



Family Caregivers
of British Columbia

— Let us help —

30 YEARS

SUPPORT GROUP FACILITATOR VOLUNTEER ROLE

[Family Caregivers of British Columbia](#) is a non-profit charity, investing in family caregiver well-being for over 30 years, offering education, support and participation in health system improvement. We are passionate about contributing to positive change and believe that collaboration is essential to close gaps, avoid duplication and create solutions to fit each community or region.

Objectives:

The facilitator works with FCBC to:

- Support the goals of FCBC in local communities & provincially with an emphasis on providing information, support and fellowship for family and friend caregivers
- Be guided by the suggestions and decisions of FCBC staff.
- Attend training/education provided by FCBC about Caregivers and enhancing facilitator's skills, including monthly Community of Practice meetings (CoP).
- Ensure all public notices for the group contains the group information, FCBC logo and a reference to the group being "A partner of FCBC".

The facilitator works with the support group to:

- Liaise with FCBC staff on behalf of the group.
- Act in accordance with the Volunteer Code of Conduct and understand the boundaries of the role of group facilitator and act within them.
- Conduct group meetings in a caring, respectful and compassionate manner.
- Promote the value of empowerment, encouraging individuals to be involved in making decisions about their own care.
- Establish, with input from group participants, a list of ground rules and goals and review the list with the group on a regular bases.
- Encourage group participants to participate in education events/webinars.
- Encourage group participants to contact FCBC staff with highlights of group activities to be included in Enews, Caregiver Connection newsletter, blog posts and social media outlets.
- Introduce newcomers, explain group guidelines such as confidentiality and help them connect with group participants.



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Family Caregivers of BC

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Group Interaction and Communication

- Ensure group participants understand and adhere to the confidentiality policy.
- Moderate the discussions in the group to ensure that those who are talkative do not monopolize the discussion. Gently redirect attention to less vocal participants.
- Encourage discussions of problem areas to take on a constructive tone. Although there will be times when participants need to freely express their feelings even if their tone seems negative.
- Present information and encourage discussion that is honest, while at the same time promotes a feeling of optimism.

Other Activities

- Make a note of any participants who may be suitable backup facilitators for the group in the interest long term continuity and succession planning. Strongly promote the concept of co-facilitator arrangements.
- Conduct an evaluation/satisfaction survey each year.
- Bring a copy of Caregiver Connection, the FCBC quarterly news magazine, to the meeting.
- Contact other groups in the area, sharing special speakers when possible

Time commitments:

As a casual volunteer, you are available for at least 2 hours per week. There will be some flexibility on time, but you would need to be available to facilitate the scheduled support group meeting. You begin volunteering immediately after orientation, learning by doing, and using task checklists. This path enables you to volunteer while accommodating a flexible, minimal time commitment.

Interested candidates need to complete the application form, Criminal Records check, interview process and reference checks.

