

# CAREGIVER CONNECTION



Family Caregivers  
of British Columbia

—Let us help—

SPRING 2025 | VOLUME 40 ISSUE



May is National Caregiver Month!



## Nurturing the Seven Seeds of Your Well-Being

By Christine Savard, Communications Lead, FCBC

Imagine your well-being as a vibrant garden, where seven distinct plants each require your care. Just as some plants thrive in full sunlight while others flourish in partial shade, each dimension of your health calls for specific attention and nurturing. Some plants in your garden may be thriving with minimal effort, while others might be wilting from neglect or difficult conditions.

The concept of these seven dimensions of wellness was introduced by Dr. William Hettler in 1976 through his work at the National Wellness Institute. Dr. Hettler proposed that true health is not just the absence of illness, but a dynamic, interconnected system of various aspects of well-being. When one area of health is neglected or out of balance, the entire system can be affected. Understanding and tending to each of these dimensions can help you cultivate greater resilience and harmony in your life.

*Continued on page 2*

## In This Issue

- Nurturing the Seven Seeds of Your Well-Being
- Respite Care: The Science of Short Breaks
- Finding Relief Through Self-Expression
- Dear Caregiver Support Line
- Juggling Work and Care
- Caregiver Goal Setting: How to Value Yourself
- A Caregiver's Dance on a Tightroap
- Intimacy Reimagined: When Illness Changes the Dance
- Toward a National Caregiving Strategy

Family Caregivers of BC is a registered non-profit dedicated 100% to supporting family caregivers.



BC Caregiver Support Line:  
**1-877-520-3267**  
[familycaregiversbc.ca](http://familycaregiversbc.ca)

Here's a closer look at each of these vital dimensions:

### 1. Physical Well-Being: Your Foundation

Just as a garden needs strong roots to thrive, your body is the foundation of your well-being. Small, consistent actions—like taking a five-minute stretch, practicing chair yoga, or stepping outside for fresh air—help strengthen this foundation. Keep water and healthy snacks nearby to stay energized throughout the day. These simple acts of care support your well-being and set the tone for a more energized, resilient you.

### 2. Emotional Care: Tending To Your Heart

Unaddressed feelings can overtake your inner garden, like weeds crowding out peace and clarity. Mindful actions help clear this emotional soil, just as regular pruning keeps a garden thriving. Start with five minutes of journaling—bullet points work like pulling thoughts by the roots! Monthly calls with friends refresh your garden's ecosystem. Check in with yourself: Feeling angry? What ground needs tending? All emotions, even tough ones, belong in your garden's cycle.

### 3. Intellectual Growth: Feed Your Curiosity

Just as a garden thrives with proper nourishment, your mind needs regular stimulation to stay vibrant. Everyday moments offer opportunities to nurture your curiosity. Try listening to a podcast while folding laundry, doing a word puzzle, or practicing a new language on your walk. These small, everyday activities can help keep your mind sharp and your curiosity active.

### 4. Spiritual Nourishment: Finding Peace

Like a garden at dawn, spirituality offers quiet moments. Pause to watch a sunrise, find solace in nature, or start each day with a gratitude practice. Even five minutes of peaceful reflection—deep breathing, appreciating nature, or jotting down small blessings—can nourish your spirit.

### 5. Environmental Care: Create Your Sanctuary

Your well-being is deeply rooted in the natural world. Open windows for fresh air, tend to a small indoor plant, or take moments to watch birds outside. Even indoors, invite nature in through natural light, outdoor views, or the soothing sound of rain. A nurturing environment helps your inner garden thrive.

### 6. Social Connection: Your Support Village

Just as plants thrive together, we flourish through connections. Caregiving can feel isolating, but joining an art therapy class, caregiver support group, or having coffee with friends can help you reconnect. Quick texts or brief calls can nurture those important social roots.

### 7. Occupational Harmony: Your Purpose Path

Your sense of purpose, like a garden, changes with the seasons. For those balancing jobs and caregiving, aim to find meaning in both roles. For full-time caregivers, purpose can grow through sharing wisdom, developing new skills, or nurturing personal interests. Every contribution you make, whether in your career or caregiving, adds value to your life's garden.

With gentle, consistent care, your well-being can flourish. Each small action adds another bloom to your garden of life.

## Activity: Balancing Your Wellness Wheel

**Instructions:** Use the circle to the right to rate each category from 1-10. "1" means you feel this area is very poor and needs attention. "10" means you feel this area is balanced and well-managed. Think about which areas you'd like to focus on this month.

