

Caregiver Connection



Family Caregivers
of British Columbia



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Caring Through Change and Finding Balance Again

By Valerie F., Family Caregiver

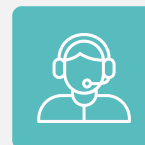
This story is about my journey moving from being a full-time caregiver to a more supportive role, finding balance, and staying resilient through the challenges of caregiving. I have been providing care and support to my mother, who is now 103 years old. Her needs gradually changed—from appointments, finances, and daily coordination of care.

On March 12, 2020, at the start of COVID, she came to stay with me for what we thought would be just a few weeks. As the seriousness of the pandemic became clear, she moved in with me permanently in June 2020. From March 2020 until July 2023, I was her full-time, 24/7 caregiver in my home.

In June 2023, my mother became ill and needed a level of care I could no longer safely provide. She was already scheduled for two weeks of respite care while I worked out of town. My wages barely covered the cost of respite, but returning to work was essential for my mental health.

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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

Caregiving often brings a lot of paperwork and money decisions, usually at moments when energy and time are already stretched. In this issue, we turn our attention to the legal and financial sides of caregiving and how a little planning can help create steadiness and peace of mind.

Inside, you will find a caregiver story that reflects the impact of caring without enough support, along with clear information on powers of attorney, representation agreements, wills, and benefits

available to caregivers. You will also find practical tips, real world advice, and a simple expense tracker you can use if and when it feels helpful.

As always, take this issue at your own pace. You are doing important work, and you deserve support along the way.

From my heart to yours,
Marjan Beikzadeh

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Due to her sudden increased care needs just days before the scheduled respite, the respite provider agreed to still take her, but only if I paid for full 24/7 private care at an additional cost of \$1,000 per day, or \$15,000 total. I felt I had no choice if I wanted to keep my job.

At the same time, my mother was on the waitlist for long-term care, with an estimated wait of up to two years. I contacted her case manager to request an emergency placement and was told it could still take up to three months and that I would need to continue providing care.

By that point, I was physically and mentally exhausted and could not afford any more private care. I begged the interim case manager to help, and thankfully a placement was found.

In July 2023, my mother moved into Haro Park Centre. Her health improved, and she began to thrive. My own health improved

as well, as I could return to being her daughter and a supportive caregiver, rather than her full-time caregiver.

In November 2024, at age 102, my mother fell and broke her hip. I spent 10-12 hours a day at her bedside for three and a half months, supporting her recovery.

She progressed from being bedridden to using a tilt wheelchair and now uses a basic wheelchair independently. She participates regularly in recreation and programs and continues to do well.

I remain actively involved in her care, supporting her medical and financial needs and serving as **Chair of the Haro Park Family Council**.

Along the way, finding and using supportive resources made a meaningful difference, helping me navigate the challenges, decisions, and emotional moments that come with caregiving.



When Roles Change

Shifting from full time caregiver to a supportive role can bring relief, grief, and adjustment.

Staying involved while letting go of some responsibilities is still caregiving.

Try this:

Take a few minutes to note which tasks you still want to handle, and which could be shared or delegated this week.

Use it to guide conversations with your support network. Even small adjustments can ease your load.

Life Can Change Overnight: The Importance of Power of Attorney and Preparedness

By Brandie Weikle, CBC Radio (This article has been condensed and adapted for length)

Planning ahead can make a difficult situation more manageable for everyone involved. Having a power of attorney (POA) in place, keeping documents organized, and talking openly about wishes can ease the burden on family caregivers. The experience of one caregiver shows why these steps matter.

When Dr. Mary Jarratt's brother, Billy Jarratt, asked in 2018 if she could be his power of attorney, she did not think much of it. Billy's wife had recently died, and he was updating his will and legal documents. At the time, Billy was active, healthy, and working in senior management for the town of Oromocto, New Brunswick.

In January 2023, at age 58, Billy had a massive stroke. He lost his ability to speak and now uses a wheelchair. Although Mary is a family physician and familiar with power of attorney matters, she says she underestimated how much responsibility the role involved.

Power of attorney laws and terms vary by province. A power of attorney can be short-term, such as handling finances while someone is away. An enduring

power of attorney is needed when long-term decision-making is required. Once it became clear that Billy would survive his stroke, Mary needed to step in.

One of the biggest challenges was access to documents. Billy had not given Mary copies of his will or power of attorney. His lawyer had retired and no longer had copies. Although they eventually found documents, banks required original copies before Mary could manage his accounts.

