

# 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 Support Line: 1 877 520 3267**  
**Victoria: 250 384 0408 Mon-Fri: 8:30am-4:00pm**  
**[www.familycaregiversbc.ca](http://www.familycaregiversbc.ca) [info@familycaregiversbc.ca](mailto: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.

Here are some free services available through Family Caregivers of British Columbia:

**Call from anywhere in British Columbia.**

**Caregiver Support Line: 1 877 520 3267**

- ♥ 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](http://www.familycaregiversbc.ca)**

- ♥ 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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