

CAREGIVER CONNECTION



Family Caregivers
of British Columbia

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CELEBRATING 30 YEARS SUPPORTING FAMILY CAREGIVERS

By Kim Davis

Faith Magwood was working as a social worker at Gorge Road Hospital in Victoria when a young woman walked into her office and burst into tears. “This woman was struggling with the decline of her father’s health,” says Faith. “Like many caregivers, she felt guilt, resentment and stress as she struggled to balance her and her mother’s life with what was happening with her father.”

It was the early 1980s, and while some long-term care facilities and disease-specific organizations had family caregiver support programs, they were few and not far reaching. Faith knew the young woman’s plight was not an uncommon one. In fact, family members of Faith’s clients often shared with her how lonely, isolated, and unsupported they felt. Faith knew she had to do something to help.

“I could see that what had been so helpful to single parents, foster parents, and blended families—small, informal get-togethers for information and mutual support—would also be helpful to caregivers of the elderly. In small self-help groups, participants can draw on the wisdom and compassion of those who have ‘been there’.” After several years of research, information gathering meetings, and a fair amount of trial and error, Faith and colleague Helen Simpson co-founded the Family Caregivers Network Society of Victoria in 1989.

The Network grew its programs and services for family/friend caregivers and began serving the province in 2010 as Family Caregivers of British Columbia (FCBC). BC’s Ministry of Health Patients as Partners has provided



In this issue

- The Secrets to a Long-Lasting Caregiver Support Group
- Preparing for a Visit to Emergency
- Respite: Getting the Break You Deserve
- HealthLink BC 811: 24/7 Health Advice You Can Trust

Family Caregivers of BC is a registered non-profit dedicated 100% to supporting family caregivers.

Caregiver Support Line 1-877-520-3267
www.familycaregiversbc.ca

Celebrating 30 Years Supporting Family Caregivers continued...

funding over the last five years enabling the establishment of a toll-free Caregiver

Support Line and the expansion of FCBC's education resources, including an online resource hub and library of webinar recordings.

Committed to improving the quality of life of family and friend caregivers through information, support, and education, the organization has evolved in response to the challenges facing BC's caregivers. "Over 1 million caregivers in BC are struggling to care for aging, ailing or disabled loved ones," says Barb MacLean, Executive Director of FCBC. "Care at home has become much more complex. Caregivers are providing injections, monitoring and managing intravenous lines, medications, and personal hygiene. At the same time, they have jobs to go to and other family and life responsibilities."

FCBC believes the role of caregivers deserves greater awareness and recognition in all parts of our society. Caregivers need to understand that the role they are performing is valued and one they will have a better chance of sustaining if they reach out for support. "We work with communities across the province to help them build caregiver support groups and our services and programs are offered free of charge no matter where you live. We also work closely with health care providers who are often in the best position to identify and refer caregivers. Letting caregivers know they have been seen, that they need to be supported and including them as partners in care is a big step towards caregiver-friendly health care in BC," says MacLean.

As an organization, FCBC is seeing a shift. "Almost a third of our referrals came from health care providers last year and calls to our Caregiver Support Line increased by 13%. More and more we are receiving requests for family caregiver representatives to be involved in health system planning and implementation work," says MacLean. This year FCBC will serve as the 'backbone' organization for the creation and expansion of caregiver services and programs in 20 communities across the province as part of the new Integrated Community-Based Programs for Older Adults with Higher Needs demonstration projects (see below for details).

"It is exciting to be part of the movement towards a society and health care system that values and supports the caregiver role" says MacLean. "Island Health and the Greater Victoria United Way have been incredibly supportive of our operating program on the South Island and the Ministry of Health's support has meant we can reach out across the province. In addition to our services and programs, we are committed to advocating for health care policy that identifies and supports caregivers as valued "partners in care".

Join the Caregiver Aware movement by acknowledging your own contributions as a caregiver and making sure caregivers you know are recognized and supported. If you know a caregiver who could use some support, please tell them to call us on our toll-free line (1-877-520-3267) and encourage them to check out our website for resources:

www.familycaregiversbc.ca. We look forward to many more years helping family caregivers.

GRANTS AVAILABLE FOR FAMILY AND FRIEND CAREGIVER SUPPORT PROGRAMS IN BC

How could caregivers in your community benefit from more support? What is your vision for caring for caregivers? We want to help you bring your program to life by supporting you to submit a grant proposal for funding from BC's Ministry of Health.

In partnership with the United Way of the Lower Mainland and the Community Based Seniors Services Leadership Council, Family Caregivers of BC is launching a new initiative to help bring more local support to family and friend caregivers in

approximately 20 British Columbia communities.