Other challenges followed. Utility bills and services were all managed online. Billy had been the only person with account numbers and passwords. Without a clear system or labeled files, Mary had to contact each organization one by one to regain access.

Looking back, Mary wishes they had talked more about Billy's wishes ahead of time. Her advice is simple. If someone asks you to be their power of attorney, spend time talking about their finances, home, and what matters most to them. These conversations can make a difficult time a little easier for everyone.

Article reference: <https://www.cbc.ca/radio/whitecoat/power-of-attorney-canada-1.7086725>



Things to Keep in Mind

- A POA must keep the adult's money separate from their own.
- Cash payments without receipts can create risk.
- An attorney cannot give themselves gifts or payment unless the document clearly allows it.
- The power of attorney must be enduring if decisions are needed long term.
- Having a power of attorney is important, but understanding the rules matters too.

To learn more about Power of Attorney and personal planning in B.C., explore **Nidus Personal Planning Resource Centre**, via the QR code or visit:

<https://nidus.ca/resource/enduring-power-of-attorney/>



Power of Attorney Basics in BC

In British Columbia, there are two types of powers of attorney for managing money and property: **general** and **enduring**. Both must be created while you are capable of making your own decisions, and both end if you die or become bankrupt. A **general power of attorney** also ends if you become incapable. An **enduring power of attorney** continues if you lose decision-making ability, which can be helpful when long-term support is needed.

A **power of attorney** does not cover medical or personal care decisions. In BC, those are addressed through representation agreements and advance directives. In 2011, BC introduced a new **Power of Attorney Act**. Any **enduring power of attorney** signed on or after **September 1, 2011** must follow this law. If yours was signed before that date, you may wish to have it reviewed by a lawyer or notary.



Representation Agreements in BC

Source: Nidus, Personal Planning Resource Centre and Registry



When someone you care about needs help with health care decisions, it can feel overwhelming to know where to start. In British Columbia (BC), one important planning tool is a representation agreement. This legal document helps ensure that health care decisions are made in a way that respects an adult's values, wishes, beliefs, and dignity.

What Is a Representation Agreement?

A representation agreement is a legal document under BC law that allows an adult to choose who will help with health care decisions. This person is called a representative.

Depending on the situation, a representative may help the adult make their own decisions, support them in decision-making, or make decisions on their behalf if needed.

A representation agreement is the only legal way to choose a health care decision-maker in advance. It can also cover personal care matters that are closely connected to health, such as diet or daily care needs.

Who Can Make One

To make a representation agreement, the adult for whom the agreement is made must be 19 years or older. BC law recognizes that people have different abilities when it comes to decision-making. Because of this, the law includes two different standards for mental capability.

This approach allows more adults to create representation agreements, even if they need help understanding or communicating decisions. The goal is to support independence while respecting the adult's rights and dignity when receiving help.

Who Can Be a Representative

A representative must be 19 or older and willing to take on the role. Their main responsibility is to follow the adult's wishes. If those wishes cannot be clearly expressed, decisions should be based on the adult's known values and beliefs. Having conversations ahead of time can help guide this role.

Why Representation Agreements Matter

Without a representation agreement, health care decisions may be delayed or handled through temporary or court-based processes, which can be costly and overwhelming. Planning ahead can help reduce stress, protect rights, and ensure that decisions reflect what matters most to the adult.



Types of Representation Agreements in BC

There are two types of representation agreements for health and personal care. Only one should be made.

1) Section 7 (RA7)

An RA7 is for adults who may need help making decisions. It allows a representative to assist with or make health and personal care decisions and handle limited routine financial tasks such as paying bills or depositing funds. It does not allow gifting money, using credit cards, or dealing with property. An RA7 can be made even if the adult does not meet the traditional test of mental capability.

2) Section 9 (RA9)

An RA9 is for adults who meet the traditional capability test. It provides broader decision-making authority and is often used for future planning in case capacity is lost later.

Save this for later:

♥ FCBC's Guide to Legal Resources for Caregivers:

<https://www.familycaregiversbc.ca/wp-content/uploads/2026/03/Guide-to-Legal-Resources-for-Caregivers-2026-1.pdf>

Scan the QR to explore our Legal Guide:



Will Planning for Adult Dependants

By Ruth Magnusson, Legal Considerations in Caregiving in *Network News*
(This article has been condensed and adapted for length)

Caring for an adult dependant often raises important questions about the future. When planning a will, caregivers commonly think about three key areas.

