

Sources original from



Family Caregivers
of British Columbia

— Let us help —

Are You Family or Friend Caregiver?

Definition of a Family/Friend Caregiver: A family member or friend who gives unpaid care to an older adult (55+) stay at home, who has a physical or mental health condition, chronic illness or frailty due to aging.

If you help someone (or a number of people) in your life or community with any of the following activities, you are considered a family/friend caregiver:

- Transportation
- Meal preparation, cleaning, dishes
- Home maintenance, inside or out
- Running errands/getting groceries and/or going out to do errands with the person
- Personal care, such as helping with a bath/shower, and getting dressed
- Medical procedures or treatments, including medication management
- Attending appointments (health care or other) to take notes and help with follow up
- Coordinating care, support services or appointments
- If you are providing support or care from afar
- Banking, paying bills, managing finances and legal concerns
- Talking with doctors, nurses, care managers, and others to understand what needs to be done
- Handling crises and arranging for assistance—especially for someone who cannot be left alone, at hospital discharge or responding to a visit to the Emergency Department
- Visiting or regularly calling to ensure someone is safe and has their day-to-day needs met
- Providing emotional support (listening to concerns, talking about how they are feeling, problem-solving and making decisions, etc.)

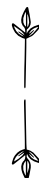
I've answered, 'Yes', to the question above by checking at least one of the boxes.

— Now what? —


This means you are a Family Caregiver and there are resources to support you.


RICHMOND CARES  RICHMOND GIVES

Richmond Family &
Friend Caregiver Hub



Richmond Family & Friend Caregiver Hub

 caregivernavigator@rcrg.org

 604 279 7099

 190 -7000 Minoru Blvd, Richmond

 www.rcrg.org/caregivers

