

Caregiver Connection



Family Caregivers
of British Columbia



Winter 2026 | Volume 41 | Issue 4

A Caregiver's Perspective: Moving Through the Changing Stages of Care

By James "Jim" France, Family Caregiver, with the support of the Independent Long-Term Care Councils Association of BC (ILTCCABC)

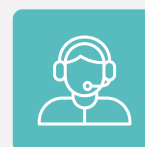
Caring for my spouse through chronic health conditions, specifically Alzheimer's, became a difficult and transformative journey. What began as supporting her at home gradually shifted into managing increasing confusion, fear, and safety concerns.

As her symptoms progressed, my caregiving role expanded from daily help to monitoring her emotional stability, coordinating medical care, and making decisions I never expected to face. Deciding when to transition my spouse to Long Term Care (LTC) was filled with dilemmas: Was it too soon? Was home care sustainable? How would we navigate waitlists and costs?

By fall 2022, she experienced mood swings and paranoia, fearing passersby were plotting to harm us. Many evenings ended with her packing luggage and demanding airline reservations to her childhood home. Despite interventions from our general practitioner, psychologist, and psychiatrist, her distress escalated, leading to two suicide attempts in early 2023.

In This Issue

- A Caregiver's Perspective: Moving Through the Changing Stages of Care
- The Phases of Family Caregiving
- Dear Caregiver Support Line
- A Positive Approach to Risk During the Transition to Care
- Coping with the Ongoing Losses of Caregiving
- When a Loved One is Diagnosed with a Serious Illness
- Transitioning Out of Caregiving: Gentle Steps Through Grief
- Self-Care Plan Worksheet



Call the BC Caregiver
Support Line

1-877-520-3267

Mon-Fri, 8:30 am to 4:00 pm



Editor's Note

By Marjan Beikzadeh, Education and Learning Lead FCBC

As we embark on this journey of caregiving, it's essential to recognize that each step we take can lead to greater understanding and connection. In this issue, we focus on the complexities of navigating the caregiving journey, highlighting the need for self-reflection, self-care, and effective communication. Caregiving is not just about meeting the needs of our loved ones; it's also about discovering our strengths and acknowledging our challenges along the way.

Embrace this opportunity for growth and self-discovery, as it will enrich both your life and the lives of those you care for. I encourage you to reflect on your own unique caregiving style and create routines that support your health and happiness. Remember, you are not alone in this experience; together, we can navigate the ups and downs with resilience and grace.

From my heart to yours,

Marjan Beikzadeh

Continued from Page 1

After the second attempt, I insisted she remain at the hospital for tests. When the assessments confirmed her need for LTC, the decision was heart-wrenching and reflected the struggles I had shared within my caregiver support group.

The Brella Caregiver Support Group became essential during this period. Over two years, our group of twelve women and two men openly discussed the stress, guilt, grief, and burnout that accompany caring for a spouse with dementia or mobility issues. Weekly meetings offered a place to speak openly without judgment. Hearing others describe their spouses' agitation or decline validated my own struggles at home, especially during my wife's moments of paranoia.

This shared understanding reduced my sense of isolation that caregiving often creates. Practical support was equally important. Members shared strategies for navigating our Long-term Care (LTC) system, from

Fraser Health assessments to understanding information about volunteer navigation services. Guidance from the Director of Dementia and Family Services helped me evaluate facilities before accepting an interim placement.

Group discussions on self-care, mindfulness, and caregiver rights equipped me to manage ongoing stress and advocate for my spouse during hospitalizations.

When my spouse moved to Harrison in March 2023, I faced mixed feelings of relief and loss. Support group conversations about shifting from hands-on caregiver to advocate helped me adjust. Joining and later chairing the Family Forum allowed me to continue supporting her care while applying the community-building principles I had learned.

The **Independent Long-Term Care Councils Association of BC** is a provincial association of family councils representing the collective voice of residents, their families, and representatives. To learn more, visit: iltccabc.ca



Caregivers Connect: Finding Support, Together



Supporting a loved one and looking for a space to talk openly about caregiving challenges? FCBC's Caregiver Café is a free, monthly virtual group where caregivers across BC connect in a safe, compassionate space.