1. Who Will Provide Care After I Am Gone?

In British Columbia, you cannot legally name a guardian for an adult aged 19 or older, even if they have a disability or need ongoing care. While you can share your wishes in a will, these are not legally binding.

Some caregivers plan ahead by arranging future care with family members, another household, or a care facility. Others may plan for someone to apply for committee, or for the Public Guardian and Trustee of BC to step in if needed under the Patients Property Act. These plans are made outside the will but are often part of overall planning.

2. Who Will Help Manage Money?

Money left to an adult dependant is often placed in a trust. A will can name one or more trustees to manage the funds and use them for the adult's needs, such as

housing, food, medical care, or equipment. Choosing a responsible and trustworthy trustee is important.

If the adult already has assets and no one has power of attorney, a court-appointed committee may be required to manage their finances.

3. How Might Benefits Be Affected?

Some people with disabilities receive benefits that have limits on savings and income. In BC, savings are generally limited to **\$3,000**, and income received in a month may reduce benefits.

To help protect benefits, caregivers often use a discretionary trust. The trustee controls when and how money is used, so the funds are not counted as the adult's assets. BC also allows a non-discretionary trust of up to **\$100,000** without affecting benefits. Some payments are exempt, while others require careful planning.

Both types of trusts can be set-up through a will and receive special tax treatment. Speaking with an experienced lawyer may help clarify options for your situation.



Things You Might Want to Think About

- Some caregivers begin by simply checking whether a will already exists.
- Writing down key names and contact details can be done gradually, at your own pace.
- If these conversations feel emotional, choosing a time when your energy feels steadier may help.

Questions to Consider:

- Have I shared my wishes about future care, even if they are not legally binding?
- Who would I trust to manage money and make thoughtful decisions?
- Does my loved one receive benefits that could be affected by an inheritance?
- Would a trust help protect both financial security and ongoing supports?



Tune in To The Caregivers Out Loud Podcast

Episode 18: Financial Decision Making for Caregivers

In this episode, we discuss the emotional and financial stress of caregiving and how to make good decisions during difficult times. Available on YouTube, Spotify, Apple Music & more. <https://www.familycaregiversbc.ca/episode-18>



Scan QR code to listen now!



Dear Caregiver Support Line

I'm writing because I'm worried about my elderly mother and don't know what to do next. She lives alone and needs help with bills, appointments, and daily tasks. One sibling manages her finances, while I handle the household responsibilities. At first, I felt relieved—but over time, I've grown uneasy.

My mom has mentioned being short on money, even though her expenses haven't changed. She seems confused about where her money is going and says my sibling "takes care of it." When I raise concerns, my sibling becomes defensive and says I'm

overreacting. I don't want to accuse anyone or cause conflict, but I also feel responsible for protecting my mom. I worry that staying silent could allow something harmful to continue, yet speaking up could damage my relationship with my sibling or upset my mom. I feel stuck between trusting my family and trusting my instincts. How can I raise concerns respectfully and support my mom without making her feel scared or embarrassed?

– Concerned Caregiver

Dear Concerned Caregiver,

Thank you for writing and sharing what you are going through. It's clear how deeply you care about your mom and how hard you are trying to do the right thing while also protecting your family relationships. You are not alone in experiencing this—it's a frequent issue for many caregivers, often fraught with tension, worry and adding to the overall stress of caregiving.

First, you want to be very clear about your mom being in control, as best she can, of her own money and decisions about it. It's her money, not your sibling's or yours. Because your sibling has not been forthcoming about money, you might try having a general planning meeting about your mom's needs and wishes—support needs, health needs—and the conversation can naturally move into how her income will support her needs. This can feel non-threatening to everyone. "Let's put our heads together" can be a good way to suggest a meeting that feels collaborative, with your mom in the driver's seat.

Before you meet, take some time to prepare. Approach the situation with curiosity and a willingness to listen, ask questions, clarify, and direct the conversation to your mom. Using language like, "What's most important for you, so we can help you budget for that?" can later move the conversation to money. It's helpful to create a budget to help plan and prioritize. Maybe your sister is defensive,



maybe she just isn't organized and is embarrassed, or maybe it's about maintaining control. You can help by focusing on the task, the facts and not the emotion that money seems to stir up. Keep it practical and consider meeting regularly to keep the communication going for both care and finances.

Importantly, if you continue to feel that something's not right, it is your responsibility to take action. Not having enough money to live is very serious. And so is financial abuse. You may want to consider seeking outside help. A social worker, case manager, elder law clinic, or financial counsellor may be able to provide a different perspective and help guide the discussion.

