

## Increasing Caregiver Awareness Coast to Coast

By Rikki Ayers, Family Caregivers of BC

**M**ark your calendars: May 5-11 is Family Caregiver Week in BC.

This year marks the first time caregiving organizations across Canada are banding together to collaborate, share and create more impact through a National Caregiver Recognition Working group.

“We needed a different approach”, says Barb MacLean, Executive Director of Family Caregivers of BC. “We have pockets of excellent recognition efforts across the country, and by pooling together the creative energy of many minds, supported by many organizations, and a willingness to share existing resources, we have the ability to make a bigger difference.”

As a caregiver in BC, you’re in the company of over 1.3 million other caregivers who know what it’s like. Every caregiver needs to know they are not alone, and that what they do is critically important in our society. That’s why caregiving organizations in Nova Scotia, Quebec, Ontario, Manitoba, Alberta and BC, as well as a Royal Bank of Canada employee project, have joined together to create a more coordinated recognition initiative.

One of the biggest challenges we face in our work is helping caregivers self-identify. Without self-awareness, caregivers don’t know to seek out the useful resources



and support available to them. Another big challenge is that the health care system does not fully embrace the caregiver as a partner in care. This is why we’re combining our voices for broader reach. “In our cross-country collaboration it’s clear that self-identification is one of the biggest barriers to increasing awareness and support for family caregivers” says Sandy Sereda, Executive Director for Caregivers Alberta. “We look forward to working with other organizations across Canada to change how we see caregiving in our culture.”

“Acknowledging unpaid family and friend caregivers is extremely important. Without them, it is now estimated that it would cost the Canadian healthcare system around \$66 billion per year. Without caregivers of all ages, loved ones would not be able to stay in their homes, where most want to be,” says Angus Campbell,

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

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homes, where most want to be,” says Angus Campbell, Executive Director of Caregivers Nova Scotia Association. “I hope that by working with more caregiving organizations across the country, we can build momentum, raise awareness of all that caregivers do, increase support, and grow a national network that is for caregivers and by caregivers.”

What would a culture shift look like? For one, family and friend caregivers would be recognized in the workplace. In the 2012 General Social Survey, 60 percent of caregivers are balancing work and caregiving and 43 percent report disruptions to their work. Respect and flexibility for caregivers can remove some of the financial risk associated with the rewarding work of caregiving.

Secondly, self-aware caregivers would know about and have access to stigma-free help when they need it. Thirdly, health care providers would be caregiver aware and equipped to identify and refer caregivers for support. We frequently get calls from people who are exhausted, depressed, and distressed. Proactive

measures can help improve mental, emotional, and physical help, with a secondary benefit of less stress on the healthcare system. Better information will also help caregivers find the answers they need without the added stress of searching endlessly online and calling around to different health facilities. Most importantly, caregiving will be seen for the rewarding job that it is. While we know caregiving can be stressful, helping others can bring us closer to our loved ones and give us a sense of purpose. We believe this is an important societal value.

Stay Tuned for Family Caregiver Week, May 5-11...be #CaregiverAware!



## How Well Do You Know Me?

By Kim Davis

Do your loved ones know what makes your life meaningful? Have you shared with them your concerns about your future health care? Do they know your end-of-life wishes? If you answered no to one or more of these questions, it might be a good time to make a date to talk with them. And what better day than April 16th, this year's National Advance Care Planning Day. The same applies to your care recipient. If you can't answer these questions about them – starting a conversation is an excellent idea.

**Advance Care Planning (ACP)** involves understanding and sharing your values, beliefs and wishes about your future health and personal care with those close

to you, including your health care providers. It is about deciding who will speak on your behalf, if you cannot, in order to help ensure that you get the care that is right for you. While the conversation may be about your future, you are not the only beneficiary. Advance care planning is also a gift to others, as it can help ease the anxiety and worry your substitute decision maker and loved ones may experience when faced with making important, and even life or death decisions on your behalf.