- 1. Physical Score = \_\_\_\_\_
- 2. Emotional Score = \_\_\_\_\_
- 3. Intellectual Score = \_\_\_\_\_
- 4. Spiritual Score = \_\_\_\_\_
- 5. Environmental Score = \_\_\_\_\_
- 6. Social Score = \_\_\_\_\_
- 7. Occupational Score = \_\_\_\_\_

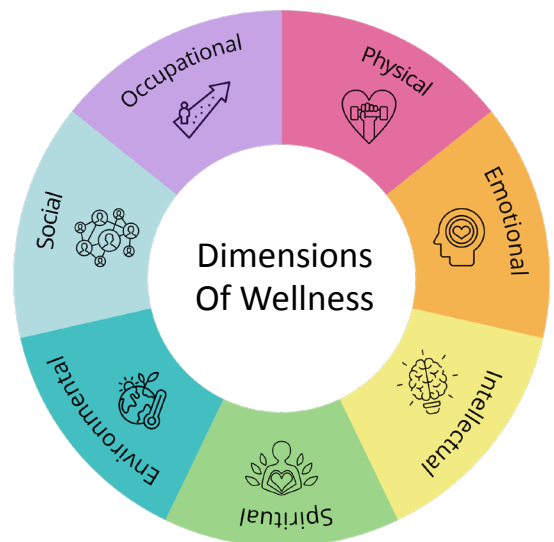


Diagram adapted from Dr. William Hettler's model, 1976: Dimensions of Health Wheel



# Editor's Note

By Marjan Beikzadeh Education and Learning Lead, FCBC

As we step into spring, a season of renewal and growth, I'm reminded of the delicate balance caregiving requires. In this issue, I want to focus on finding harmony within your health and well-being. It's easy to pour everything into caring for your loved ones and forget about yourself, but true caregiving means nurturing both others and yourself. This issue explores how balance—through self-care, creativity, or taking time for rest—can ease the demands of caregiving.

Whether through journaling, taking a walk, or finding moments of joy, these acts can restore peace, relieve stress, and bring a sense of equilibrium. I encourage you to find balance and make space for your needs. By caring for yourself, you're better able to continue providing the best care for your loved ones.

From my heart to yours,

*Marjan Beikzadeh*

## Embracing the Science of Short Breaks

Breaks are an important part of our daily lives. Decades of research show that regular breaks can help prevent burnout, reduce stress, and improve our overall well-being. We pause to catch our breath while hiking and enjoy coffee breaks at work. Even a quick 15-minute break can make a big difference. Yet, our experience with caregivers is that regular, short breaks disappear all too quickly, the science ignored.

### Understanding the Benefits:

- 1. Better Focus:** Our brains can only concentrate for so long. Short breaks help us stay focused and think more clearly when we return to our tasks.
- 2. Less Stress:** Taking a moment to relax can lower stress levels, helping our bodies feel better and recover from daily pressures.
- 3. More Creativity:** Stepping away from a task can lead to new ideas. Letting our minds wander during breaks can help us find creative solutions to problems.
- 4. Improved Health:** Sitting for long periods isn't good for us. Taking breaks to move around or stretch can help reduce pain and improve our health.

Even with these benefits, many caregivers struggle to take breaks. What might be getting in the way? Here are some common challenges:

**Guilt:** Many may feel guilty about taking time for themselves, believing they should always be available for their loved one.

**Emotional Attachment:** A strong emotional bond with the person being cared for can make it hard to step away, even for a little while.

**Lack of Awareness:** Some may not know about the resources and support available or the necessity (the science) of needing to recharge.

**Health Issues:** Many may ignore their own health, leading to physical and mental exhaustion that makes it harder to take breaks.

**Logistical Challenges:** Managing care and schedules can be complicated, and it may feel like too much effort to arrange for someone else to help.

**Fear:** Worries about asking others for help or trusting them with their loved one can be stressful.

**Financial Constraints:** Private respite care can be expensive. Checking local health authorities about options for publicly funded respite care may help.

Recognizing these challenges is a helpful first step.

### Recharge, refresh, and reclaim your energy!

Make short breaks a key part of your caregiver support plan. You can find helpful tools and resources by visiting: <https://www.familycaregiversbc.ca/archives/video/creating-a-caregiver-support-plan-part-1>

# Finding Relief Through Self-Expression: A Guide for Creative Expression

By Marjan Beikzadeh Education and Learning Lead, FCBC



Caring for someone else can be rewarding, but it can also come with challenges. Stress and emotional strain can build up for caregivers, making self-care essential. One way to relieve stress is through creative expression. Whether it's art, music, games or movement, engaging in these activities can help you recharge those batteries and find balance.

