniors Outreach Services Society
2055 Rosser Ave.
604-291-2258 or jude@bbseniors.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.
Contact Bev: 604-380-0516 or info@rmssseniors.org

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

Delta: Northcrest Care Centre
6771 120th St.

Franca Babuin 604-588-4577

Delta: Kennedy Senior Recreation Center
11760 88th Ave.

Franca Babuin 604-588-4577

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
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
info@caregiversnetworkek.com
www.caregiversnetworkek.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

Campbell River Hospice Society, 440 Evergreen Road
Contact 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

Chemanius

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

Cowichan Valley, Duncan, Ladysmith

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

More on next page...

NORTHERN HEALTH AREA**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

Nanaimo Family Caregiver Support Group

BC Seniors and Pensioners Nanaimo

Contact: Irene 250-754-7334 or reneemo@shaw.ca

Pender Island

Plumtree Couth

Contact: Sue 250-629-6634 or communitysupport@shaw.ca

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

Sidney

Sidney Caregiver Support Group

Shoal Centre, 10030 Resthaven Drive, Sidney

250-384-0408 or sol.valiquette@shaw.ca

Sooke

Sooke Caregiver Support Group

Sooke Family Resources Society Bldg, 6672 Wadams Way

250-384-0408 or sookecaregivers@gmail.com

Victoria

Family Caregivers of British Columbia Evening Group

#6-3318 Oak St 1st Monday of the month

250-384-0408 or info@familycaregiversbc.ca

Male Caregiver Support Group

#6-3318 Oak St 2nd Tuesday of the month

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

Saanich Peninsula Caregivers

2159 Mt. Newton X Rd., Saanichton

250-384-0408 or sol.valiquette@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 office@firstmetvictoria.com 250-388-5188

Prince George

Prince George Native Friendship Centre

250-564-3568 x275 or betterathome@pgnfc.com

Smithers

Mental Health Conference Room on the 2nd floor of courthouse

Contact: Jenny 250-847-2975 for more information 250-295-

4464

VANCOUVER COASTAL HEALTH AREA**North Shore**

North Shore Community Resources

#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

Contact: Claudine cmatlo@mpnh.org 604-879-8208 ex 138

DISEASE-SPECIFIC FAMILY CAREGIVER SUPPORT 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.bcscs.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 Centrewww.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 websitewww.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**www.gov.bc.ca/seniors-guide

PDF available in English, Chinese, French, Korean, Vietnamese, Punjabi and Farsi

Hard copy available in English, Chinese, French, Punjabi call 1-877-952-3181

Crisis Centre BC<http://crisiscentre.bc.ca/contact-us/>

1-800-SUICIDE (1-800-784-2433)

Counselling Services

Sometimes caregivers need more than coaching to reassure them they are on the right path. Seven Cups offers counselling services for free and for a fee (<https://www.7cups.com/>) After downloading an app onto a computer or mobile device, you can connect with highly trained volunteer listeners, many of whom are training as professionals, or with paid professionals if your situation warrants. The volunteers post a few words about themselves so you can imagine your connection with them. They also operate in multiple languages besides English.

Medical Services

Caregivers often have medical questions about those they are caring for or even themselves. Health Link

Family Caregivers of British Columbiawww.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 Helpwww.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

BC (<https://www.healthlinkbc.ca/>) is your provincial health line, and is as close as your phone or the web any time of the day or night, every day of the year. Call 8-1-1 toll-free in B.C., or for the deaf and hard of hearing, call 7-1-1 to be connected to a health service navigator 24/7 who can help you find health information and services; or connect you directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist. Translation services are available in more than 130 languages.

Nothing will ever replace people who love us, but technology can be there all hours of the day and night, just when you need it.

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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

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Get your quarterly edition of Caregiver Connection by email!

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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

Family Caregivers Society of British Columbia

#6-3318 Oak Street

Victoria, BC V8X 1R1

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