- ♥ 2nd Thursday of each month
- ♥ 2:00 pm – 3:30 pm PT
- ♥ Pre-register in advance

For more information please email our caregiver support team at: cgsupport@familycaregiversbc.ca or call 1-877-520-3267.

About Brella Community Services Society, Surrey, BC

The Brella Community Services Society is a BC-based non-profit that supports caregivers and older adults through programs that reduce isolation, build connection, and strengthen well-being.

Contact information:

T. (604) 531-9400 | E. info@brellasociety.ca



“Before I reached out to FCBC, I felt alone and overwhelmed. They helped me see that I have support to navigate my caregiving role with confidence.” – Family Caregiver



FCBC image adapted from R. C. Talley, J. E. Crews (eds.), Multiple Dimensions of Caregiving and Disability, Caregiving: Research, Practice, Policy, DOI 10.1007/978-1-4614-3384-2_2, © Springer Science & Business Media New York 2012.

The Phases of Family Caregiving

Caregiving is a journey that unfolds in various phases, each bringing its own challenges and emotions. For example, it can begin with an acute diagnosis, followed by increased responsibilities, hospital visits, and possibly the need for long-term care.

Some caregivers may experience clear phases, while others, such as those caring for a child with a disability, may find their roles ongoing and less defined, jumping back and forth depending on their loved one's changing health. It is important to remember that not all caregivers will go through every phase; some may find their role shifts significantly if their care recipient recovers and no longer needs assistance. The time and effort required can vary greatly, and caregivers often need to adjust to new responsibilities as their loved ones' needs change.

Throughout this caregiving journey, relationships with family members

can go through significant changes. Caregivers may feel a mix of strong emotions as they watch their loved ones face health challenges. Whether it is an aging parent becoming more fragile, a spouse changing due to illness, or an adult child dealing with a serious injury, these caregiving experiences can be heartbreaking.

It is completely normal to experience feelings of loss related to health, independence, and the fear of losing someone you care about.

Navigating these emotions can be overwhelming, and you may often feel like you do not have the time or space to process what you are feeling, making the journey even more challenging. Understanding that caregiving involves multiple phases, some linear and others more fluid, can help you recognize your own experiences and encourage you to seek support when needed.



Build Your Personal Resiliency

Whether caregiving lasts one year or many, building resiliency can help reduce caregiver burden.

Resiliency supports caregivers in managing challenges, protecting their health, and sustaining their capacity to care for themselves and others.

When caregivers feel resilient, they are better able to navigate difficult situations and are less vulnerable to stress.

We're here to support you with our [Building Your Personal Resiliency flipbook](#)

(<https://www.familycaregiversbc.ca/wp-content/uploads/2019/05/FCBC-Flipbook-March2019-proof9.pdf>)



Family Caregivers of British Columbia

Visit familycaregiversbc.ca or Call 1-877-520-3267 Today!



Connect with our Support Groups



Visit our Caregiver Learning Centre



Talk to Our Caregiver Support Team

The Family Caregiving Journey: What to Expect and How to Stay Grounded



The Beginning: Stepping into a New Role

1 Caregiving often begins quietly, a load of laundry here, a ride to an appointment there, until one day you realize you have taken on a new role. For others, caregiving starts suddenly after a major health event, shifting life into unfamiliar territory. In these early stages, it is common to feel uncertain, overwhelmed, or unsure where to turn. One of the most helpful first steps is gathering the right information: understanding the diagnosis, learning what symptoms to watch for, and identifying which supports, medical, emotional, or practical, will help you and the person you care for. Asking health professionals for skill building guidance, such as medication management or mobility support, can also boost confidence during this transition.



