



Caregivers CONNECT



Healthy Aging
by United Way At home. In community.


**Family Caregivers
of British Columbia**


**Family
Services
NORTH SHORE**
Changing lives together



Caregivers CONNECT

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Caregivers Connect Grant

- Funded for 2.5 years
- United Way- Healthy Aging Grant
- 17 programs funded across BC
- Supported by Family Caregivers of BC



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Caregivers at risk for mental health issues

As population lives longer caregivers are caring for adults with increasingly complex needs- chronic disease, dementia, life-limiting conditions.



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BC Caregiver Profile

44% co-reside

58% are adult children (average age of care recipient is 86.4)

21% are spouses (average age of care recipient 79.6)

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Caregivers in Distress

“29% of unpaid caregivers are experiencing symptoms of distress such as anger, depression or feelings of not being able to continue with their caregiving duties”

Office of the Seniors Advocate BC, 2017



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Program Outcomes:

- Improve caregiver psycho-social support, knowledge and confidence
- Help facilitate connections with health care teams
- Prevent caregiver burnout



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Program Overview

Free support, connection and resources for family and friends caring for older adults who live at home



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Caregivers Connect Drop-in Programs

- Support Groups
- Relaxation Groups
- Educational Workshops
- Counselling

Check schedule at www.familyservices.bc.ca



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Services co-scheduled
with
Seniors' programs

Partners/Locations:

Silver Harbour Seniors Centre
North Shore Neighbourhood House
Parkgate Community Services
Capilano Community Services



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Caregiver Connect Registered Programs

- Clinical Counselling
- Grief Support Group
- In-home volunteer visits

Call Intake at 604-988-5281



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Contact Information

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Questions?