## Why Creativity Matters

Creative expression can work wonders for you. It gives you a chance to express your feelings, even when it's hard to find the words. Grab some coloured pencils, paint, or whatever you have lying around, and let your creativity flow. Many caregivers find that making art helps them feel less stressed and more balanced.

Don't forget about music! Singing or listening to your favorite songs can lift your spirits. Joining a choir or community sing-along can create a sense of belonging and support. Many caregivers find that music therapy not only boosts their mood but also helps reduce stress and enhance emotional well-being.

## Move Your Body, Shake Off the Stress

Dance isn't just for parties; it's a fantastic way to express yourself and relieve stress—just turn on some music and move! Whether it's a quick dance break in your living room or a local class, moving your body can help you feel refreshed. Caregivers who dance often experience lower stress levels and greater emotional strength.

## Fun and Easy Activities to Try

**Art Time:** Set aside a little time each week to draw, paint, or craft. Use whatever materials you have at home. Doodling or colouring can also be a quick way to express yourself.

**Musical Moments:** Create a playlist of your favorite feel-good songs. Spend a few minutes listening or singing along. If your care recipient enjoys music, play some calming tunes while you both relax.

**Dance Breaks:** Put on a song that makes you want to move! Dancing is a fun way to shake off stress. If your care recipient can, encourage them to join in with simple movements.

**Games and Puzzles:** Pull out a quick board game or puzzle. Playing a short round can be a great way to bond and share a laugh. If you're solo, work on a puzzle or play a mobile game for a quick way to unwind.

**Mindfulness Moments:** Take a few minutes each day to breathe deeply and check in with yourself. You can guide your care recipient through a short breathing exercise or practice mindfulness alone for clarity.

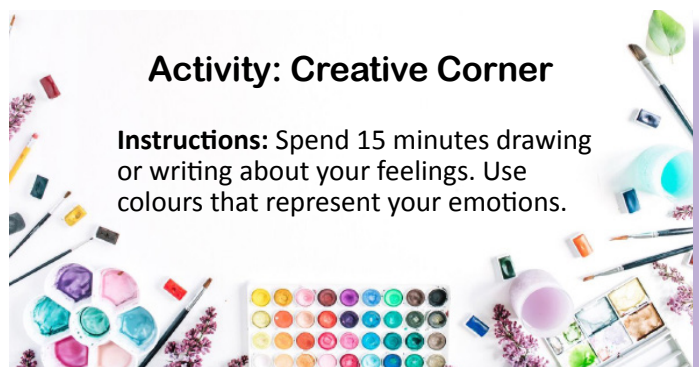
## Words to Inspire Your Creative Journey

As you explore creative expression as a form of self-care, let these words from Canadian artists and thinkers remind you of the power and importance of creativity in your life:

*"Art is the distilled essence of life, the weightless drop that contains the whole." — Emily Carr*

*"The arts are not a way to make a living. They are a very human way of making life more bearable." — Margaret Atwood*

*"There is a crack in everything, that's how the light gets in." — Leonard Cohen*



### Activity: Creative Corner

**Instructions:** Spend 15 minutes drawing or writing about your feelings. Use colours that represent your emotions.



# Dear Caregiver Support Line

By Julie Cameron, Caregiver Support Specialist, FCBC

“For the last two years I have been a full-time caregiver for my husband who has dementia. Between medical appointments and providing 24/7 care for him and then trying to manage a household, I am both physically and mentally exhausted. We don’t have any children nearby to help, so everything falls on my shoulders and it’s affecting our relationship. I feel resentful sometimes which in turn makes me feel guilty, after all he is the one who is sick. I’m feeling overwhelmed and not sure how much longer I can do this. How do other caregivers handle this stress? – Exhausted Caregiver

## Dear Exhausted Caregiver,

Thank you for contacting us at Family Caregivers of BC. The way you are feeling makes a lot of sense with the health-related changes your husband is experiencing. It is important to recognize your own needs at the same time as you are caring for your partner. One thing to consider is creating a plan for yourself. Think about what your respite needs are and make time for yourself. What community connections do you need to make? Who and what helps you to feel most supported?