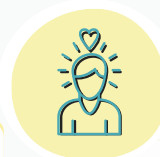
The Ongoing Reality: Finding Your Rhythm

2 As caregiving becomes part of daily life, expectations, your own and others, may shift. Many caregivers juggle work responsibilities, family needs, and the ongoing demands of care. Stress often builds quietly, so it is important to notice how your body and emotions respond. Give yourself permission to rest, redefine what good caregiving looks like, and focus on what you can control. Establish boundaries, communicate openly with employers, and explore flexible work options when available. Keeping organized documentation and setting small, manageable goals can lighten the load and help you feel more grounded. When challenges arise, reach out to your health care team, community supports, or trusted friends who can help you solve problems.



When Care Ends: Processing Change and Loss

3 Eventually, every caregiving journey changes. When care ends, whether through a transition to long term care, recovery, or death, many caregivers are surprised by the mix of relief, grief, and uncertainty that follows. Instead of rushing forward, allow yourself to feel what you feel. Grief often shows up in the body, and slowing down can help you understand what you need. Create small moments to look forward to, such as a walk, a call with a friend, or a quiet cup of tea. Reflecting on memories and lessons learned through writing can bring meaning to your experience and help you reconnect with yourself. Reintroducing movement, mindfulness, and deep breathing supports healing and gently rebuilds a sense of balance.



A Journey of Challenge and Growth

4 While caregiving can be demanding, it also offers opportunities for connection, purpose, and growth. With the right information, realistic expectations, and compassionate self-care, family caregivers can navigate each stage with resilience and hope.





Dear Caregiver Support Line

I have recently taken on the role of caregiver for my elderly mother, and I'm finding it incredibly challenging to adjust to this new lifestyle. My daily routine has changed drastically, and I often feel like I've lost a part of my identity in the process. I used to enjoy hobbies, socializing with friends, and having time for myself, but now I feel

consumed by caregiving responsibilities. I'm struggling to find a new rhythm and meaning in my life while managing my caregiving duties. How can I navigate this transition and rediscover my sense of self among these changes? Any advice on how to create a fulfilling life as a caregiver would be greatly appreciated.

– New Caregiver

Dear New Caregiver,

Thank you for sharing so openly about what this transition has been like for you. The role of caregiving often comes with a deep sense of duty, and many of us feel we have to handle everything on our own. The weight of caregiving can take a real toll on mental health, leading to guilt, exhaustion, and anxiety. It's normal to feel the loss of parts of your life that once brought you joy and made you feel like yourself. What you're experiencing is common.

Caregiving can affect emotional wellbeing in several ways:

Identity changes: Studies show caregivers commonly feel a sense of "role loss" or disconnection from who they were before caregiving.

Stress and fatigue: The caregiving role is associated with higher levels of chronic stress, which can affect mood, concentration, and energy.

Social Isolation: Many caregivers find their worlds become smaller as responsibilities increase.

Emotional overload: Feelings of guilt, anxiety, or grief are normal responses to a major life shift.

None of this means you're doing anything wrong. It just means caregiving is a demanding role that affects the whole person. There are a few approaches other caregivers have found grounding:

1) Start with one small pocket of time for yourself. Even 10–20 minutes to walk, rest, read, or breathe can help you nervous system settle. See if you can work up towards 30–60 minutes a day.



"...Finding your rhythm again takes time. Be kind to and patient with yourself. You're navigating a major life transition."

2) Explore supports in your community that can share the load, like Home Support (public or private), respite, adult day programs, meal services, etc. These services exist so caregivers don't feel they have to carry everything alone and can help prevent burnout.

3) Let others take part in care in ways that fit their abilities and time. For example, a neighbour visiting for an hour with the person you are caring for, a family member or friend doing an online shop or handling phone calls.

4) Reach out for emotional support. Look for a local support group or caregiver organization, FCBC's Support Line or counselling. Talking through these changes with people who understand can make a big difference.

Most importantly, please know that finding your rhythm again takes time. Remember to be kind and patient with yourself as you navigate this major life transition. Seeking support is not a sign of weakness; it acknowledges that caregiving is tough and that we can't do it all alone.