All adults able to communicate their wishes and capable of making decisions should do Advance Care Planning. It is particularly important for those who have a serious illness believe their family may have

*Continued on page 11...*

## FCBC Webinars & Events

**May 5-11 is Family Caregiver Week in BC!**

**Stay tuned for a dedicated webinar. Sign up online to receive advance notice at [www.familycaregiversbc.ca/webinars](http://www.familycaregiversbc.ca/webinars)**

Find more events at [familycaregiversbc.ca/events](http://familycaregiversbc.ca/events)

Find previously recorded webinars here:

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

## Editor's Note

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



Resilience is a word we hear a lot these days. In our full throttle lives it seems we all need more. It is defined as the capacity to recover quickly from difficulties reflecting a kind of “toughness”. For caregivers who may feel that just getting from one day to the next is a super human feat, aiming for resilience might seem like a stretch. In this issue of the Caregiver Connection we hope to share some tools and tips that will help you become resilient.

An article about Ability 411 on page 6 talks about a new website / service being offered through the CanAssist program at the University of Victoria that can help you determine if commercially available devices might assist you and your care recipient. On page 7 we have an article on information sharing that offers valuable advice for caregivers on how to be an effective partner in care when your care recipient is

reluctant to share. In keeping with the topic of information sharing, we have an article about the Advance Care Planning Day campaign this year which is titled “How Well Do You Know Me” on page 2. And we have included a couple of reviews. One of our webinar on Boundaries which is now available as a recording on our website and one of a book called “Be With: Letters to a Caregiver” by Mike Barnes.

We will be honouring ALL OF YOU during Family Caregiver Week – May 5-11. We hope you take a minute to recognize yourself for all of the amazing things you do every day to support your care recipient. Family caregivers are the backbone of our health care system and a north star for society. “Compassion brings us to a stop, and for a moment we rise above ourselves.” — Mason Cooley

Thanks for caring - Janet

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# Juggling Caregiver Boundaries

By Whitney McMillan, Provincial Projects Lead, Family Caregivers of BC

‘Inundated’. The word swept over me. How did she know exactly how I feel most days? How did she name what I have struggled to talk about for all my years of family caregiving? How was she able to drill it down to a single word? A word that captured my whole caregiver world: inundated.

Starting to listen to the webinar, ‘Where to Draw the Line: Boundary setting for caregivers’, hosted by Family Caregivers of BC with guest facilitator, Jodie McDonald of Cowichan Family Caregivers Support Society, I had my work hat on. As a new Family Caregivers of BC (FCBC) staff member, I aimed to gain first-hand knowledge of how FCBC webinars function and WOW was I surprised!

Floored by that single word, within minutes of tuning into the webinar, I shifted from ‘listening with my head’ as a FCBC staff person, to ‘listening with my heart’ as a caregiver. I learned that my soft, mushy, porous boundaries are common to the double-dipping, back and forth role of caregivers.

The ‘hat juggling of caregiving’ requires us to continuously move in and out of diverse (sometimes clashing) thoughts, tasks and emotions – the thinking, doing and feeling of caregiving. Juggling at fluctuation paces with the push and pull of priorities, means our boundaries often do not feel like our own, but more that they belong to anyone (and everyone) but us.

My ah-ha moment while listening to the webinar: My boundaries reflect my ‘ongoing juggle’ as a caregiver.

Caregiving is a life-long, immersive teacher. We can learn from medical professionals, such as doctors, nurses, allied health care practitioners, etc. We can learn from community practitioners, including support professionals and community resource people, like Jodie McDonald. We can learn from our own loved ones, including the loved ones we care for, and our extended family and friend networks. We can learn from other caregivers, who are wise from years of lived experience, with huge empathetic understanding. We can learn from ourselves, because as we recognize the wisdom we each possess, we open to growing as human beings, we care for our



own well-being, we test our own boundaries, and/or we value our own voices.

By empowering each other to learn more, make informed choices, set boundaries and speak up, we shift the caregiving juggle repeatedly. As we embrace being learner to teacher, we move and shake our boundaries, as needed to be better caregivers, stronger role-models and kinder human-beings. We bring our heads and hearts to the juggle of caregiver boundary shifting.