As a caregiver, taking care of yourself is not a selfish act, it’s crucial for both your own well-being and that of your loved ones. If you don’t build ways to meet your own needs, you risk burnout and exhaustion. These can lead to illness and compromise your ability to be an effective caregiver.

Involving friends and members of your family from the beginning of the illness helps lighten the load. Assigning tasks, such as meal prep and running errands, helps share responsibilities. Giving everyone specific roles may also help your husband adjust to having others around the home.

Recognize that anger, anxiety, and guilt are normal feelings given the situation you are experiencing—they come not only from being tired but also from the losses you are experiencing.

Lastly, consider joining a support group as soon as you can. You don’t need to be alone on this journey. Self-care doesn’t have to look like heading to a spa

for a massage or going on a weekend getaway. It can be as simple as going for a walk, doing breathing exercises or even just sitting outside for a few minutes. When we don’t take time for ourselves each day, frustration can build, and it affects both us and our loved ones. Above all, be gentle with yourself—caring for someone with a chronic or terminal illness can turn life upside down. – The Caregiver Support Team

## Join a Caregiver Support Group



Family Caregivers of BC offers in-person and virtual support groups to connect you with community support. Visit: [www.familycaregiversbc.ca/get-help/other-community-supports](http://www.familycaregiversbc.ca/get-help/other-community-supports) for details on local groups. Support groups are available in the following communities:

- |                 |                    |
|-----------------|--------------------|
| Abbotsford      | Nanaimo            |
| Burnaby         | North Vancouver    |
| Campbell River  | Oliver             |
| Chilliwack      | Pender Island      |
| Comox Valley    | Penticton          |
| Coquitlam       | Port Alberni       |
| Cowichan Valley | Port Coquitlam     |
| Cranbrook       | Princeton          |
| Delta           | Prince George      |
| Gabriola Island | Richmond           |
| East Kootenay   | Salt Spring Island |
| West Kootenay   | Sidney             |
| Kamloops        | Smithers           |
| Keremeos        | Summerland         |
| Lake Country    | Surrey             |
| Langley         | Vancouver          |
| Maple Ridge     | Victoria           |
| Mayne Island    |                    |

# Juggling Work and Care: Finding Balance with Flexibility



Balancing work with family caregiving responsibilities is an increasingly common challenge in Canada. According to Statistics Canada, approximately 6.1 million employed Canadians (35% of the workforce) are juggling work with caregiving roles for family members or friends with long-term health conditions, disabilities, or aging needs. This dual responsibility often leads to increased stress, absenteeism, emotional strain and less satisfaction with work.

An obstacle for working caregivers is the perceived lack of workplace support. Research shows that flexible work options, such as caregiver leave and remote work, can alleviate these challenges. Employees with access to such options are more likely to remain in their positions, experience reduced burnout, and maintain higher productivity levels.

If you'd like to explore flexible work arrangements, here are some simple steps to help start the process and conversation:

- 1. Explore existing options:** Check what flexible options your workplace offers, like remote work or flexible hours. Understanding what's available can help you see how it might work for you.
- 2. Do research:** Before bringing up the idea, take some time to look into the benefits of flexible work for both employees and the company. If possible, find examples within your organization or from similar companies to help support your conversation.
- 3. Connect with colleagues:** Talk to your colleagues to see if they share similar needs. A group request can be more effective than going solo. Discuss what flexibility could look like, whether it's remote work, adjusted hours, or a shorter work week.

**4. Schedule a meeting:** Request a meeting with your manager to share your thoughts. Come prepared with your research and ideas, but also be ready to listen to their perspective. Framing the discussion around mutual benefits can help create a productive and positive dialogue.

**5. Offer ideas and suggestions:** When discussing flexibility, consider suggesting specific changes that could work well for everyone. Show how your ideas align with company goals and help keep things running smoothly.

**6. Be open to compromise:** Be ready to discuss options that work for both you and your employer. Consider asking for a trial period to see how the arrangement works for everyone.

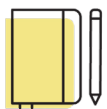
**7. Practice patience:** Change takes time, so try to be patient as you navigate this process.

**8. Seek feedback:** If changes are made, ask for feedback from your colleagues and manager. This can help create a supportive environment and allow for adjustments if needed.

**9. Stay professional:** Regardless of the outcome, keep a positive attitude and express gratitude for your employer's consideration.