With Care – The Caregiver Support Team

A Positive Approach to Risk During the Transition to Care

By Wendy Johnstone, Director of Programs and Innovation, FCBC

Caregiving often means balancing safety with respecting someone's right to make their own choices. Honouring both their independence and your own can be challenging.

A positive approach to risk helps by accepting that some risk is part of life. When managed carefully, it can support dignity, freedom, and personal growth while building trust between the caregiver and the person they care for.

Meet James and Anne:

James, 67, experienced a traumatic brain injury after a cycling accident. He struggles with memory loss, mood changes, and impulsive behaviour. His wife, Anne, has become his main caregiver.

James wants to go for walks alone in their neighbourhood to feel calm and independent, but Anne worries about his safety. Feeling caught between protecting him and respecting his independence, Anne decided to try a positive approach to risk.

What Is a Positive Approach to Risk?

It focuses on managing risk rather than avoiding it. It includes:

Shared decision-making:

Involving the person receiving care, family, and professionals in discussing benefits and risks.

Shared responsibility:

Spreading decisions across a care team reduces pressure on one person.

Safety planning: Clear backup plans help everyone feel prepared for when risks can't be removed.

Putting the Plan into Action

Anne worked with James and his care team to create a plan and identify possible risks, such as getting lost or reacting suddenly in unfamiliar situations, and found ways to reduce these risks. The plan allowed James to walk safely. It included:

- James carrying a GPS device with an emergency button
- Walking only on familiar routes
- Checking in at agreed points on the route
- Informing neighbours and friends. This support network meant help was nearby if needed.

Positive Results

James felt respected and empowered because his wishes were taken seriously, Anne felt reassured, and their relationship strengthened. Over time, James enjoyed his walks more and checked in regularly.

A positive approach to risk does not mean ignoring danger. It means managing it thoughtfully, turning risk into a way to support independence, confidence, and personal growth.

Try this



Plan Your Next Steps:

- ♥ **Reflect on Your Current Challenge**
Think about an area in caregiving where safety and independence feel hard to balance.
- ♥ **Check Your Risk Tolerance**
Ask yourself: Are my decisions based on fear and control, or on respect and support?
- ♥ **Communicate Clearly**
Talk to the person you are caring for about risks and benefits. Listening to their preferences shows respect and understanding.
- ♥ **Create a Risk-Management Plan**
 - Identify these main risks
 - Find ways to reduce these risks while maintaining their independence
 - Make a backup plan for emergencies
- ♥ **Build a Support Network**
Share decisions with family, friends, and professionals. Different perspectives can lead to better solutions.
- ♥ **Keep Independence**
Add supports that improve safety without taking away choice.










Learn more about positive risk assessment

For more information on positive risk approaches, the Social Care Institute for Excellence offers helpful guidance on managing risk in care settings. The Joseph Rowntree Foundation also provides insights into using positive risk-taking to support independence, especially in dementia-friendly communities.






Coping with the Ongoing Losses of Caregiving

Caring for someone we love often brings changes we never expected. While many people associate grief with death or a terminal diagnosis, caregivers often experience grief long before that, in small, ongoing ways as health shifts and roles evolve. These kinds of losses can be subtle, and yet they can shape daily life in profound ways. Some caregivers notice changes in:

	Independence: Days begin to revolve around someone else's needs or schedule.
	Privacy: The home may feel busier with care providers or appointments.
	Future plans: Hopes for travel, retirement, or routines may look different than once imagined.
	Finances: Savings or work plans may shift to support caregiving.
	Relationships: Shifts in relationships when caring for a spouse, parent, sibling or friend.
	Leisure time: Social outings or personal hobbies may become harder to fit in.
	Work or career: Adjustments, big or small, may need to happen in order to meet care needs.




Strategies to Support Your Caregiving Journey:

Emotions can show up in different ways. There is no "right" way to feel and navigate these losses, but caregivers have shared a few things that have helped them feel less alone.

