



Family Caregiver Resources

BC

- [Family Caregivers of BC \(FCBC\)](#): The premier provincial hub offers direct emotional support, free educational webinars, and one-on-one coaching.
- **System Navigation**: FCBC's [Caregiver Learning Centre](#) provides timely tips on boundary setting, healthcare system navigation, and caregiver burnout screenings
- Chantal Bourke, Psychotherapist and Emotion Coach of [Chantal Bourke Counselling](#), recently presented on the topic of Becoming Your Loved One's Emotion Coach, Caregiver Stress & Self-Care.

Financial & Systemic Benefits

- **EI Caregiving Benefits**: Explore Canada's [EI Caregiving Benefits](#) to check your eligibility for financial support if caring for a critically ill or injured loved one.
- **Office of the Seniors Advocate BC**: An independent provincial office dedicated to protecting the rights and interests of seniors and their primary caregivers. Review resources on the [Office of the Seniors Advocate B.C.](#) platform

National:

- **Canadian Centre for Caregiving Excellence**
<https://canadiancaregiving.org/resources/caregiver-resources/>
Facebook: <https://www.facebook.com/canadiancaregiving>
Email: info@canadiancaregiving.org
Phone: 416-322-5928



ILTCCABC

Independent Long-Term Care Councils Association of BC

Your provincial long-term care councils' association



- **Mental Health Commission of Canada: Caregiver Resources**

350 Albert Street, Suite 1210, Ottawa, ON K1R 1A4

<https://mentalhealthcommission.ca/caregiver-resources/>

Facebook: <https://www.facebook.com/theMHCC>

Email: info@mentalhealthcommission.ca

Phone: 613-683-3755

- **Healthcare Excellence Canada**

150 Kent Street, Suite 200, Ottawa, Ontario, K1P 0E4

<https://www.healthcareexcellence.ca/en/resources/safety-at-home-a-pan-canadian-home-care-study/resources-for-family-caregivers-and-clients/>

Facebook: <https://www.facebook.com/HealthcareExcellenceCanada>

Email: info@hec-esc.ca

Phone Toll Free: 1-866-421-6933

References:

- Canadian Mental Health Association, British Columbia. (2023). Taking care of me. Care for Caregivers. <https://careforcaregivers.ca/campaigns/taking-care-of-me/>
- Caregiver Action Network. (2024). Caregiver self-care checklist: Managing stress & support groups. <https://www.caregiveraction.org/caregiver-self-care/>
- Caregiver Action Network. (2024). Understanding caregiver stress syndrome & strategies for coping. <https://www.caregiveraction.org/caregiver-stress-syndrome/>
- Caregiver Action Network. (2024). Understanding caregiver burnout and compassion fatigue. <https://www.caregiveraction.org/understanding-caregiver-burnout/>
- Family Caregiver Alliance. (n.d.). A guide to taking care of yourself. <https://www.caregiver.org/resource/guide-taking-care-yourself/>



ILTCCABC

Independent Long-Term Care Councils Association of BC
Your provincial long-term care councils' association



- Family Caregiver Alliance. (n.d.). Caregiver self-care: Caring for you. <https://www.caregiver.org/resource/caregiver-self-care-caring-you/>
- Family Caregiver Alliance. (n.d.). Taking care of YOU: Self-care for family caregivers. <https://www.caregiver.org/resource/taking-care-you-self-care-family-caregivers/>
- National Institute on Aging. (2023, October 12). Taking care of yourself: Tips for caregivers. <https://www.nia.nih.gov/health/caregiving/taking-care-yourself-tips-caregivers>
- Regional Geriatric Program of Ontario. (2019). Caring for the Caregiver. <https://rgpson.mydev.ca/wp-content/uploads/2019/10/RGPO-Handbook-Caring-for-the-Caregiver-r2.pdf>