Richmond Cares, Richmond Gives

"A hub for volunteering and giving"

Self-Care for Family Caregivers

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TOPICS

- Introduction to the Richmond Family & Friends Caregiver Hub
- What are the different caregiving challenges
- Preparation
- Community resources
- Healthy Caregivers
- Overview of the services of the Seniors Department at RCRG

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Who We Are:
A Hub for Volunteering and Giving

- A multi-service agency that's been part of the community for over 50 years
- **Core Mission:** RCRG serves as a **hub for volunteering and giving**, connecting Richmond residents with meaningful opportunities to support their community. We're also a **direct service provider**, operating a Child Care Resource & Referral Centre, the Richmond Christmas Fund, and a range of Seniors Community Support Services.
- Our membership includes nearly 50 local non-profit organizations

Volunteer Richmond Information Services

RICHMOND FAMILY & FRIENDS CAREGIVER HUB

To support local caregivers, we created the Hub, in partnership with the Government of BC, and the UWBC (United Way BC). All services are free and available in English, Cantonese and Mandarin. Funded by Ministry of Health, Shoppers Drug Mart and TD Bank.

- Relax, Recharge, Reset Workshop Series
- Education & Support Services
- One-On-One Coaching
- Online supports
  - https://www.rcrg.org/caregivers

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Definition of a Family Caregiver

- A caregiver provides unpaid care and support at home, in the community or in a care facility
- RCRG's program is specifically for those who help the older adult (55+)
- Caregivers are a diverse group with different needs that may change over time

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FIRE
Donna W.

Caregivers' survey

Surveyed caregivers from the lower mainland stated that they need the following:

- Recognition
- Education
- Support
- Respite

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Be prepared

- Have all the contact information for your loved ones handy
- Have phone numbers of doctors, friends, and neighbours
- Keep copies of birth certificates, legal documents and other important papers
- Help get their affairs in order and also ensure that yours are too
  - Power of attorney
  - Representational agreements
  - Advance Care Planning
  - Wills

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Self-Care

FINDING BALANCE IS A DAILY ACTIVITY

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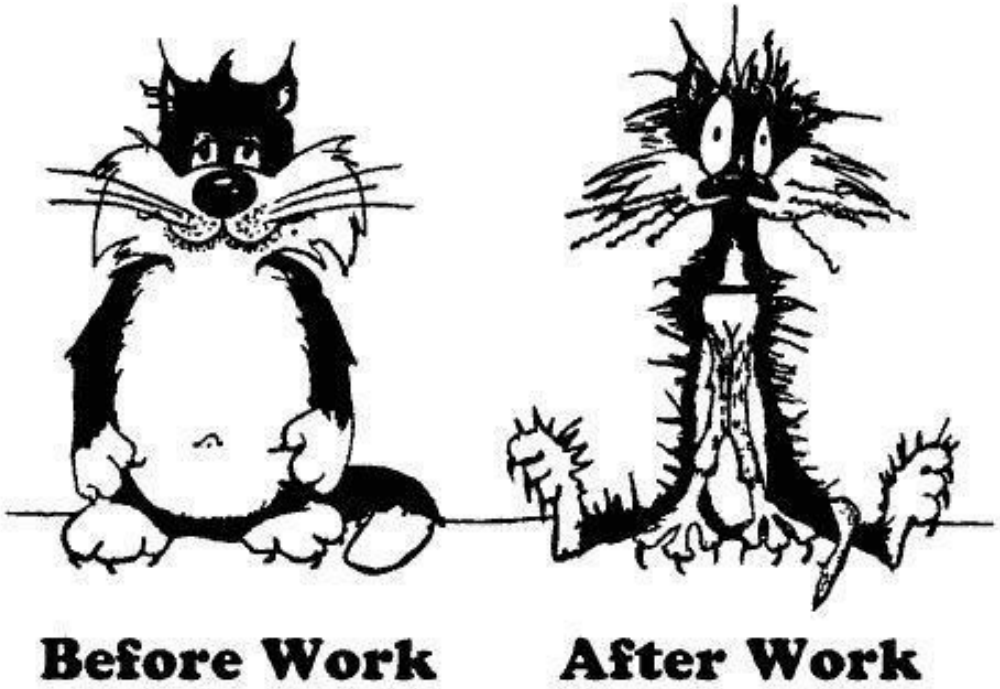
What Does Unmanaged Stress Look Like ?



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What Increases Stress

- Uncertainty
- Lack of support
- Lack of information
- Dealing with own emotions and those of others
- Meeting obligations and expectations and juggling busy lives

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Impact of Unmanaged Stress on Health

- Mental health problems, such as depression, anxiety
- Cardiovascular disease, including heart disease, high blood pressure, abnormal heart rhythms, heart attacks, and stroke
- Obesity and other eating disorders
- Skin and hair problems, such as acne, psoriasis, and eczema, and permanent hair loss
- Gastrointestinal problems, such as GERD, gastritis, ulcerative colitis

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Why Are Caregivers At Risk Of Burn-Out

- Caregivers typically put other people's needs before their own. They can neglect to take care of themselves, and their own health may suffer

- Caregivers may wear many "hats" and with all the different responsibilities parts of their lives may become out of balance

- Caregivers want to give the best care and can sometimes have unrealistic expectations of themselves and of the person they are helping. They may feel that they are never doing enough and start to become isolated

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Healthy Caregivers

- When family caregivers provide care for someone else, they can only continue to do so over the long term if they care for themselves as well-otherwise burn-out can happen

- Staying well is one of the most important things for both the caregivers and those for whom they provide care

- It is not selfish to put your health first-it is smart

- Wellness is caring about yourself and taking stock of your life, setting realistic goals, making the necessary changes and finding the support to maintain your motivation. Adapted from the FCNS "Resource Guide for Family Caregivers 2nd addition

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Healthy Caregivers Cont'd

- Make your own health a priority
  - Take time for yourself
- Get help, you don't have to do it alone
- Be realistic about your time and energy
- Accept the feelings that come and go
- Set boundaries and learn to say no
- Connect with other caregivers, learn from their experiences!
- Find a safe place to express yourself
- Know where to go for information, there are resources in the healthcare system and the community

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What Helps You Manage Your Stress ?

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WHAT HELPS YOU MANAGE YOUR STRESS ?

Community Support Program at RCRG

- Shop by Phone
- Better at Home
  - Friendly Visiting
  - Transportation
  - Light Housekeeping
  - Frozen Food Delivery
  - Prescription Delivery
- Senior Peer Counselling
- Shine
- Seniors Community Connections
  - Year round income tax service

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Additional Resources

- www.rcrg.org
- Family Caregivers of British Columbia
- Family & Friend Caregivers Information and Resource Handbook uwlm.ca/resources/caregivers-information-and-resources-handbook
- Vch.ca/your-care/home-community-care/care-options/caregiver-support

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