	Talk & connect with others: Speaking with someone you trust or join a support group with FCBC or the Alzheimer Society can offer relief, validation, and a safe place to share experiences.
	Reflect and honour changes: Journaling, reflective writing, or acknowledging what has changed can create space for self-compassion and help process grief.
	Learn about caregiving grief: Learning about the emotional side of caregiving can help normalize feelings and soften the load.
	Find small moments for yourself: Sitting in silence for a few breaths before starting the day, taking a warm shower and letting the water run over you, or listening to one calming song from start to finish.
	Accept help when offered: Letting others support you can be a meaningful turning point in the caregiving journey.



Explore These Mindfulness Techniques:

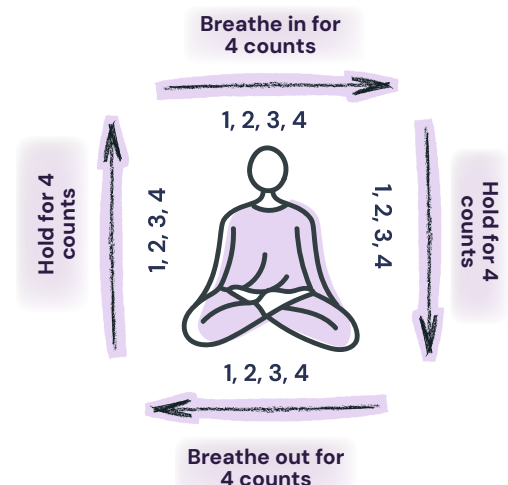
-  **Mindful movement**
Gentle yoga, walking in nature, swimming, or similar activities.
-  **Intentional breathing**
Techniques like square breathing, triangle breathing, or simply observing the breath.
-  **Meditation and grounding**
Guided meditation, supportive imagery, body scans, or the 5-4-3-2-1 grounding technique.

Try this Square Breathing Exercise

Square breathing is a simple, calming technique that helps slow the nervous system. By creating a rhythmic breathing pattern, it signals safety to the body.

Follow these steps:

- Breathe in for four counts
- Hold for four counts
- Breathe out for four counts
- Hold for four counts



Signs you may be in survival mode:



- Are you finding that you lack the ability to focus?
- Do you have problems remembering things?
- Are you more tired than usual or emotionally reactive?
- Have you or others noticed changes in your eating habits?

Changes in focus, memory, energy, emotions, or eating habits can be signals that your system is under strain. Noticing them is an important first step.

Supporting Your Nervous System Over Time



Release, don't suppress.

Talk, write, cry, or move your body—emotions need an outlet.



Create brief recovery moments.

Press your feet into the floor and notice the support beneath you, soften your jaw and unclench your hands, or stretch your shoulders up and let them drop. Small signals of pause and safety can help your body recover and reset.

When a Loved One is Diagnosed with a Serious Illness

By Tracy Heath, author of the book "Before Goodbye"
(This article has been adapted and condensed for length)



The Nervous System Reaction

You might expect someone to be reacting emotionally to the traumatic news of a negative diagnosis, but actually, their initial reaction is a physical one. They may begin to sweat; they may feel a tightness in their chest and shoulders, or they might feel their stomach turn. All of these symptoms occur as the body floods with the release of hormone chemicals. This is the body's sympathetic nervous system sending out messages telling us we need to protect ourselves from a dangerous, life-threatening situation.

The primary role of the sympathetic nervous system is to keep us safe; it is known as "survival mode". This automatic response, known as fight, flight or freeze, once kept us safe from predators by giving us the energy needed to run or defend against danger.

Long-Term Survival Mode

As your loved one's health declines, survival mode may stretch out over days, months, or even years. This chronic survival state can have a detrimental effect on your body and overall well-being. Finding ways to reduce stress and reach equilibrium throughout your loved one's journey will be important.

There are strategies and skills we can acquire to help as we cycle in and

out of survival mode. It is helpful to remember that it's normal to feel this way when we are struggling to comprehend or find solutions. We are simply out of balance.

