



Family Caregivers  
of British Columbia

— Let us help —

30 YEARS

## Caregiver Support Group: Host & Assistant 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.

**FCBC Peer Support Group (Virtual and In-Person)** provides caregivers dedicated time and space to be with other caregivers dealing with similar issues, a place to receive and give support and a safe place to vent. Support groups allow caregivers to focus on their needs, not just the needs of the care recipient. Peer support emphasizes preventing caregiver burnout and the idea that family caregivers can directly impact the well being of the person they are caring for. It's common for family caregivers and their care recipients to have differing perspectives; having a group of people who understand what you are going through is priceless.

### **Volunteer Role Objectives:**

To host the Virtual Support Group, provides technical support to the facilitator and participants. The host is also responsible for collecting/summarizing the list of themes caregivers and facilitator share during the sessions. This is a lively and engaging volunteer position, suitable for people who would like to engage with caregivers.

### **Specific duties include the following:**

- Attend FCBC volunteer meetings.
- Provide hosting assistance to the Virtual Support Groups.
- Recognize potential participant's challenges and develop strategies to deal with such situations.
- Provide any assistance to the facilitator during the sessions (e.g., admitting participants, chat box).
- Encourage participants to participate in education events/webinars.
- Encourage participants to contact FCBC staff with highlights of group activities to be included in Enews, Caregiver Connection newsletter, blog posts and social media outlets.
- Connect with facilitator and FCBC staff for debrief and quality improvement.



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**Family Caregivers of BC**

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**Time commitments:**

There will be some flexibility on time, but you would need to be available for at least 4 hours per month, during the bi-weekly sessions. We usually facilitate the sessions on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday from 2-3:30pm.

**Qualifications:**

- Ability to communicate effectively in written and spoken English.
- Exceptional interpersonal skills. Independent problem-solving style and ability to research and communicate solutions.
- Must have a high level of competency with existing online and digital tools and the ability to simplify processes for technologically unskilled users.
- An empathetic demeanor and openness with the topics of mental/emotional wellness
- Experience with the Zoom platform is an asset.
- Appreciation for the goals of FCBC and understanding of the barriers to access for caregivers.

**Interested candidates need to complete the application form, interview process and reference checks.**

Warmest thanks from the FCBC team for your interest.