Learn about the different Powers of Attorneys—financial and health care decisions. Seniors First BC is a helpful resource. You can connect to their confidential Seniors Abuse and Information Line (SAIL) by calling: **604-437-1940** or **1-866-437-1940**.



"It's important that your mom remains in control, as best she can, of her own money and decisions."

The Canada Caregiver Credit

What Caregivers Should Know

If you help care for an adult family member who has a physical or mental impairment, you may be able to claim the Canada Caregiver Credit on your tax return. This credit is meant to recognize the financial support caregivers often provide.

This may apply to you if:

- You help support an adult with a physical or mental impairment
- They rely on you financially or live with you
- You have not claimed caregiver tax credits before

The **Canada Caregiver Credit** may apply if you provide care for a spouse, common-law partner, or other adult family member who cannot fully care for themselves. The person you care for must live in Canada and depend on you because of their impairment. A doctor or medical professional needs to confirm the impairment, but the Disability Tax Credit is not required.

The amount you can claim depends on several factors. These include your relationship to the person, your personal situation, the person's net income, and whether other credits are being claimed for them. You may be able to claim the Canada

Caregiver Credit for more than one dependant, as long as each person meets the eligibility requirements. However, the credit for one dependant cannot be shared between caregivers. Each dependant can only have the credit claimed once, even if more than one person helps support them.

Why This Matters

Some caregivers are able to claim a credit when the person they support has little or no income. In those cases, the credit can be transferred to the caregiver and help reduce their taxes.

You May Still Be Able to Claim Past Years

If you did not know about this credit before, you may be able to adjust past tax returns and claim it retroactively, potentially going back up to ten years. This can be especially helpful if you have been caregiving for a long time. If you think this credit might apply to you, a tax professional or community tax clinic can help you decide what to do next.

Scan the QR code to learn more about the **Canada Caregiver Tax Credit** or visit:

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/deductions-credits-expenses/canada-caregiver-amount.html>



Could the Canada Caregiver Credit Apply to You?

You might consider looking into this credit if:

- You support an adult family member with a physical or mental impairment.
- They rely on you financially or live with you.
- You help with daily needs, care, or expenses.
- You have not claimed caregiver credits in the past.
- The person you support has a low income.

Note: If you checked one or more boxes, this credit may be worth exploring. A tax professional or community tax clinic can help you decide what's right for you.

Making Tax Time Feel a Little Easier



Creating a single envelope or digital folder for all caregiving receipts can make tax time feel easier.



A simple January reminder on your calendar or phone, such as "Ask a tax professional about caregiver tax credits," can help ensure this question is not missed during tax season.



Some caregivers find it helpful to ask a tax clinic or community organization about caregiver benefits.

Financial Supports and Everyday Savings

First Nations Health Benefits

First Nations Health Benefits helps cover some medical and dental items and services that are not paid for by MSP or other insurance.

This program may help with:

- MSP premiums
- Ambulance costs
- Dental and vision care
- Prescription drugs
- Medical supplies and equipment
- Medical travel
- Mental health supports

The program supports the health and well-being of First Nations people in BC. It aims to provide coverage that respects First Nations cultures, supports wellness and prevention, and is based on medical or dental professional guidance.



Toll-free: 1-855-550-5454
Email: healthbenefits@fnha.ca
Web: www.fnha.ca/benefits

Scan QR code to learn more

Choice in Supports for Independent Living (CSIL)

Choices in Supports for Independent Living (CSIL) is a program that allows eligible adults with disabilities to receive home support services with more choice and flexibility.

Instead of services being arranged for you, CSIL provides funding through the local health authority so you or someone supporting you can arrange home support directly. This can include hiring, scheduling, and supervising home support workers, or choosing someone you trust to help manage this role.

CSIL is available to adults with high intensity care needs who are eligible for provincial home support services and have been assessed by a health authority.



Read the full **CSIL guide** and eligibility checklist on our website.
Web: www.familycaregiversbc.ca/choice-in-supports-for-independent-living-csil

Scan QR code to learn more

Financial Aid for Equipment

Some programs may help cover or lower the cost of assistive technology and equipment. These supports can make items more affordable, depending on your situation. It may be helpful to do some additional research to see which programs apply to you.

If you do not have access to email, you can call 8-1-1. If you have difficulty hearing, you can call 7-1-1. A health services navigator will answer your call and may help connect you with **Ability411**.



