



# FREE SERVICES AND RESOURCES FOR FAMILY AND FRIEND CAREGIVERS

Family Caregivers of BC

Family Caregivers of BC proudly and compassionately supports over 1 million people in British Columbia that provide physical and/or emotional care to a family member, partner, friend or neighbour.



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of British Columbia**

## **FREE SERVICES AND RESOURCES FOR FAMILY AND FRIEND CAREGIVERS**

Statistics show that in the majority of cases, caregiving can be very rewarding, however it can also be exhausting and emotionally and physically demanding. Family Caregivers of BC (FCBC) is here to support family and friend caregivers.

Through years of serving caregivers we have learned they need:

- Information to support decision making when using the health care system;
- Help finding resources in the community;
- Tips and strategies for working with challenging caregiving situations including:
  - How to communicate in a positive way with family members and health care professionals;
  - How to set boundaries with the person they are caring for and other family members;
  - How to put on their own “oxygen mask” before helping the person they are caring for.

We also know that caregivers sometimes just need someone to listen compassionately and without judgement. Someone who can normalize their experience including feelings of anger, anxiety, and guilt and who understands the loss and grief associated with caregiving. FCBC has an exceptional Caregiver Support Team that helps caregivers to feel less alone.

At FCBC, it is our mandate to support family and friend caregivers no matter what their situation or the disease of their care recipient. We help caregivers understand how to build networks of support, connect with other caregivers, and have compassion for themselves in their role. Any caregiver caring for a family member or friend can access our free services.

Here are ways you can connect with FCBC:

- Call the BC Caregiver Support Line to speak with a member of our Caregiver Support Team: **1-877-520-3267** (toll-free).
- Join a caregiver support group or find one in your community.
- Sign-up for the quarterly Caregiver Connection newsletter and our monthly Caregiver e-News.
- Explore our online **Caregiver Learning Center**, which includes webinars, podcast episodes, articles and much more.

See the next page for details of all of our services, supports and resources.



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## **FREE SERVICES AND RESOURCES FOR FAMILY AND FRIEND CAREGIVERS**

### **BC Caregiver Support Line**

Call our toll-free number (1-877-520-3267) to receive one-on-one telephone support for unpaid family and friend caregivers BC-wide. We answer calls 8:30 am- 4:00 pm PT, Monday-Friday, and return calls within one business day.

### **Caregiver Coaching**

With a solution-focused coaching session, a caregiver can be supported to develop a short-term action plan. By referral from our Caregiver Support Line, a caregiver can meet with a coach 4-5 times, over time. Find out more information here: <https://www.familycaregiversbc.ca/get-help/1-to-1-caregiver-coaching/>

### **In-Person and Virtual Caregiver Support Groups**

Our broad range of support groups bring together people from across the province around a mutual experience of caregiving for a family member or friend. This is a time for reassurance, where caregivers can realize they are not alone. Visit our website to learn more about a support group in your area or the virtual options available to you. Find out more here: <https://www.familycaregiversbc.ca/family-caregiver-support-groups/>

### **Caregiver Learning Center**

Our Learning Center aims to increase your knowledge and skills, build confidence in your caregiving skills, and prevent caregiver burnout. We have organized our education resources across print, audio, and video to make it easier to navigate (the 4 categories are: read, watch, listen and take a class). In each of these categories we address evidence-based caregiver topics, questions, and concerns that we hear from caregivers (e.g., financial, emotional side of caregiving, communication, grief and many more topics). We provide caregiver resources in the form of articles, tip sheets, flip books, webinars, short on-line courses and podcast episodes. Find more information here: <https://www.familycaregiversbc.ca/caregiver-learning-center/>

### **Caregiver Connection Newsletter and Enews**

We publish a free quarterly Caregiver Connection newsletter that is full of interesting and informative articles directly related to caregiving issues. You can also sign-up for our monthly e-News (comes right to your email inbox) with updates and resources related to caregiving. Find more information here: <https://www.familycaregiversbc.ca/contact-us/newsletter-subscription/>

### **Family Caregivers YouTube Channel**

Listen to our recorded webinars, Facebook learning sessions and podcast episodes on our FCBC YouTube channel here: <https://www.youtube.com/channel/UCoQB5Jcz3H50114pAg2iXAw>