

Do you know a family caregiver?



In British Columbia, there are one million unpaid people taking care of a spouse, a family member, or another adult they know who has poor health, a disability or age-related challenges. Family caregivers are a vital part of the health care team and their health is just as important as the health of the person they're looking after. That's where we come in!



**Family Caregivers
of British Columbia**

— Let us help —

Caregiver Toll-Free Support Line: 1 877 520 3267
Victoria: 250 384 0408 Mon-Fri: 8:30am-4:00pm
www.familycaregiversbc.ca info@familycaregiversbc.ca

Family caregiving might mean driving a spouse with kidney disease to dialysis, helping an elderly parent with personal grooming, or juggling a busy work schedule while caring for an adult child with depression. It might mean dropping off meals to a frail neighbour or full-time care for a parent with dementia. It definitely means you need to protect your own health too.

Call from anywhere in British Columbia.

Caregiver Toll-Free Support Line: 1 877 520 3267

- ♥ Free one-on-one emotional support
- ♥ Help navigating the health care system
- ♥ Referrals and information on community resources
- ♥ Access to support groups
- ♥ Caregiver coaching appointments

Visit the Virtual Resource Center for Family Caregivers: www.familycaregiversbc.ca

- ♥ Free educational webinars, workshops and online modules
- ♥ Blog, newsletter and handouts
- ♥ Toolkit for employers for supporting family caregivers in the workplace
- ♥ Links to community resources
- ♥ An opportunity to have a voice in improving the health care system



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