As a FCBC staff member AND as a caregiver, I welcome you to participate live or listen to a recorded FCBC webinar at any time. Expand your knowledge boundary and embrace your feeling boundary. Which hat are you wearing right now? What word encapsulates what you feel as a caregiver? What do you want to learn as a caregiver? What can you share with other caregivers? Let’s respect our own boundaries as we continue the caregiver juggle together!

*Find our webinar on Where to draw the line: Boundary Setting for Caregivers and other previously recorded webinars here:*

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

# 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](http://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](http://www.familycaregiversbc.ca)



# Ability411

By David Claveau, Project and Promotions Coordinator, CanAssist

**A**bility411 is a new website from CanAssist at the University of Victoria that helps BC seniors, their families and care teams ask questions and find information about assistive technologies and equipment.

Ability411 provides practical information and personalized answers about a wide range of commercially available devices designed to assist seniors in areas such as eating, mobility, dressing, memory and recreation. Ability411 enables seniors and the people who care for them to ask for help in identifying effective commercial technologies in cases where they are unable to find an appropriate solution on their own.

The new service – operated by CanAssist and funded by the BC Government – is another way to help improve BC seniors’ independence, safety and quality of life, so they’re able to live at home longer. The website also aims to reduce stress and burnout among family members and other care providers by offering suggestions about technological solutions for seniors in their care.

Visitors can browse answers provided to previous questions and, if they can’t find what they’re looking for, ask a question of their own. Ability411 staff provide a personalized answer within three business days. All answers are reviewed by the Canadian Association of Occupational Therapists (BC Chapter).

Visitors who ask questions remain completely anonymous, but their queries and the resulting answers provided by Ability411 may be included in the website’s growing database of Q&As, so that all visitors can benefit from the information.

The site does not provide medical advice; nor does it advise visitors of the “best” technology for them to buy. Instead, Ability411 provides a selection of possible commercial solutions for people to explore. Visitors who ask questions related to medical conditions or symptoms are referred to HealthLink BC, the province’s 24-hour health line (8-1-1).

Ability411 helps narrow the search for assistive technology and equipment, focusing on Canadian manufacturers and retailers as much as possible. In some cases, Ability411 provides information particular to a visitor’s city or region in the province.

The site also provides information and links to equipment rental and loan programs in BC, health organizations for seniors, support services for caregivers, and other resources.

Visit the site here: [www.ability411.ca](http://www.ability411.ca)



- **Finding Equipment**
- **Health Services**
- **Care and Support**

# Information Sharing for Caregivers

By Kim Davis

On February 12th Family Caregivers of BC ran a webinar on Mental Health Help for Caregivers. A key concern expressed by attendees was how to access information about their care recipient critical to their caregiving role. The webinar recording is posted on our website <https://www.familycaregiversbc.ca/events/webinars/>.

From depression and anxiety disorders to PTSD and schizophrenia, mental illnesses can be especially challenging for family/friend caregivers of people experiencing them. Caregiver support can make a huge difference to a loved one's recovery and ability to access care so it is important that everyone—patients, caregivers as well as professionals—understand legislation regarding mental health privacy and information-sharing.

The following is an abridged version of "Privacy, information-sharing and family participation in the mental health system" by Clara Sitar published in "Families and Crisis" issue of Visions Journal, 2017, 12 (4), p. 31.<sup>1</sup>

Appendix 13 of the Guide to the Mental Health Act states that "obtaining consent from the client is generally preferred when releasing any personal information to a third party." However, it also states that "[p]ublic bodies may release necessary personal information to third parties without the consent of the client where disclosure is required for continuity of care or for compelling reasons if someone's health or safety is at risk."

The concept of "continuity of care" is an important one and includes family members and friends who are direct caregivers—even if their ill loved one does not reside with them. Caregivers supporting a loved one after a mental health crisis often feel terrified, especially at the beginning. They may not know the diagnosis, the medications, or what to do if things get worse.