Email: ability411@uvic.ca
Web: <https://helpstartshere.gov.bc.ca/resource/ability411>

Scan QR code to learn more

Practical Ways to Save



Small changes can add up to real savings. Try a few simple habits to lower your everyday costs:

- Unplug chargers and electronics when not in use.
- Run dishwashers and laundry only with full loads; air-dry clothes when possible.
- Turn off the tap while brushing teeth or shaving.
- Review TV, internet, and phone plans to avoid paying for unused features.
- Cancel subscriptions or apps you no longer use.
- Use free savings apps like Flipp or Checkout51.
- Borrow books, movies, and more from your local library.
- Watch for free community events, museum days, and festivals.
- Shop second-hand or join a clothing swap.

Pick one or two to start. Small shifts make a difference.



Expense Tracker Worksheet



This worksheet is meant to help you see caregiving costs clearly, without judgement. You don't need to know everything, just write what you know and leave the rest blank for now.

Quick Guide

Income: money received on a regular basis (employment, pension, disability income).

Fixed expenses: Costs that stay similar each month (rent, insurance, phone, regular care services).

Variable expenses: Costs that change based on needs and use (groceries, transportation, supplies).

Supports or reimbursements: Benefits, tax credits, grants, insurance payments, or help from family.

INCOME	
DESCRIPTION	AFTER TAX
SOURCE 1:	
SOURCE 2:	
OTHERS:	
TOTAL	

REIMBURSEMENT & SUPPORT	
SUPPORT TYPE	AMOUNT
TOTAL	

FIXED EXPENSES		
DATE	DESCRIPTION	AMOUNT
	TOTAL	

VARIABLE EXPENSES		
DATE	DESCRIPTION	AMOUNT
	TOTAL	

TOTAL INCOME AND SUPPORTS	<input type="text"/>
TOTAL EXPENSES	<input type="text"/>
DIFFERENCE (INCOME/SUPPORTS MINUS EXPENSES)	<input type="text"/>

Peace of Mind: A Caregiver's Guide to Contingency Planning

By Wendy Johnstone, Director of Programs and Innovation, FCBC



Caregiving can be unpredictable. A contingency plan is a backup plan for emergencies or unexpected situations. Having a contingency plan ensures the person you are caring for receives continuous care, in the event you can't or aren't able to. In an emergency, the caregiver can quickly follow the steps outlined in the contingency plan to ensure the care recipient receives immediate care.

Unexpected events—such as caregiver illness, financial or career disruptions, emergencies, or the need for a longer break—can interrupt caregiving routines. A structured contingency plan:

- Ensures a smooth transition of care
- Reduces stress for caregivers and the person receiving care
- Provides clear guidance for those stepping in
- Helps prevent disruptions in medical and personal care routines

Steps to Implement Your Contingency Plan

Step 1: Document Care Plan Information. Write out a care plan with the care recipient's key information, including medical conditions, daily routines, and critical contacts. If you don't already have a Care Plan in place, you can use the workbook in this guide to help you create one.

Step 2: Identify and Communicate with Backup Caregivers. Ensure that family members, friends and other trusted individuals understand their roles and responsibilities. Take the time to go over the plan with them, along with scenarios and actionable steps.

Step 3: Organize Legal and Financial Documents. Keep copies of health care directives, wills, power of attorney, insurance details, and financial information in a secure, accessible place.

Step 4: Prepare for Emergencies. Have a list of emergency contacts and supplies ready in case of unexpected situations.

Step 5: Regularly Review and Update the Contingency Plan. Check for any changes in health, caregiving support, or legal considerations every 6–12 months.

Think About a Backup Plan



- If something unexpected happened to me, who might be able to step in, even for a short time?
- Are there parts of my caregiving role that could be shared among more than one person?
- Do the people I trust know where important legal and care documents are kept?
- Have I considered what extra costs might come up if care needs suddenly increase?
- Would having a simple emergency file make a stressful moment a little easier?

Tip: Try to choose one small piece of this plan to focus on first. Even naming one backup person or gathering a few key documents can be a helpful place to start.



Download and keep for later: A Caregiver's Guide to Contingency Planning



Prepare for unexpected situations with practical steps and a fillable worksheet: <https://www.familycaregiversbc.ca/archives/3d-flip-book/peace-of-mind-a-caregivers-guide-to-contingency-planning>



Watch our recent webinar on Contingency Planning here: <https://www.familycaregiversbc.ca/archives/video/peace-of-mind-a-caregivers-guide-to-contingency-planning-2>

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

- **Canadian 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



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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.

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British Columbia



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