

## Community Resources for Family Caregivers in BC



Family Caregivers of British Columbia (FCBC) – [www.familycaregiversbc.ca](http://www.familycaregiversbc.ca)

**Caregiver Support Line (1-877-520-3267)** - Monday to Friday 8:30am to 4pm PST

- One on one phone support
- Information and referral to community resources
- Assistance in health care system navigation
- Caregiving coaching appointments for emotional support, problem solving and brief action planning

**Education for caregivers and health professionals**

- Tele-workshops (phone only) and/or webinars on topics relating to caregiving
- Family Caregiver Support Group Facilitator training for volunteers or staff to effectively set up and run support groups on your community. [www.familycaregiversbc.ca/support/facilitator-training/](http://www.familycaregiversbc.ca/support/facilitator-training/)

**Online Caregiver Resource Centre**

- Listing and contact information for caregiver support groups in BC. [www.familycaregiversbc.ca/support/family-caregiver-groups](http://www.familycaregiversbc.ca/support/family-caregiver-groups)
- Resource Guide for Family Caregivers, 2nd Edition [www.familycaregiversbc.ca/education/resource-guide/](http://www.familycaregiversbc.ca/education/resource-guide/)
- Toolkit for Employers: Resources for Supporting Family Caregivers to provide employers and employees with information and resources to help minimize the impact of caregiving on both employee and the workplace. [www.familycaregiversbc.ca/uncategorized/new-toolkit-for-employers/](http://www.familycaregiversbc.ca/uncategorized/new-toolkit-for-employers/)

**Family & Friend Caregivers Information and Resource Handbook** (United Way of the Lower Mainland)  
[www.uwlm.ca/resources/caregivers-information-and-resources-handbook](http://www.uwlm.ca/resources/caregivers-information-and-resources-handbook)

- The handbook provides information to assist family or friend caregivers of the elderly. The handbook covers topics ranging from health care, housing to law.

**Better at Home Program** - [www.betterathome.ca](http://www.betterathome.ca)

- Better at Home is a program that helps seniors with day-to-day tasks so that they can continue to live independently in their homes and remain connected with their communities. Funded by the Government of British Columbia, the program is managed by the United Way of the Lower Mainland and services are provided by local non-profit organizations.
- Seniors living in a community which offers Better at Home can contact a local organization to find out more information and to apply for services.

**HealthLink BC** - [www.healthlinkbc.ca](http://www.healthlinkbc.ca)

Call 811 (711 for the hearing impaired) from anywhere in BC to speak with a nurse (24/7), dietician (Mon to Fri 9am-5pm) or a pharmacist (Mon-Sun 5pm to 9am). Translation services are available.

**bc211** - [www.bc211.ca](http://www.bc211.ca)

- bc211 (bc211 answers calls 24 hours a day & 365 days a year) is a Lower Mainland based organization that specializes in providing information and referral regarding community, government, and social services in the Fraser Valley, Metro Vancouver, Squamish-Lillooet, and the Sunshine Coast.
- bc211 can also be contacted via text message from 8am-11pm (365 days a year). bc211 is expected to begin serving all of BC by the end of 2016.

**BC Bereavement Helpline (BCBH)** - [www.bcbereavementhelpline.com](http://www.bcbereavementhelpline.com)

Call the BCBH at 1-877-779-2223 for a free and confidential service that connects individuals to grief support services in BC.

**First Nations Health Authority (FNHA)** - [www.fnha.ca](http://www.fnha.ca)

The FNHA plans, designs, manages, and funds the delivery of First Nations health programs and services in BC. These community-based services are largely focused on health promotion and disease prevention.

## Community Resources for Family Caregivers in BC (cont'd)

### Provincial Language Service - Provincial Health Services Authority (PHSA)

[www.phsa.ca/our-services/programs-services/provincial-language-service](http://www.phsa.ca/our-services/programs-services/provincial-language-service)

The Provincial Language Service provides interpreting and translation services to BC health authorities.

### Alzheimer Society of British Columbia - [www.alzheimerbc.org](http://www.alzheimerbc.org)

#### First Link® Dementia Helpline Toll-free 1-800-936-6033 (Lower Mainland 604-681-8651)

- People who are living with dementia or who have questions about the disease can call the First Link® Dementia Helpline Monday to Friday, 9 am to 4 pm.

**Other Society programs include:** education workshops, support groups and fitness/social programs.

### Canadian Virtual Hospice - [www.virtualhospice.ca](http://www.virtualhospice.ca)

The Canadian Virtual Hospice provides support and personalized information about palliative and end-of-life care to patients, family members, health care providers, researchers, and educators.

## Financial Benefits for Family Caregivers

	Compassionate Care Benefits - Employment Insurance	Non-Refundable Family Caregiver Tax Credit	Non-Refundable Disability Tax Credit
Who is eligible?	Individuals who must be absent from work to provide care or support to a family member at a significant risk of dying within 26 weeks may be eligible.	Individuals who have a dependent with an impairment in physical and mental functions may be eligible.	Individuals who have a severe and prolonged impairment or their supporting persons may be eligible.
What benefits are available?	Weekly payments provided for a maximum of 26 weeks (+ 2 week waiting period)	Additional tax credit for one or more of the following amounts: Spouse or common law partner amount; amount for an eligible dependent; and caregiver amount.	Individuals eligible for the Disability Tax Credit may claim the disability amount on their tax return.
For more information and forms/applications please visit:	<a href="http://www.servicecanada.gc.ca/eng/ei/types/compassionate_care.shtml">www.servicecanada.gc.ca/eng/ei/types/compassionate_care.shtml</a>	<a href="http://www.cra-arc.gc.ca/tx/ndvdl/tpcs/ncm-tx/rtrn/cmpltng/ddctns/lns300-350/fmlcrgvr-eng.html">www.cra-arc.gc.ca/tx/ndvdl/tpcs/ncm-tx/rtrn/cmpltng/ddctns/lns300-350/fmlcrgvr-eng.html</a> and <a href="http://www.cra-arc.gc.ca/familycaregiver">www.cra-arc.gc.ca/familycaregiver</a>	<a href="http://www.cra-arc.gc.ca/dtc/">http://www.cra-arc.gc.ca/dtc/</a>