While clinicians may struggle communicating with caregivers for a variety of reasons—fear of accidentally disclosing too much, have heard negative things about the family, or the client is adamant that no one else be involved—there are ways to help ease these concerns.



For example, it can be helpful when a caregiver says, "Don't worry, I'm not asking for a lot of detail about my loved one, I just need to know what to do when I'm concerned about her."

A clinician can also be told, "I know working with a client and the family is a balancing act. All I want to do is share some important things I've noticed lately because when she's unwell she can be very secretive about it. Can I share why I'm worried?"

If you see worrisome changes in your loved one, write them down in detail. Consider providing a letter to clinicians to ensure the letter has been read and will be kept in the chart. A caregiver's observations can be vital in helping professionals make the best care decisions possible.

If you aren't feeling heard, don't give up. Ask to talk to a hospital social worker, or the manager of the mental health service. Ask if there are any family involvement programs. The BC Schizophrenia Society helps families of people with any mental illness, not just schizophrenia. In addition to providing numerous support services, the society offers the 10-week Strengthening Families Together course. The provincial Here to Help website <http://www.heretohelp.bc.ca/> is another excellent source of information and resources. And you can always call the Family Caregivers of BC Caregiver Support Line toll free from anywhere in the province @ 1-877-520-3267.

<sup>1</sup> Ministry of Health. (2005). Guide to the Mental Health Act. Victoria, BC: Author. [www.health.gov.bc.ca/library/publications/year/2005/MentalHealthGuide.pdf](http://www.health.gov.bc.ca/library/publications/year/2005/MentalHealthGuide.pdf).

# Book Review: Be With, Letters to a Caregiver

By Ben Ziegler, FCBC Volunteer and Support Group Facilitator

“Being with the person we are caring for is the best way of caring for them. All our other decisions and actions might be delegated to another. Only our presence and time can never be.”

‘Be with’ is the core message in author and poet Mike Barnes’ superb (2018) book, *Be With: Letters to a Caregiver*. With honesty and humility, Barnes chronicles his experiences and insights, as he cares for his mother with Alzheimer’s. His writing is expressive, straight shooting, and in short bits – “bits I (Barnes) had the time to write, bits you might find the time to read.”

Barnes is 63 years old. Factoring into his caregiving journey, is Barnes’ own history - he is bipolar, suffers from depression, and in his twenties was institutionalized for two years. Barnes and his mother live in the Toronto region.

This short book is long on wisdom.

“Everyone is changing. You are struggling to be a caregiver. The person you are caring for is on their own journey.”

“We are so much better at imaging the disasters that lie ahead than we are at imagining the joys.” To his surprise, Barnes found joy in caregiving; through the simple act of being with his mother, and giving his attention to what she notices, her perspectives; a squirrel, the neon sign across the road, the “beautiful” Walmart parking lot...

