
CAREGIVER TIMES

A Network for People Who Are Caring for Family and Friends

WINTER 2006

A Message from Francis Levine, Coordinator of the New Caregiver Support Program on the North Shore

Since 1990, the North Shore has been without a Caregiver Support Program geared towards the general population. Although a limited number of support programs are available, they are focused on caregivers who deal with specific medical conditions, such as Alzheimer's, Parkinson's, Schizophrenia and Stroke. Further considerations for developing a North Shore Caregiver Support Program include an aging population. Over the next 20 years, it is predicted that residents aged 65 and over will increase by 54%. The North Shore has one of the highest labour force participation rates in the province, including 21% of households that are headed by a lone parent. Present and future caregivers will not only include those looking after aging spouses but also adult children, the so called "sandwich generation," taking responsibility for their own families as well as their aging parents. There are numerous other caregivers, outside of that population, who are looking after family members with chronic disabilities and conditions.

The lack of caregiver support for the general population is regularly brought to the attention of numerous community agencies on the North Shore. As a result, community agencies met in June 2005 to develop an advisory committee and worked together to develop the following recommendations:

- Reduce isolation by encouraging connection between caregivers;
- Contribute to the health of caregivers through the exploration of the challenges inherent in their role;
- Improve health outcomes for those in the care of participant providers;
- Teach new skills and promote sharing among caregivers;
- Increase caregivers' knowledge through the dissemination of information utilizing a variety of media – newsletters, website, e-mails, educational series;
- Promote accessibility taking into account North Shore's clients' needs with respect to hours of service, flexibility of programming, differences in learning styles, appropriate follow up, identification of service barriers, and hard to reach and reluctant clients;
- Encourage collaboration between community services and persons served.

North Shore Community Resources Society was chosen as the host agency and put forward a proposal for a Caregiver Support Program that was accepted by Vancouver Coastal Health SMART Fund. For more information, please call **604-982-3320**.



CAREGIVER SUPPORT PROGRAM

3425 Crowley Drive
Vancouver, BC V5R 6G3
Tel: 604-877-4699
Fax: 604-872-2368
caregiversupport@vch.ca

PROGRAMS & SERVICES:
Education Series & Workshops
Drop-in Support Groups
Telephone Support
Information & Referral
Annual Caregiver Forum

*Worry is like a rocking chair.
It gives you something to do...
but it doesn't get you anywhere.
- Anonymous*

Francis Levine – New Coordinator of North Shore Caregiver Support Program

Francis has been a long time resident of the North Shore and has worked for various non-profit agencies, including North Shore Crisis Services Society, Mental Patients Association, Family Services of the North Shore and the Elizabeth Fry Society. Francis has a Masters Degree in Counselling Psychology and brings to the position her own experience as an on-going caregiver and many years of direct service to individuals, children, couples and families. She is looking forward to creating a support program and network for caregivers on the North Shore. Francis can be reached at North Shore Community Resources Society – **604-982-3320**.

EDUCATIONAL GROUPS

Caregiver Support Program - 4-Week Education Series

This **FREE** Education Series takes place throughout the year and runs for 4 consecutive sessions.

**Next Session: Wednesday evenings, February 1, 2006 - February 22, 2006; 6:30 pm – 8:30 pm
Evergreen Community Health Centre, 3425 Crowley Drive, Vancouver (1 block from Joyce
Skytrain station)**

Topics addressed in the Education Series include:

- ☞ Caregiver Roles & Responsibilities
- ☞ Legal Considerations (Power of Attorney)
- ☞ Stress & Well-being
- ☞ Community Health Services & Facility Placement

Participants can attend one session or all four sessions.

Pre-registration is required. Please contact the program at **604-877-4699**.

Caregiving – The Emotional Journey

Caregiving can be a rewarding experience; however, it is normal to experience challenging feelings such as anger, resentment, and guilt. This workshop will explore challenging feelings associated with caregiving and tools and skills in managing feelings.

Saturday, January 28, 2006

10:00 am – 1:00 pm

**Vancouver Community College –
King Edward Campus, 1155 East Broadway**

To register for this **FREE** workshop,
please call: **604-877-4699**

Caring & Learning Together Program Vancouver Coastal Health

This **FREE** 8-week Education Series explores: normal aging; brain structure & functioning; psychiatric disorders in older people (dementia, delirium & depression), communication strategies, and behaviour management.

February 7, 2006 – March 28, 2006

**Tuesdays mornings, 9:30 am – 12:00 noon
Vancouver General Hospital**

May 11, 2006 – June 29, 2006

**Thursday mornings, 9:30 am – 12:00 noon
Courtyard Gardens, Richmond**

To register for this **FREE** Series, please call:
604-875-4111 Ext 66512

Caregiving Challenges: Changes in Our Relationships with Our Loved Ones

This interactive workshop will provide participants with an opportunity to share and discuss psychosocial challenges they face as caregivers. It explores individuals' coping skills and changing roles and relationships as they care for their loved ones.

Saturday, March 4, 2006

1:00 pm – 4:00 pm

**Vancouver Community College –
King Edward Campus, 1155 East Broadway**

To register for this **FREE** workshop,
please call: **604-877-4699**

Alzheimer Society of BC Caregiver Education Series

A six-week course for family and friends caring for a person with Alzheimer Disease or a related dementia.

Caregivers gather in a comfortable atmosphere to learn about the disease, behaviours, communication, available resources and supports, and caring for the caregiver throughout this long and difficult journey.

Registration fee is \$25. For more information on dates and location, please call:

Angela Johnston at
Alzheimer Society of BC
604-279-7120

RESOURCES

A MESSAGE FROM THE CAREGIVERS ASSOCIATION OF BC

The Caregivers Association of BC is a provincial non-profit charitable grassroots-based organization formed in March 1993 to support, educate and advocate for family caregivers in British Columbia. A family caregiver is anyone who provides unpaid care and support to an adult friend or family member who is disabled, chronically ill, frail or elderly.

