



VCAFC presented May 24 2025 At the North Shore Seniors Expo



Barb Kirby, Advisor to [VCAFC](#) and Lisa Dawson, Chair of VCAFC, attended and presented at this wonderful seniors' expo May 24 2025 .

The sold-out vendors and service tables targeted caregivers. We made connections with several homecare companies but also Financial, Wills, Funeral and Medical equipment groups. We particularly liked each meeting up with Parliamentary Secretary Susie Chant to talk directly about long-term care and our work.

We felt well supported with [BC Care Providers Association](#) there with their ROUTE 65 table.

Self-care, support, and resources for unpaid caregivers was recognized as crucial to



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helping them navigate the difficulties of caring for loved ones.

North Shore Community Resources had the following speakers:

Corinne Stewart, RN BScN Clinical Coordinator

Case Management: How and When to get a Case Manager; and Long-Term Care Homes: How and When to Apply

Chantal Bourke, Registered Clinical Counselor

Self-Care, Caregiver Burnout, and Coping with Difficult Emotions in Our Loved Ones

Dr. Melanie Badali, Clinical Psychologist

Caregiver Strategies for Clarifying and Communicating Healthy Boundaries

Lisa Dawson, Chair, VCAFC Vancouver Coastal Association of Family Councils

& Barb Kirby, Advisor to VCAFC and Later Lifestyle Planner and Seniors Navigator

Presentation:

Nothing About Us Without Us! Increasing Quality of Life in Long-Term Care with What We Already Have: Our Voices!

[CLICK HERE](#) for our VCAFC presentation resource