



HOW TO IDENTIFY A FAMILY AND FRIEND CAREGIVER

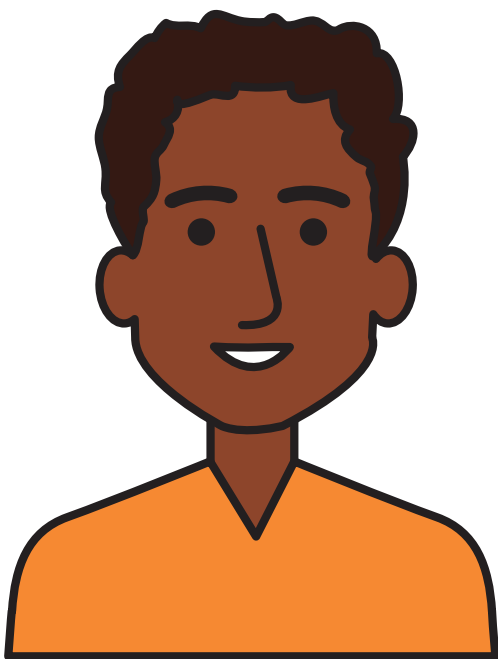
Family Caregivers of BC

Family Caregivers of BC (FCBC) proudly and compassionately supports over 1 million people in British Columbia that provide physical and/or emotional care to a family member, partner, friend or neighbour.



A family caregiver is family or friend who provides care and support to someone. Family caregivers are an important part in the continuity of care. Partnering with family caregivers develops ongoing trust and continued collaboration while providing patient/client care. A great partnership with family caregivers can help expedite evaluation and prevent errors, but family caregivers also need care and support. Family Caregivers of B.C. comes offers free support services to family caregivers and healthcare providers to help this partnership thrive.

HELPING FAMILY CAREGIVERS



Mike is caring for his mom with a long history of undiagnosed mental health challenges, back pain, and diabetes. She is being discharged from the hospital with one page of instructions and new prescriptions. Mike's mom would prefer that he alone help with the new prescription, and he has made some adjustments to his life to help her. Mike has had to give up coaching his daughter's soccer team to provide the care to his mother, and Mike is starting to feel fatigued and guilty in balancing the care for children and his mother.

Family Caregivers like Mike face setbacks and health care providers are crucial in helping family caregivers seek support early in their roles as caregivers. Family caregivers like Mike can feel invisible and appreciate when there is recognition of themselves in care. One way to do this is to warmly introduce yourself, your intention to help and ask "Are you caring for a family or friend? How are you doing?"

Mike tells you of the mix of pride and challenges he is faced with in being a caregiver. Together you create a plan to deal with possible setbacks in his caregiving such as his mom not wanting anyone else helping with medications. You plan to enlist a case manager, whom his mom really enjoys, to support this conversation with his mom. You are unsure how to support Mike with his guilt and fatigue and offer to refer, with his consent, to the Family Caregivers of B.C. who follow up with a phone call with some available resources he can explore.

In partnership with the Ministry of Health, Patients as Partners Initiative we offer:

- A Toll-Free Caregiver Support Line accessible anywhere B.C. 1-877-520-3267
- 1:1 Caregiver Coaching Sessions and Caregiver Support Groups
- Online Resources such as Articles, Podcasts, Webinars and Workshops



FAMILY CAREGIVERS OF B.C. CAN HELP HEALTH CARE PROFESSIONALS SUPPORT FAMILY CAREGIVERS.

Family Caregiver



Name: _____

In your role as a family caregiver you'll need help. Here are some free services available through Family Caregivers of British Columbia:

Caregiver Support Line in BC 1 877 520 3267
Mon-Fri: 8:30am-4:00pm

- One-to-one emotional support
- Help navigating the health care system
- Access to support groups
- Newsletter with timely articles
- Referrals to other community resources

Visit the Virtual Resource Centre:

- Educational webinars, workshops and online modules on topics such as:
 - Caregiver health and wellness
 - Family dynamics and caregiving
 - Communication and assertiveness skills
 - Sharing the care
 - Navigating the health care system

- Resource Guide for Family Caregivers, 2nd Edition

Comments _____



Family Caregivers
of British Columbia
— Let us help —

www.familycaregiversbc.ca

250 384 0408

Family Caregivers are often introduced to services through a responsive consent form process. A health care professional can email or fax us a short, signed consent form and we will reach out to the family caregiver in two business days. An example of this form is attached below and can be found online.

Another proactive tear away information package we call the Rx Pads. These handy 3.5" x 8" sheets can be made available for Health Care Providers to share with family and friend caregivers and in common areas. Each Rx pad sheet has 50 tearaway. Please contact us at info@familycaregiversbc.ca, with the subject line "promo" and the number of pads you would like for your location.

All of our printed resources and newsletters can be accessed online at <https://www.familycaregiversbc.ca/about-us/promote-fcbc/>

BC Caregiver Support Line: 1-877-520-3267



REFERRING FAMILY CAREGIVERS

Caregiver Referral and Consent form can be faxed to FCBC or completed online [here](#).



Provincial Family Caregiver Program CAREGIVER REFERRAL & CONSENT FORM

Please complete form and fax to 1-250-361-2660 or call us at 1-877-520-3267 toll free within BC or email cgsupport@familycaregiversbc.ca
We will follow up with the family caregiver within 2 business days.

Date of Referral: _____

Name of Caregiver: _____

Phone: _____ Email: _____

Best time to contact the caregiver: AM PM

Referral made by:

Self Family Practice Community Agency: _____

VIHA VCHA FHA IHA NHA Title: _____

City/Community: _____

Other: (_____)

CAREGIVER CONSENT

I consent to be contacted by the Family Caregivers of BC about their Provincial Family Caregiver Program.

Verbal consent received Date: _____

Caregiver Signature: _____

City/Community: _____

Comments:

The Provincial Family Caregivers of BC Program supports family caregivers in partnership with the Ministry of Health, Patients as Partners Initiative and offers:

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- 1:1 Caregiver Coaching Sessions
- Caregiver Support Groups
- Webinars and workshops
- Online Caregiver Resource Centre www.familycaregiversbc.ca