The deadline for grant applications is July 31, 2019. Sign up as a CORE member on United Way's Healthy Aging CORE website, www.healthyagingcore.ca, to apply for a grant. Please review all the information provided on the site and participate in the discussion forums for support.

If you wish to speak directly about the Family & Friend Caregiver Support Programs, please contact Whitney McMillan, Provincial Projects Lead, Family Caregivers of BC, 604-880-0351 or whitneymcmillan@familycaregiversbc.ca

EDITOR'S NOTE

Janet McLean, Education and Engagement Lead, FCBC

When you become a family/friend caregiver you join a community. And the good news for the caregiver community across British Columbia is—it is gaining recognition.

Family Caregivers of BC (FCBC) is celebrating 30 years of supporting caregivers in July and we are encouraged by the progress being made. Across the health care system and within our communities, the valuable contribution caregivers make is being understood and acknowledged. On page 2, read about the new funding stream being made available through the United Way of the Lower Mainland and the Community Based Seniors Services Leadership Council to bring more local support to caregivers in approximately 20 communities across the province. FCBC will be supporting the process and the communities as they respond to this challenge. Supporting caregivers is so often about making connections and this is illustrated very well in Marg Monroe's article on page 4 about her long running caregiver support group on Salt Spring Island. Health Link is another resource for caregiver connection and support. To read more about their services go to page 8. And when you do need to make a trip to the



Caregivers enjoy fresh air and company at our recent Caregiver Week nature walk at Thetis Lake.

Emergency Department, being prepared, especially if you are caring for someone with dementia can really help. Read the article by Belinda Parke on page 6 for suggestions about what to prepare. And to help you carve out some time for yourself over the summer, we have included an article on getting the break you deserve on page 7.

Wishing you some time to “smell the roses” in the next few months.

Thanks for caring - Janet

CAREGIVER CONNECTION

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Family Caregivers of BC

1-877-520-3267

www.familycaregiversbc.ca

THE SECRETS TO A LONG-LASTING CAREGIVER SUPPORT GROUP



By Marg Munro

A warm hello to all the folks dedicated to supporting caregivers. I have been facilitating a caregiver support group on Salt Spring Island for many years.

My journey as a caregiver support group facilitator started in the early 1990s when I partnered with our local Seniors' Services Society to ask for a grant to start a Caregivers Support Group. That led to my connection with Family Caregivers of BC, and we have been working together ever since. What prompted my interest in starting a support group was my own experience as a caregiver, alongside my father, for my mother who was diagnosed with early onset Alzheimers' in the late 1960s. My parents had moved to Salt Spring Island to retire. I was living in New Brunswick and began to notice a slow change in my mother during twice-a-year visits. The Alzheimer Society of BC did not exist at that time and my father was very much on his own. Eventually, my mother was admitted to an extended care unit in Victoria and my father commuted almost daily (a 3-hour round trip by ferry to Victoria) as there were no beds available on Salt Spring. By the time my husband and I retired to Salt Spring, there was a hospital and my mother was moved to a bed in the extended care unit where she spent her remaining 13 years.

Through both my own journey and my father's, I became acutely aware of the lack of information and support available for caregivers in the community. My father had walked a very, very lonely road for many years and I decided I could not live here and let it continue. As a nurse, I knew what the formal system could provide but the gaps for caregivers were evident. That's when I connected with Family Caregivers of BC. Our support group started out meeting once a month and the average age of caregivers attending was over 80. The frequency of the meetings has since

increased to weekly hour-long sessions at our Seniors Centre.

Over the years, things have changed. The age of caregivers has dropped, placement guidelines have become much more stringent and the burden on caregivers has increased tremendously. We have also seen promising shifts in the system. The Office of the Seniors' Advocate has become a strong voice for caregiver support and FCBC is now funded to support caregivers across the province. It has been a wonderful experience to have been associated with this organization for so many years!

Resources such as this newsletter and FCBC's webinars are helpful information sources in addition to guest speakers we occasionally invite to our meetings. We have also learned how important it is to reserve a space in meetings for caregivers to share. The moral support and sage advice are irreplaceable. Additionally, I share my facilitation role so our group can function when I'm not able to be there. This has kept us going over the years—a viable caregiver support presence on our very special island.

Do you have questions about caregiving? We have answers!

Stay tuned for webinars or watch a webinar recording. Some of our recent webinars include:

- A Caregiver Aware Canada: The Power of Many
- Self-Management 101
- The Power of Music
- End of Life: A Roadmap for Caregivers
- Mental Health Help: When Caring for an Adult with Mental Illness

Find these and more at 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

What's your score?

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 selfcare, 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.