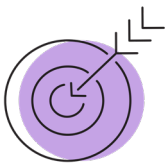
By using these steps, you can share your needs while showing that you care about your work and the company. Keep in mind that flexibility can help not just you, but also your team and the overall workplace culture. Good luck!

## Visit our online Caregiver Learning Centre for more related resources!



Explore our Employer Toolkit: "Supporting Employed Caregivers," here: <https://www.familycaregiversbc.ca/archives/3d-flip-book/supporting-an-employed-caregiver>

Watch FCBC's previous webinar, "Work and Care: A Balancing Act", here: <https://www.familycaregiversbc.ca/archives/video/work-care-a-balancing-act>



# Caregiver Goal Setting: How to Value Yourself

Adapted From the Creative Visualization Workbook by Shakti Gawain

Creative goal setting and visualization are positive and helpful techniques to deal with a stressful situation. They can be performed almost anywhere, requiring only a few minutes in a quiet, comfortable spot to concentrate on oneself.

## Setting Your Goals

Imagine clearly what you want to happen. Make an affirmation by imagining it's already happening—feel as though it's true. Put it in the present: "I have arranged my caregiving responsibilities, so I have a break every third weekend."

## Overcoming Mental Barriers

Write down all the reasons why you think you can't have what you want. Decide which statements have the most power over you, then write an affirmation to counteract each one. This approach is shown to shift mindsets, helps reframe limiting beliefs and can empower you to take steps towards your goal.



Here are some examples to try:

### 1. *I do not deserve so many breaks.*

*I deserve breaks to recharge, so I can care for my well-being and be a better caregiver to my care recipient.*

### 2. *The person I care for will not get proper care.*

*With the right support and resources, the person I care for will receive the care they need.*

### 3. *My family will call me selfish.*

*My family will understand that taking care of myself is necessary for my ability to care for others.*

### 4. *Other caregivers or respite providers will not meet my loved ones needs.*

*Other caregivers will be able to meet my loved ones' needs, and we can share resources to support each other.*

## Valuing Yourself

Valuing yourself encompasses recognizing your inherent worth and honouring your fundamental needs. This means setting realistic goals and establishing clear boundaries in your daily life. By upholding these boundaries and saying "no" when necessary, you prioritize your well-being alongside your caregiving responsibilities.

## Moving Beyond Guilt

Transform feelings of inadequacy into positive affirmations as you visualize your path forward. Instead of dwelling on what you "should" do, focus on what's achievable. Counter limiting thoughts with affirmations that honour both your needs and capabilities, creating space for balance.

## May is National Caregiver Month!



May is National Caregiver Month in Canada, a time to recognize the much-needed contributions of the over 8 million individuals who care for family, friends, neighbours, and loved ones. This month serves as a reminder of the important role caregivers play in the well-being of our communities and offers an opportunity to raise awareness about the many challenges they face.

The Caregiver Aware campaign shines a light on these challenges and advocates for meaningful change. Caregivers often experience financial strain, emotional burnout, physical exhaustion, and social isolation as they balance caregiving with their personal and professional lives.

### How to Get Involved:

- **Share stories:** Amplify caregivers' voices by sharing their stories with **#CaregiverAware**.
- **Follow and engage:** Stay connected on social media and support our posts.
- **Advocate for change:** Speak out for better caregiver support and workplace flexibility.
- **Participate in Events:** Visit our website this May to learn about upcoming events!



# Caregiver Corner: A Caregiver's Dance on a Tightrope

By Maria Westlund, Family Caregiver

Let me state this right away: The role of a caregiver is often an almost impossible one. That's why I chose the heading above, "*A Caregiver's Dance on a Tightrope.*"



I was a caregiver for my husband for eight years, and that nearly did me in. The statistics were not encouraging—caregivers often die before their charges. This applies to those caring for close family, like a spouse, parent, grandparent, sibling, or child. The situation is different when caregiving is a profession. My experiences are mostly limited to caring for my husband, and earlier in my life with part-time care for my sick mother.

Then COVID came, a stressful period not only for Ernie and me. In August 2021, our fridge broke down. Keeping food fresh until the new one arrived “broke” my back. I spent almost four weeks in the hospital, in terrible pain with spasms (often 10 on the pain scale) and on morphine and painkillers.

That first year was the worst. I was 83, in miserable shape: super-stressed, drugged, living in a brain fog, constantly exhausted, sleep-deprived, and in pain. I felt like I was fighting on too many fronts: my health, Ernie's health, frequent conflicts, running the household, planning caregiving help, transports (no driving on morphine), navigating the healthcare system, etc.