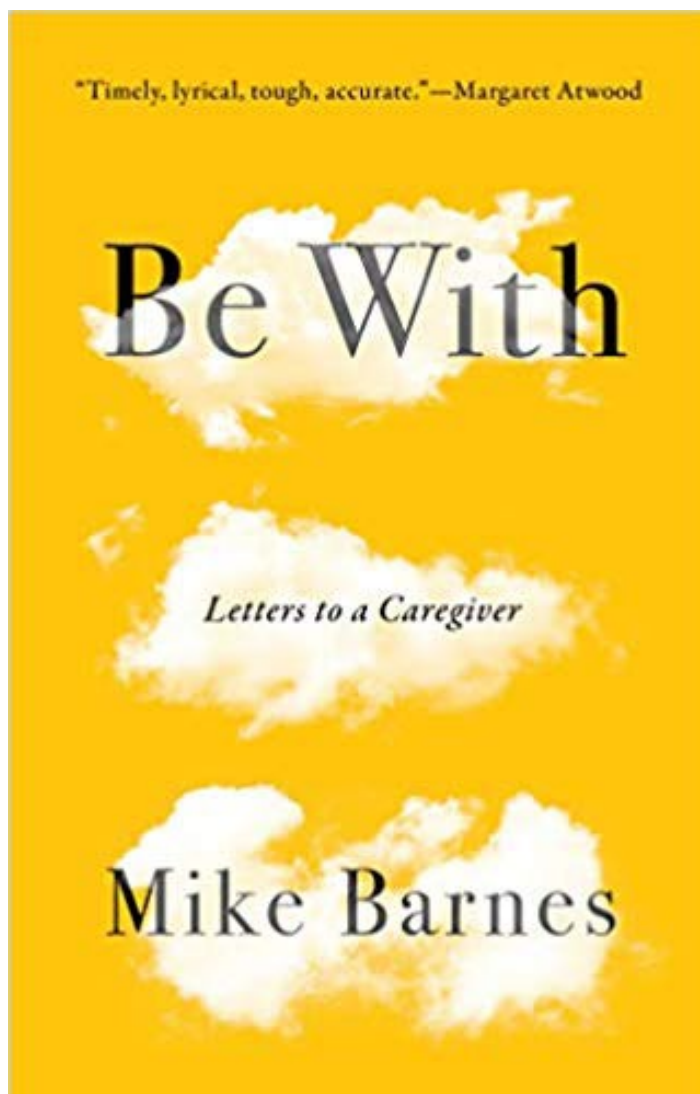
“The first weeks and months of caregiving are apt to be remembered as the time of decisions.” Barnes suggests making the best decision you can at the time, and try not to look back too critically. “There is such a purity sometimes to the consolation of caregiving – when, after so much worry for so long, the worry stops, and you know that all that can and should be done has been done and done well. It feels like a pleasant heaviness that comes after a long day of physical work.”

“Private care homes, like private schools, sometimes offer better services, but they are always overpriced for what they deliver. If you have the means, the best combination is usually a good public facility bolstered

by additional purchased support.”

“If you can’t be with, ask, hire, get another to be with. It’s another, if a lesser, being with.”

And, maybe the most important ‘be with’ for any caregiver: “Be with yourself. If not first, then at least not last. Certainly not dead last.”





# 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](mailto:jude@bbseniors.ca)  
[www.bsoss.org](http://www.bsoss.org)

### Langley

Langley Senior Resources Society  
20605 - 51B Ave., Langley  
604-530-3020 or [info@lsrs.ca](mailto:info@lsrs.ca)

### Maple Ridge

Seniors Activity Centre  
12150 224th St.  
Bev: 604-380-0516 or [info@rmssseniors.org](mailto:info@rmssseniors.org)

### Surrey & Delta

Seniors Come Share Society  
15008 26th Ave., Surrey  
604 531-9400 ext. 202 or [caregivers@comeshare.ca](mailto:caregivers@comeshare.ca)

Caregivers Network of Surrey/Delta  
604-686-3793  
[info@caregiversnetworksurreydelta.com](mailto: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  
Norma: 604-591-3137 or [normahenryt@shaw.ca](mailto: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](mailto:info@deltahospice.org)

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

Caregiver Support Program  
778-789-1496 or [SeniorCaregiverProgram@gmail.com](mailto:SeniorCaregiverProgram@gmail.com)

SAFE Family Caregivers Support Group of BC  
[familycaregiverssgbc@gmail.com](mailto: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](mailto:caregiversnetworkek@gmail.com)  
[www.caregiverssupport.weebly.com](http://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

Campbell River Hospice Society, 440 Evergreen Road  
Day time and evening groups once a month  
Geri: [campbellrivercaregivers@gmail.com](mailto:campbellrivercaregivers@gmail.com)

### Comox Valley

Comox Valley Senior Support Society  
#491B – 4th St., Courtenay  
250-871-5940 or [seniorpeercounselling@shaw.ca](mailto:seniorpeercounselling@shaw.ca)  
[www.comoxvalleyseniorpeercounselling.com](http://www.comoxvalleyseniorpeercounselling.com)