Find resources to help you on Family Caregivers of BC's website: www.familycaregiversbc.ca

Need help now? Call our toll-free Caregiver Support Line 1-877-520-3267

**WE GRATEFULLY
ACKNOWLEDGE OUR
DONORS AND
FUNDING PARTNERS**



PREPARING FOR A VISIT TO EMERGENCY

By Belinda Parke MScN, PhD, GNC(C)

A visit to the Emergency Department (ED) can be an overwhelming experience for an older person with dementia and their caregiver. Being ready for a trip to the ED is important. Just like earthquake preparedness, you don't know when you will need it, but you'll be thankful you're ready if it happens. Getting to the ED is stressful and when we hurry, it is easy to forget things. Get organized now.

Pack a ready-to-go bag

Items to consider for your ready-to-go bag are: money for the parking meter, copies of important documents, such as health insurance information and medical history, aids to support distraction, and a change of clothes, including a warm sweater and slippers.

Arriving at the ED

On arrival an ED nurse will assign an urgency of need score between 1 and 5. A score of 1 means your care recipient's needs are life-threatening and they will be seen by a doctor immediately. A score of 5 indicates low priority. The score is made quickly and based on the reason you came to the ED (the problem, signs, and symptoms you report).

Being in the ED

The urgency of need score will determine how quickly you are seen and possibly where you will sit and wait to be seen. Surviving a trip to the ED is more than having past medical information, CareCards, medication lists, GP contact information, or healthcare representation agreements. These are important, but for the older person living with dementia, there is more the ED staff need to know. You can help the staff see what is hard to see. This includes understanding the person's strengths and abilities that need to be protected as part of the plan of care and not lost due to whatever issue caused the hospital visit.

Communication tools can help with this. These tools cue staff to understand who their patient was before their illness. Check out these communication tools on the Alzheimer's Society website:

English: www.alzheimer.ca/hospitalvisits

French: www.alzheimer.ca/visiteshopital

The communication tools can alert ED staff to "behaviour that has meaning". People living with dementia may communicate their needs in ways that only their caregivers understand. You are familiar with early cues for restlessness and agitation, fatigue, fear, or how pain is expressed. Your knowledge gives meaning to behaviors that might be misunderstood as "disruptive". The Know Me – About Me tool accessed via the links above provides this information as well as care strategies or approaches that you know work. ED staff can adopt these approaches in order to avoid resorting to powerful medications.

Leaving the ED

You will get information on the medical diagnosis and the medical plan of care but it is important to leave understanding what is going to happen next. State what you need to succeed at home. Ask for time, perhaps to gather medical supplies or equipment for home. Ask for community resources to be set up before you leave the ED. Don't be persuaded to wait for community services to contact you once you are home. Leave with names and phone numbers in hand.

Organizing and planning ahead is important but remember to act on your expert caregiver knowledge. You certainly have it and it will make a difference to the care received by the person you are caring for.

RESPITE: GETTING THE BREAK YOU DESERVE

By Barbara Small, Former Program Development Coordinator, FCBC



Are you tired and exhausted from looking after your family member or friend? Does it seem like forever since you've had a break? Respite is the break that you get when you allow someone else to temporarily take over your caregiving duties. Respite helps prevent caregiver burnout and permits you to continue caregiving for as long as possible. It gives you a chance to recharge, get your errands done or take a vacation.

Respite helps prevent caregiver burnout and permits you to continue caregiving for as long as possible.

Respite can take many forms. What one caregiver sees as respite may not be what another considers taking a break. In the book "This Day is For Me," Silver Donald Cameron says, "The key element is that respite is determined by the caregiver's voice and choice." For one caregiver an hour-long walk in the park may be all he/she needs to refresh. For someone else, a two-week cruise is what is needed.

For respite to be replenishing you need to be able to let go of thinking about the other person and remind yourself that they are being taken care of. Maybe not in the exact same way you would – but they will be okay. They may even benefit from interactions with some different people and you will return re-energized. Everyone will benefit!

Respite can be both formal and informal. Formal respite through Home and Community Care at your local Health Authority may be available in the form of an adult day program, home support or a short-term admission into a long-term care facility. Similar services are also available through private businesses for a fee.

If you think of "respite as an outcome", any activity that allows you to experience down time from caregiving will work to provide respite.

- Lunch or coffee with friends
- A day of golf
- Taking the dog to the beach
- Playing with your grandchildren
- A neighbour playing cards with your spouse while you go out
- Reading a good book
- Having someone stay overnight so that you can sleep through the night
- Trading homes for a weekend with a family member. They take over the caregiving and you can relax.

You may also experience a feeling of respite by having someone take over some of the other chores around the house – gardening, grocery shopping – so you are able to mentally scratch that off your ever present to-do list.