Self-care (that lovely word people mentioned) felt totally unattainable. Where to fit that in and how!? My GP told me to try to have some fun. Great, but how!? I was busy surviving!

My therapy sessions were a saving grace. I'd struggled with complex PTSD and needed support. Another round of Prozac helped a bit.

Don't be surprised if, at times, you feel unseen, alone, and frustrated. YOU need all the support you can get. Having a network of “supporters” is crucial, no matter how much you fancy yourself capable of handling things. I found a support group for a couple of years helpful. I also started journaling—an important outlet.

I'll be drastic here: a caregiver with no support risks becoming a dead caregiver. Support must encompass all aspects of the person—spiritual, psychological, emotional, physical, practical. A safety net is invaluable, especially if caregiving stretches over many years. Your rope might be long, but it's *not* indefinite!

Even if self-care seems unattainable, do what you can. Before my back injury, I jogged daily for half an hour, all year round. I also meditated for half an hour every morning to carve out time for me. Those habits fell apart after my injury. Walking required a walker, but I started a new routine as soon as I could.

Self-care also involves developing skills in *self-talk*. Remind yourself that whatever you're feeling is okay. That you are human. That your role is “impossible,” but there are ways to move through it, and it's mandatory to have reasonable demands on yourself. Mindfulness helps too, especially with common pitfalls—self-pity and martyrdom. I fell into those traps many times, so I know. Acceptance—accepting *what is* instead of fighting it—is a valuable life skill.

Now, almost two years since Ernie died, my life has completely changed. I'm single for the first time in my adult life, after 60-plus years of marriage, and I am happy and at peace. I bounced back from burnout, tapered off Prozac with relief, and my creativity blossomed, primarily in writing. Two books resulted. My back still restricts me, and there are other small physical issues, but I'm too happy and fulfilled to mind. I wouldn't be who I am now without having lived through those eight years of struggle and pain. They brought up most of the issues that needed to be processed and healed.

Those years were part of the path that led here and opened the doors to growth and fulfillment. I feel immense gratitude for that. I am free now—no anger, regret, or resentment remains. There was light at the end of the tunnel!



# Reimagining Intimacy: When Illness Changes the Dance

By Christine Savard, Communications Lead, FCBC

We all know that physical intimacy naturally evolves throughout any long-term relationship. But what happens when serious illness enters the picture, and one partner becomes a caregiver to the other? How do you maintain intimacy when your partnership's dynamics shift?

This was Rene Smyth's reality when her husband was diagnosed with Parkinson's at 52, while she was 48. After 21 years of marriage and with a 10-year-old son, they had to redefine their roles and their intimacy.

## When Roles Reverse, Love Adapts

Most couples naturally fall into patterns in managing their shared life. For Rene and her husband, two decades of marriage created a clear division of tasks: Rene managed housework, laundry, and shopping, while her husband handled yard work and repairs. But as Parkinson's progressed, these boundaries blurred. "I had to take on a lot more jobs I wasn't experienced in. I was resentful for a long time, and my husband was very embarrassed because he couldn't do those things anymore."

Dr. Linda Franchi, a counsellor with the Parkinson Wellness Project, explains these transitions often follow a "storming" pattern—periods of closeness and distance as couples adjust. "Initially, people feel shock and loss because the relationship changes on terms they didn't agree to," she says. "It came out of the air."

## Discovering New Forms of Connection

What makes Rene's story particularly inspiring is how she and her husband discovered new dimensions of intimacy. While their physical relationship changed dramatically after his diagnosis and depression, they found unexpected ways to connect. "We care for each other and just aren't having sex anymore," Rene shares candidly. "Through Parkinson's, we learned that dancing happens with a different part of the brain... and we love to dance, so that was really great."

Dr. Franchi emphasizes that intimacy goes far beyond the physical. "There's physical intimacy, sexual intimacy, emotional intimacy, intellectual intimacy, spiritual intimacy, experiential intimacy, conflict intimacy... and one of my favourites is aesthetic intimacy."

## Finding Joy in Small Moments

For Rene, it was in the tender act of caring for her husband's sensitive feet—a task he trusted only to her. These moments became their own form of connection.

Dr. Franchi encourages couples to find moments of small opportunities for connection: "The simple things—going for ice cream, listening to music, gardening, or sharing flowers. It's about appreciating beauty together."

