



Family Caregivers  
of British Columbia

— Let us help —

# Are You a Family or Friend Caregiver?

**Definition of a Family/Friend Caregiver:** A family member or friend who gives unpaid care to an adult, either at home or in a facility, who has a physical or mental health condition, chronic illness or frailty due to aging.

If you help someone (or a number of people) in your life or community with any of the following activities, you are considered a family/friend caregiver:

- Transportation
- Meal preparation, cleaning, dishes
- Home maintenance, inside or out
- Running errands/getting groceries and/or going out to do errands with the person
- Personal care, such as helping with a bath/shower, and getting dressed
- Medical procedures or treatments, including medication management
- Attending appointments (health care or other) to take notes and help with follow up
- Coordinating care, support services or appointments
- If you are providing support or care from afar
- Banking, paying bills, managing finances and legal concerns
- Talking with doctors, nurses, care managers, and others to understand what needs to be done
- Handling crises and arranging for assistance—especially for someone who cannot be left alone, at hospital discharge or responding to a visit to the Emergency Department
- Visiting or regularly calling to ensure someone is safe and has their day-to-day needs met
- Providing emotional support (listening to concerns, talking about how they are feeling, problem-solving and making decisions, etc.)

I've answered, 'Yes', to the question above by checking at least one of the boxes.

— Now what? —

This means you are a Family Caregiver and there are resources to support you.

# Family Caregivers of BC is Here to Support You

The following resources and services are available  
to support family caregivers in BC.

- ♥ For **emotional support or questions** related to caregiving, call our toll-free Caregiver Support Line (BC) at [1-877-520-3267](tel:1-877-520-3267). We're available Mon-Fri, 8:30am to 4pm. When you call our support line, we will listen to you and talk with you through whatever is on your mind. When we answer support calls, our goal is to listen with compassion, remembering that while there are common themes, each caregiving experience is different and so are the needs. If we feel you could benefit from more one to one support, and/or are moving through a complex situation we can also refer you to our [1:1 Caregiver Coaching—see if you qualify](#).
- ♥ To receive news and information to your inbox, [sign up](#) for our newsletter and e-news.
- ♥ Visit our [Caregiving Learning Centre](#): We recognize it can feel overwhelming and time-consuming to sift through websites and links. We've narrowed our focus to come up with topics that address the most commonly expressed questions and concerns that we hear from caregivers (e.g. caregiver well-being, financial information, health care navigation and more!).
- ♥ Want to learn more about how to be a caregiver? Sign up for an upcoming [webinar](#). These free educational events cover your high-priority questions. And listen to our new podcast, [Caregivers Out Loud](#).
- ♥ Join a [family caregiver support group](#) and learn from other family caregivers and share your advice to help others.



**Family Caregivers  
of British Columbia**

— Let us help —

## Family Caregivers of BC

#6 – 3318 Oak Street, Victoria, BC V8X 1R1

Phone: 250-384-0408

Toll Free: 1-877-520-3267

Email: [cgsupport@familycaregiversbc.ca](mailto:cgsupport@familycaregiversbc.ca)

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