Living for prolonged periods in chronic survival mode will play havoc with your well-being. It's important to take even small steps to stay on top of this harmful pattern. By caring for your own needs, you'll be better equipped to support your loved one.

Managing the Impact

The best way to avoid being in survival mode for prolonged periods is to regulate your nervous system as soon as you notice you are out of balance.

Once a diagnosis is given, reactions may range from outbursts to withdrawal. Be kind and compassionate to your loved one and yourself. Suppressing emotions or putting on a brave face is not necessarily helpful.

Some emotions appear immediately; others arise later. Identifying emotions helps you deal with them when needed. Be compassionate with yourself. It's okay to express emotions.

Suppressing your emotions is not healthy. Emotional awareness and acceptance help create the space you need for yourself and to be more emotionally present for your loved one.

Transitioning Out of Caregiving: Gentle Steps Through Grief

■ Thanks to our friends at Caregiver Grief Connexion for their contribution

Where do caregivers turn after their loved one has passed away? How do they cope with feeling lost and without a role? What if they feel grief and relief at the same time?

These are hard questions that many caregivers face at the beginning of the grieving process.

Caregiving often changes a person's life in many ways. Personal, social, work, and financial situations may all shift.

Many caregivers experience high stress, anxiety, ongoing exhaustion, and feelings of isolation while providing care. When caregiving ends, these challenges do not simply disappear.

A caregiver's vulnerability during grief can be shaped by many factors.

These include:

- Their relationship with the deceased person
- How long they were caregiving
- The intensity of the caregiving role
- Whether caregiving was added to an already stressful life

Letting go of the caregiving role can also affect a person's sense of identity, especially if it gave them purpose and meaning. Feeling lost, exhausted, and alone is common after caregiving ends.

If you are a grieving caregiver, know you are not alone. Support and resources are available. Caregiver Grief Connexion was created to honour the unique experiences of bereaved caregivers. Our goal is to strengthen support by sharing information, building connections, and making helpful resources more accessible.



Getting Support For Grief

You do not have to carry this pain alone. Reaching out for support can bring comfort and understanding.

Some helpful options include:

- Support groups for caregivers
- Grief counsellors or therapists
- Local Hospice Societies
- Canadian Grief Alliance (<https://aboutgrief.ca/>)
- BC Bereavement Helpline: 604-738-9950 (<https://bcbh.ca/>)
- Caregiver Grief Connexion: 514-399-9082 (<https://caregivergrief.com>)
- Faith leaders or spiritual guides
- Trusted friends or family



Caring for Yourself in Grief

The Emotions That May Follow

After caregiving ends, you may experience:

- Deep sadness or emptiness
- Relief mixed with guilt or confusion
- Anxiety or dread about the future
- Physical signs like heaviness, aches, or fatigue
- A loss of identity after the caregiving role ends

Note: Many caregivers also experience anticipatory grief — grief that happens before a death, as loved ones slowly lose their abilities and plans change. These feelings may come and go without warning.

Caring For Yourself During Early Grief

Let yourself feel; it's part of the healing process, and there is no way to skip grief. Try to:

- Have one small thing each day to look forward to, such as a little snack, warm drink, or fresh air. Eat regular, simple meals and stay hydrated.
- Rest when you are tired; sleep as you can.
- Move gently: walking, stretching, or light activity can help your body and mood.
- Try slow, deep breathing or brief moments of mindfulness to ground yourself.

Making Meaning After Caregiving

Many caregivers find healing through reflection and expression. Helpful practices include:

- Journaling memories, thoughts, and emotions
- Writing letters to your loved one
- Creating a small memory book or collection of photos
- Reflecting on life lessons and personal growth

Finding Your Way Forward

Grief can change how you see yourself. This is normal. Some caregivers find meaning by:

- Volunteering with caregiving organizations or helping in their communities
- Exploring personal and professional goals they had set aside
- Reconnecting with past hobbies or trying new activities.
- Slow, deep breathing or brief moments of mindfulness to ground yourself.



Self-Care Plan Worksheet

Use this worksheet as a guide to plan small, meaningful acts of care for yourself across your day and week.