## The Vital Role of Self-Care

Perhaps most crucially, Rene learned that maintaining intimacy requires careful attention to her own wellbeing. "His needs, of course, are always number one because he's sick and I'm not... However, I also realized that if I'm not healthy, he's not healthy." She maintains strong friendships, exercises regularly, and participates in support groups, knowing that caring for herself strengthens their relationship.

## Hope Versus Joy

In a poignant reflection, Rene shares, "I don't use the word hope anymore because hope died a long time ago. But there are lots of ways to have joy." Her honesty highlights the importance of reimagining intimacy in chronic illness—not clinging to what was, but discovering what can be.

Dr. Franchi reminds caregivers: "You didn't cause this, and you can't control or cure it." Instead, she urges focusing on "what is real today," allowing the freedom to find joy and connection.

Reimagining intimacy as a caregiver means finding new ways to express love, stay connected, and embrace joy. Though illness changes the dance, the music of love still plays—we just learn new steps.

Adapted from the "Caregivers Out Loud Podcast," Episode 24 - "Caregiving for a Partner: Intimacy Reimagined"



Caregivers  
OUT LOUD

Listen to the  
Caregivers Out Loud  
Podcast today!



Scan the QR Code  
to listen now!

CALL OUR **FREE** CAREGIVER SUPPORT LINE:  
1-877-520-3267 | visit [familycaregiversbc.ca](http://familycaregiversbc.ca)

  
Family Caregivers  
of British Columbia

# Toward a National Caregiving Strategy

The Canadian Center for Caregiving Excellence (CCCE) has been a force in driving federal government action over a very short time. Working in partnership with caregivers, care providers, experts, and leaders, the CCCE created "Recommendations for a National Caregiving Strategy" with five priority action areas: government and leadership recognition; optimizing supports, programs, and services for caregivers; improving supports for care recipients; supporting caregivers in education and the workforce; and developing a thriving care provider workforce.

The 2024 Federal Budget includes plans to establish a National Caregiving Strategy, with a bipartisan group of lawmakers set to support this initiative in the coming months.

Family Caregivers of BC is proud to be a member of CCCE's Champions Table and Advisory Committee.

Learn more from James Janeiro, CCCE's Director of Policy and Government Relations: <https://www.familycaregiversbc.ca/archives/video/a-brighter-future-of-care-towards-a-national-caregiving-strategy-for-canada>) or visit the CCCE's website page here: (<https://canadiancaregiving.org/national-caregiving-strategy/>)



Canadian Centre for  
Caregiving Excellence



National  
Caregiving  
Strategy

## Discover Essential Caregiver Support Services Offered by the Canadian Cancer Society



For individuals undergoing cancer treatment in British Columbia, the Canadian Cancer Society offers vital support through its Cancer Travel and Accommodation Services program. This program provides essential assistance that makes accessing care easier and more affordable.

Eligible patients may receive financial grants, air and ground transportation, and comfortable accommodations—all designed to ensure they receive the treatment they need without added stress.

### Stay Comfortably with Them

The Canadian Cancer Society operates **four lodges** located near major cancer centers in **Vancouver, Victoria, Prince George, and Kelowna**. These lodges offer a **FREE** stay for cancer patients, including meals and complimentary transportation to and from treatment centers.

Additionally, if a patient requires a caregiver to accompany them, that caregiver can stay at the lodge for just \$52.00 plus tax per day. This rate covers all meals, laundry services, parking, and transportation, allowing caregivers to travel alongside patients and remain together throughout the treatment journey.

For more information, please visit the Canadian Cancer Society's website at: <https://cancer.ca/en/living-with-cancer/how-we-can-help/cancer-travel-and-accommodation-services-bc> or contact them directly at **1-888-939-3333** or email: [BCTravelFund@cancer.ca](mailto:BCTravelFund@cancer.ca)



Canadian  
Cancer  
Society

CAREGIVER CONNECTION Reproduction in any manner is permitted accompanied by proper credit, unless it is designated reprinted by permission. We gratefully accept articles and information sharing items appropriate to the readership. Submissions may be subject to editing. We are committed to protecting your privacy according to the Personal Information Protection Act. Family Caregivers of BC, 1-877-520-3267, [www.familycaregiversbc.ca](http://www.familycaregiversbc.ca).