After struggling to keep going for the past few years due to lack of funds, we were recently granted core funding for the next 3 years. We are going to be building our organization so that we can become a clearing house for caregiver related information, a source of referral and an effective advocate for family caregivers in BC. Membership is **FREE**.

306-1212 West Broadway, Vancouver, BC, V6H 3V1

Phone: 604-734-4812; Toll free: 1-800-833-1733; Fax: 604-730-1015

Email: info@caregiverbc.ca; website: www.caregiverbc.ca

SELF-CARE TOOL – 54321

The 54321 technique can be a very effective way of bringing yourself totally into the present and helping you become grounded and calmer. The technique helps you to focus on your senses and become very aware of your physical surroundings. It takes less than two minutes to do!

Take a break from your work and make yourself comfortable. During this exercise, you will be noticing the things around you that you can hear, see or sense. Start by listing five things in each category (out loud or silently or to another person). For example:

- Five things that you “hear” – “I hear the computer humming,” “I hear the air conditioning” etc...
- Five things that you “see” – “I see a tree out the window,” “I see the pink sheet on the wall” etc ...
- Five things that you “sense” – “I sense my hand on the chair,” “I sense a tingling in my feet ” etc...

Then do the same thing with four items in each category, three items in each category, etc, until you get to one in each category. Sometimes it is helpful to use items that are not obvious. It doesn't matter if you repeat items or if you get the order mixed up. Repeat as necessary until you feel calmer.

CAREGIVER FORUM 2006

Planning stages are underway for our annual Family & Friend Caregiver Forum which will be held on **Saturday, May 13, 2006** from 9:00 am – 5:00 pm at Plaza 500 (Cambie & 12th) in Vancouver to celebrate *Family Caregiver Week in BC (May 13-19, 2006)*. Keynote speaker Pat Samples will talk about “Comfort and Care for the Caregiver.” This is a **FREE** event sponsored by Caregivers Assn. of BC, Alzheimer Society of BC and Vancouver Coastal Health Caregiver Support Program. For more information, please call **604-877-4699**.

NEW SENIORS' PROGRAM @ Cedar Cottage Neighbourhood House

A Drop-in Information & Referral Program will be offered on the **1st Tuesday of each month 1-3 pm** beginning Tuesday, February 7, 2006. A volunteer Information and Referral Provider will be available to assist seniors with completing application forms for benefits (i.e. Old Age Security, Guaranteed Income Supplement etc.) Information on affordable housing and legal services also available. For more info, please call Elizabeth Henry, Seniors Worker: **604-874-4231**.

SUPPORT GROUPS

Raven Song Drop-In Caregiver Support Group

1st Wednesday of each month
7:00 pm – 8:30 pm

Raven Song Community
Health Centre
2450 Ontario Street, Vancouver

For more information,
please call: 604-877-4699

Lion's Den Drop-In Caregiver Support Group

3rd Thursday of each month
7:00 pm – 9:00 pm

Lion's Den Adult Day Centre
770 Commercial Drive,
Vancouver

For more information,
please call:
Carolyn 604-718-5848

Self-Help Resource Association of BC 306 – 1212 W. Broadway Vancouver

SHRA is an umbrella
organization that provides
self-help/mutual aid and
resources to individuals,
service agencies and
professionals.

Our mission

"To be the primary resource
organization for self-
help/mutual aid in BC."

For more information about
other support groups
contact:

604-733-6186
shra@telus.net
or visit the website at
www.vcn.bc.ca/shra

Pacific Spirit Drop-In Caregiver Support Group

3rd Monday of each month
6:30 pm - 8:30 pm

Pacific Spirit Community
Health Centre
2110 West 43rd Avenue,
Vancouver

For more information,
please call: 604-877-4699

Renfrew-Collingwood Drop-In Caregiver Group

2nd Thursday of each
month 3:00 pm - 5:00 pm

Renfrew-Collingwood
Senior's Society
2970 East 22nd Avenue,
Vancouver

For more information,
please call: Shell-Lee
604-430-1441

1. Alzheimer Society Family Caregiver Support Groups: Call Dementia Help line 1-800-936-6033

- Vancouver - 3rd Wednesday of each month except in December, 1:30 pm - 3:00 pm
- 2nd & 4th Tuesday of each month, 7:00 pm - 8:30 pm
Richmond - Last Tuesday of each month, 7:00 pm - 8:30 pm
- Early Stage Alzheimer/Dementia Support Group: Vancouver – 2nd & 4th Tuesday 1:30 pm - 3:00 pm
- *Support Groups available in Mandarin and Cantonese: Vancouver & Richmond – call 604-687-8299*

2. Help Opportunity for Parkinsonians Everywhere (H.O.P.E. Support Group)

4th Friday of each month from 2:00 - 4:00 pm at Evergreen Health Centre, 3425 Crowley Dr., Vancouver

Contact: Parkinson Society British Columbia 604-662-3240.

This is a mutual support group that brings people with Parkinson's disease together with their family and friends. The first hour is spent together sharing ideas and information with guest speakers.

During the second hour, people with Parkinson's have the first 30 minutes for conversation and the remainder of the hour to participate in a Tai-Chi lesson while the care partners meet in another room.

NEW EMAIL GROUP @ CAREGIVER SUPPORT PROGRAM

Do you have an email address? Would you like to be added to the Caregiver Support Program Email group? We receive information from various community and government agencies – information that may be relevant to caregivers. If you would like to be added to our email group, please contact the program at:

caregiversupport@vch.ca