What would personally bring you a feeling of respite?

HEALTHLINK BC 811 – 24/7

HEALTH ADVICE YOU CAN TRUST



HealthLink BC provides non-emergency health information and advice in British Columbia. Reliable information and advice is available by telephone, online, a mobile app and a collection of print resources.

Through our programs and services, you can get the information you need to make decisions for yourself and those you care for. With our website and telephone service, information is available wherever you want it, any time of the day or night, every day of the year.

HealthLink BC brought together some of British Columbia's most trusted and recognized health information services.

You may call HealthLinkBC at 8-1-1 toll-free in B.C., or for the deaf and the hard of hearing, call 7-1-1. You will be connected with an English speaking health service navigator, who can provide health and health service information and connect you with:

- **Dietitian Services:** speak to a registered dietitian from 9am to 5pm Pacific Time, Monday to Friday
- **Nursing Services:** speak to a registered

nurse any time, every day of the year for non-emergency, confidential health education and advice

- **Pharmacist Services:** speak to a pharmacist from 5pm to 9am Pacific Time every day of the year

- **Physical Activity Services:** speak to a qualified exercise professional from 9am to 5pm Pacific Time, Monday to Friday

- **Translation services** are available in more than 130 languages. For service in another language, say the language you want (for example say "Punjabi"), and an interpreter will join the call.

HealthLinkBC Directory

The HealthLinkBC Directory lists health and health-related services provided by the provincial government, provincial health authorities and non-profit agencies across the province. You can search for walk-in clinics, emergency rooms, hospitals, mental health programs, home care programs, pharmacy services, laboratory services and so much more.

HealthLinkBC Files

The HealthLinkBC Files are easy-to-read fact sheets about public health and safety topics. The files are available on our website and in print at local public health units. All HealthLinkBC Files are available in English and translated into Chinese, Farsi, French, Korean, Punjabi, Spanish and Vietnamese.

Learn more at www.healthlinkbc.ca and follow us on social media for conversational content among British Columbians about health.



facebook.com/HealthyFamiliesBC



twitter.com/healthyfamilybc

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@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.
Bev: 604-380-0516 or info@rmssseniors.org

Surrey & Delta

Seniors Come Share Society
15008 26th Ave., Surrey
604 531-9400 ext. 202 or caregivers@comeshare.ca

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
Norma: 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 or
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
caregiversnetworkek@gmail.com
www.caregiversupport.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
Geri:campbellrivercaregivers@gmail.com

Comox Valley

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

Continued on next page . . .

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

Duncan

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

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

Pender Island

Pender Island Health Care
Christine: pendercare@gmail.com or 778-928-0307

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 Yoga & Wellness
6570 Sooke Road #202
250-384-0408 or sookecaregivers@gmail.com

Victoria

Family Caregivers of British Columbia Evening Group
#6-3318 Oak St
250-384-0408 or cgsupport@familycaregiversbc.ca

Male Family & Friend Caregiver Support Group
#6-3318 Oak St
Ben: 250-384-0408 or bnzglr@gmail.com

Cook St. Village Caregivers
Cook St. Village Activity Centre,
#1-380 Cook St., Victoria
250-384-0408 or cgsupport@familycaregiversbc.ca

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

Westshore Caregivers
Gordon United Church
935 Goldstream Ave., Victoria 250-384-0408 or
victoriacaregivers@gmail.com

First Metropolitan United Church
www.firstmetvictoria.com/programs/health-and-wellness
office@firstmetvictoria.com or 250-388-5188

NORTHERN HEALTH AREA

Prince George

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

Smithers

Mental Health Conference Room on the 2nd floor of
courthouse
Jenny: 250-847-2975 or 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

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 & 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
Shaelee: 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
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 Centre www.antifraudcentre.ca
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 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 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
1-877- 952-3181

Crisis Centre BC 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
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
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

UBC Pharmacists Clinic
www.pharmsci.ubc.ca/pharmacists-clinic

Find more resources

- Tools
- Webinars
- eLearning
- Library



www.familycaregiversbc.ca

WE CAN HELP RIGHT NOW



Family Caregivers
of British Columbia



BC Caregiver Support Line 1-877-520-3267

Toll-free, available Mon-Fri, 8:30am-4pm



info@familycaregiversbc.ca



www.familycaregiversbc.ca

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.

Call toll-free at 1-877-520-3267 or donate online at Canada Helps

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. Contact us for more information.



Save a tree

Subscribe to receive the quarterly Caregiver Connection & more by email
www.familycaregiversbc.ca/newsletter-subscription

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

Publications Mail
Agreement #40040515