### Chemanius

Cowichan Family Caregivers Support Society  
250-597-0886 or [info@familycaregiverssupport.org](mailto:info@familycaregiverssupport.org)

### Cowichan Valley, Duncan, Ladysmith

Cowichan Family Caregivers Support Society  
#1 Kenneth Place, Duncan  
250-597-0886 or [info@familycaregiverssupport.org](mailto:info@familycaregiverssupport.org)

*More on next page...*

**Duncan**

Cowichan Family Caregivers Support Society

250-597-0886 or [info@familycaregiversupport.org](mailto:info@familycaregiversupport.org)**Gabriola Island**

People for a Healthy Community (PHC) Resource Centre

250-247-7311 [www.phcgabriola.org](http://www.phcgabriola.org)**Mayne Island**250-539-2123 or [jessica.easton@me.com](mailto:jessica.easton@me.com)**Nanaimo**

Nanaimo Family Caregiver Support Group

BC Seniors and Pensioners Nanaimo

Irene: 250-754-7334 or [reneemo@shaw.ca](mailto:reneemo@shaw.ca)**Pender Island**

Plumtree Couth

Sue: 250-629-6634 or [communitysupport@shaw.ca](mailto:communitysupport@shaw.ca)**Port Alberni**

Echo Centre

Samantha: 250-723-4478 or [samantha@albernihospice.ca](mailto:samantha@albernihospice.ca)**Salt Spring Island**

Saltspring Seniors Centre, Ganges

250-537-5004 or [muffetmbc@yahoo.ca](mailto:muffetmbc@yahoo.ca)**Sidney**

Sidney Caregiver Support Group

Shoal Centre, 10030 Resthaven Drive, Sidney

250-384-0408 or [sol.valiquette@shaw.ca](mailto:sol.valiquette@shaw.ca)**Sooke**

Sooke Caregiver Support Group

Sooke Yoga &amp; Wellness 6570 Sooke Road #202

250-384-0408 or [sookecaregivers@gmail.com](mailto:sookecaregivers@gmail.com)**Victoria**

Family Caregivers of British Columbia Evening Group

#6-3318 Oak St

250-384-0408 or [info@familycaregiversbc.ca](mailto:info@familycaregiversbc.ca)

Male Family &amp; Friend Caregiver Support Group

#6-3318 Oak St

Ben: 250-384-0408 or [bnzglr@gmail.com](mailto:bnzglr@gmail.com)

Cook St. Village Caregivers

Cook St. Village Activity Centre, #1-380 Cook St. Victoria

250-384-0408 or [info@familycaregiversbc.ca](mailto:info@familycaregiversbc.ca)

Saanich Peninsula Caregivers

2159 Mt. Newton X Rd., Saanichton

250-384-0408 or [sol.valiquette@shaw.ca](mailto:sol.valiquette@shaw.ca)

Westshore Caregivers

Gordon United Church, 935 Goldstream Ave., Victoria

250-384-0408 or [victoriacaregivers@gmail.com](mailto:victoriacaregivers@gmail.com)

First Metropolitan United Church

<https://www.firstmetvictoria.com/programs/health-and-wellness>

contact office@firstmetvictoria.com 250-388-5188

**NORTHERN HEALTH AREA****Prince George**

Prince George Native Friendship Centre

Maria: 250-564-3568 x275 or [betterathome@pgnfc.com](mailto:betterathome@pgnfc.com)**Smithers**

Mental Health Conference Room on the 2nd floor of courthouse

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](mailto:karyn.davies@nscr.bc.ca)[www.nscr.bc.ca/information/caregiver](http://www.nscr.bc.ca/information/caregiver)**Richmond**

Caregivers Drop-in Group

Rosewood Manor, 6260 Blundell Rd.