# Disease/Condition Specific Caregiver Support

**ALS Society of BC**  
1-800-708-3228

**Alzheimer Society of BC**  
1-800-667-3742

**First Link Dementia Helpline**  
1-800-936-6033

**BC Brain Injury Association**  
604-984-1212

**British Columbia Schizophrenia Society**  
1-888-888-0029

**BC Cancer Agency**  
[bccancer.bc.ca/contact](http://bccancer.bc.ca/contact)

**Here to Help (for Mental Health)**  
310-6789 (no area code; free available 24 hr)

**HSC British Columbia Resource Center**  
604-822-7195

**MS Society of Canada (B.C.)**  
1-800-268-7582

**Parkinson Society B.C.**  
1-800-668-3330

**Stroke Recovery Association of BC**  
1-888-313-3377

## Provincial Resources

**Anti Fraud Centre**  
[www.antifraudcentre.ca](http://www.antifraudcentre.ca) 1-888-495-8501

**BC 211 - non-medical**  
[www.bc211.ca](http://www.bc211.ca)

### **B.C. Health Authority General Enquiry Lines**

Fraser Health	1-855-412-2121
Interior Health	250-980-1400
Island Health	250-388-2273 or 1-888-533-2273
Vancouver Coastal Health	604-263-7377
Northern Health	250-565-7317

**B.C. Ministry of Health**  
[www.gov.bc.ca/health](http://www.gov.bc.ca/health)

- Visit [www.healthlinkbc.ca/healthtopics](http://www.healthlinkbc.ca/healthtopics) and put in the search term “Caregiver”.
- Visit [www.patientsaspartners.ca](http://www.patientsaspartners.ca) for the free self-management activities offered through Patients as Partners

**B.C. Palliative Care Benefits**  
[www.health.gov.bc.ca/](http://www.health.gov.bc.ca/)

**BC Seniors Guide**  
[www.gov.bc.ca/seniors-guide](http://www.gov.bc.ca/seniors-guide) 1-877- 952-3181  
PDF available in English, Chinese, French, Korean, Vietnamese, Punjabi and Farsi. Hard copy available in English, Chinese, French, Punjabi

**Crisis Centre BC**  
[www.crisiscentre.bc.ca/get-help/](http://www.crisiscentre.bc.ca/get-help/) 1-800-SUICIDE  
1-800-784-2433

**Family Caregivers of British Columbia**  
[www.familycaregiversbc.ca](http://www.familycaregiversbc.ca)  
Caregiver Support Line: 1-877-520-3267

**Find Support BC**  
[findsupportbc.com](http://findsupportbc.com)

**First Nations Health Authority**  
[www.fnha.ca](http://www.fnha.ca) Toll-free: 1-866-913-0033

**HealthLink BC - Medical**  
[www.healthlinkbc.ca/](http://www.healthlinkbc.ca/)  
Call 811 anytime 24/7 to speak to a nurse.

**Here to Help - Mental Health**  
[www.heretohelp.bc.ca/](http://www.heretohelp.bc.ca/)

**Pain BC**  
[www.painbc.ca](http://www.painbc.ca)

**The Nidus Personal Planning Resource Centre**  
[www.nidus.ca](http://www.nidus.ca) | [info@nidus.ca](mailto:info@nidus.ca)

**Seniors First**  
[www.seniorsfirstbc.ca](http://www.seniorsfirstbc.ca)

**SAIL - Seniors Abuse & Information Line**  
Vancouver - Metro 604-437-1940  
Toll Free: 1-866-437-1940 (8am-8pm daily)  
Language Interpretation (9am - 4pm, Mon - Fri)  
[www.seniorsfirstbc.ca](http://www.seniorsfirstbc.ca)

**UBC Pharmacists Clinic**  
[www.pharmsci.ubc.ca/pharmacists-clinic](http://www.pharmsci.ubc.ca/pharmacists-clinic)

# We Can Help Right Now!



B.C. Caregiver Support Line 1-877-520-3267  
Monday to Friday 8:30 am to 4:00 pm



[info@familycaregiversbc.ca](mailto:info@familycaregiversbc.ca)



[www.familycaregiversbc.ca](http://www.familycaregiversbc.ca)



Family Caregivers  
of British Columbia  
— Let us help —

## Switch to our e-Newsletter!

If you'd like to stop receiving a paper copy, please let us know at:

[info@familycaregiversbc.ca](mailto:info@familycaregiversbc.ca)

We gratefully acknowledge the support of our funding partners:



United Way  
Southern  
Vancouver Island



Ministry of  
Health

Family Caregivers of British Columbia  
6-3318 Oak Street, Victoria BC V8X 1R1

Publication Mail Agreement  
#40040515