Daily Self-Care Activities

Write small actions you can add to your daily routine to support your physical and emotional well-being.

- Morning Routine (e.g., stretch for 5 minutes, drink water, quiet time):

- Midday Breaks (e.g., short walk, breathing exercise, healthy snack):

- Evening Wind-Down (e.g., light reading, warm shower, no screens 30 min before bed):

Support System

List the people or groups you can reach out to for support.

01	
02	
03	
04	

Weekly Self-Care Goals

Choose goals you can realistically achieve this week.

- Physical Health (e.g., move your body 3x/week, meal prep once):

- Emotional Well-Being (e.g., journal twice, one "unplug" hour):

- Social Connections (e.g., call a friend, attend a support group):

Stress-Relief Techniques

Write strategies that help you relax (e.g., deep breathing, prayer, music, stepping outside, grounding exercise):

Reflection (End of Week)

Take a moment to check in with yourself and reflect on your self-care journey.

What worked well this week?

What challenges did I face?

What can I improve next week?

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**
1-604-984-1212
- **British Columbia Schizophrenia Society**
1-888-888-0029
- **BC Cancer Agency**
bccancer.nc.ca/
- **Here to Help (for Mental Health)**
310-6789 (no area code; free service, available 24 hr)
- **HSC British Columbia Resource Centre**
1-604-822-7195
- **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
1-888-495-8501
- **BC 211 – Non-Medical**
www.bc211.ca
- **B.C. Health Authority General Inquiries**
 - 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
- **B.C. Ministry of Health**
www.gov.bc.ca/health
- Visit <https://www.healthlinkbc.ca/caregiver>
- Visit www.patientsaspartners.ca for the free self-management activities offered through Patients as Partners
- **B.C. Palliative Care Benefits**
www.healthlinkbc.ca/
- **BC Seniors Guide**
www.gov.bc.ca/seniors-guide
1-877-952-3181
Note: 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/
1-800-SUICIDE | 1-800-784-2433
- **Family Caregivers of British Columbia**
www.familycaregiversbc.ca
Caregiver Support Line:
1-877-520-3267
- **Find Support BC**
findsupportbc.com
- **First Nations Health Authority**
www.fnha.ca
Toll-free: 1-866-913-0033
- **HealthLink BC**
www.healthlinkbc.ca/
Call 811 (24/7) to speak a nurse
- **Here to Help – Mental Health**
www.heretohelp.bc.ca/
- **Pain BC**
www.painbc.ca
- **The Nidus Personal Planning Resource Centre**
www.nidus.ca
- **Seniors First**
www.seniorsfirstbc.ca
- **SAIL – Seniors Abuse & Information Line:**
Vancouver – Metro
604-437-1940
Toll Free: 1-866-437-1940
(Daily, 8:00 am–8:00 pm)
Language Interpretation
(Mon – Fri, 9:00 am – 4:00 pm)
- **UBC Pharmacists Clinic**
www.pharmsci.ubc.ca/pharmacists-clinic



Join a Caregiver Support Group

Family Caregivers of BC offers in-person and virtual support groups to help you find community support and meet your needs as a caregiver. Visit (www.familycaregiversbc.ca/get-help/other-community-supports) to find details on caregiver support groups in your community.

Support groups can be found in the following B.C. communities:

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



Contact Us – We Can Help Right Now



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



Email us at: cgsupport@familycaregiversbc.ca



www.familycaregiversbc.ca



Scan to visit our website today!

Switch to our e-Newsletter!

If you'd like to stop receiving a paper copy, please let us know at: info@familycaregiversbc.ca

Family Caregivers Society of BC is a registered charitable organization dedicated 100% to supporting caregivers. With gratitude and respect, we acknowledge that we operate on traditional, ancestral and unceded territories of Indigenous peoples around the province.

We warmly thank the following funding partners in the production of this Caregiver Connection Newsletter:



United Way
British Columbia



Ministry of
Health

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

Publication Mail Agreement
#40040515