604-277-3774 or 604-773-9683

**South Vancouver**

Support Group for South Vancouver Family &amp; Friend Caregivers

[ping@southvan.org](mailto:ping@southvan.org) or [mineldi939@gmail.com](mailto:mineldi939@gmail.com)

604-324-6212

**Vancouver**

Frog Hollow Neighbourhood House (Mandarin Group)

604-251-1225 ext 237 or [gloria@froghollow.bc.ca](mailto:gloria@froghollow.bc.ca)

Mount Pleasant Neighbourhood House

Shaelee: [sgummer@mpnh.org](mailto:sgummer@mpnh.org) 604-879-8208 ext 104**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](http://www.alsbc.ca)

1-800-708-3228

**Alzheimer Society of BC**[www.alzheimer.ca/bc/](http://www.alzheimer.ca/bc/)

1-800-667-3742

First Link Dementia Helpline

1-800-936-6033

**BC Brain Injury Association**[www.brainstreams.ca](http://www.brainstreams.ca)

604-984-1212

**British Columbia Schizophrenia Society**[www.bcss.org](http://www.bcss.org)

1.888.888.0029

**BC Cancer Agency**[www.bccancer.bc.ca](http://www.bccancer.bc.ca)*More on next page...*

**Here to Help (for Mental Health)**[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca) 310-6789 (no area code)**MS Society of Canada (BC)**[www.mssociety.ca](http://www.mssociety.ca) 1-800-268-7582**Parkinson Society BC**[www.parkinson.bc.ca](http://www.parkinson.bc.ca) 1-800-668-3330**Stroke Recovery Association of BC**[www.strokerecoverybc.ca](http://www.strokerecoverybc.ca) 1-888-313-3377

# Provincial Resources for Family Caregivers

**Anti Fraud Centre**[www.antifraudcentre.ca](http://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](http://www.gov.bc.ca/health).Visit [www.healthlinkbc.ca/healthtopics](http://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](http://www.health.gov.bc.ca/pharme/outgoing/palliative.html)**BC Seniors Guide**[www.gov.bc.ca/seniors-guide](http://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)

**Family Caregivers of British Columbia**[www.familycaregiversbc.ca](http://www.familycaregiversbc.ca)

Caregiver Support Line: 1-877-520-3267

**Find Support BC**<http://findsupportbc.com>**HealthLink BC**[www.healthlinkbc.ca](http://www.healthlinkbc.ca)

Call 811 anytime 24/7 to speak to a nurse.

**Here to Help**[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)**Pain BC**[www.painbc.ca](http://www.painbc.ca)**The Nidus Personal Planning Resource Centre**[www.nidus.ca](http://www.nidus.ca) or email: info@nidus.ca**Seniors First**[www.seniorsfirstbc.ca](http://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](http://www.seniorsfirstbc.ca)

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different values and beliefs than their own, or have a condition that may ultimately lead to a loss of capacity to make decisions. Advance Care Planning should not be considered a one-time conversation either. It is a process you should review from time to time, especially if your health or life status changes.

The theme for this year's Advance Care Planning Day is "How Well Do You Know Me?". It aims to encourage people to check in and find out from those closest to them. While our loved ones usually know us the best, you may be surprised at what they do not know.

For more information about Advance Care Planning, you can go to [www.bc-cpc.ca/acp](http://www.bc-cpc.ca/acp) and BC's Advance Care Planning Guide <https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/advance-care-planning>. You can also check out the

Family Caregivers of BC's webinar on the topic at <https://www.familycaregiversbc.ca/events/webinars/> under the Planning heading in our list of Past Webinar Recordings, as well as several articles, on related topics, on the Caregiver Resources page under Legal Considerations at <https://www.familycaregiversbc.ca/articles/>.

## Talk to your family about your health-care wishes.

Advance Care Planning involves talking with others about your wishes and deciding who speaks on your behalf if you cannot.

**Start the conversation now!**For resources visit: [www.bc-cpc.ca/acp](http://www.bc-cpc.ca/acp)

# We can help right now



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



[info@familycaregiversbc.ca](mailto:info@familycaregiversbc.ca)



[www.familycaregiversbc.ca](http://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](http://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](mailto: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](http://www.familycaregiversbc.ca)

Family Caregivers Society of British Columbia

#6-3318 Oak Street

Victoria, BC V8X 1R1

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