

Caregiver

LOWER SUNSHINE COAST

Caring for someone you love can be rewarding—and challenging. You don't have to do it alone.

This guide offers an overview of the various support for family and friend caregivers.



You may be a careiver if you...

- ☒ Help someone with daily tasks
- ☒ Check in regularly
- ☒ Manage appointments, paperwork or care
- ☒ Offer regular help to family, friend or neighbour

What Caregiving Can Look Like

Caregiving takes many forms, it can be a few hours a week or every day. Care needs change over time, and it's normal for support to shift. Adjusting, asking for help, and finding resources are all part of the caregiving journey.

Vancouver Coastal Health (VCH) Home Support

Make this your first call! VCH assesment is needed to access supports such as:

- Waitlist for assisted living
- Assigned case manager
- Adult Day Program (ADP)
- Overnight Respite (up to 28 days/year)

VCH Volunteer Support Programs
Rides for medical appointments, telephone check-ins, friendly visits, grocery shopping, and Meals on Wheels.

(604) 741-0726 | vch.ca

Health & Medical Services

- ☐ **Older Adult Mental Health**
For seniors living with dementia, mental health, or substance use concerns. Self-referrals accepted.
(604) 924-8370 | OAMHSC@vch.ca
- ☐ **BC Cancer**
bccancer.bc.ca
- ☐ **Heart & Stroke Foundation**
1-888-473-4636 | heartandstroke.ca
- ☐ **Primary Care Network**
Doctor referral needed.
(236) 477-6795 | divisionsbc.ca/sunshine-coast/pcn

Tip: Schedule respite before you need it, waitlists are common

Social Connection, Groups & Activities

- ☐ **Seniors Gathering Place (Resource Centre)**
Community space with workshops, drop-in sessions, and social activities like coffee and conversation.
(604) 885-4088 | resourcecentre.ca
- ☐ **Caregivers on the Coast**
Facilitated monthly support meetings in Gibsons, Sechelt, and Pender Harbour.
(604) 741-2470 | caregivers@resourcecentre.ca
- ☐ **Harmony Hall | Gibsons Seniors Society**
(604) 886-3919 | gsshhall@gmail.com
- ☐ **Sechelt Seniors Activity Centre**
(604) 885-3513 | info@myssac.com

Pender Harbour Health Centre

(604) 883-2764 | penderharbourhealth.com

PHHC Seniors Link
Free accessible minibus for seniors (60+) offering a single round trip between Egmont and Sechelt.

PHHC Better At Home
Non-medical at home support.
(604) 212-2232 | haida.bolton@penderharbourhealth.com

Respite & Caregiver Relief

- ☐ **SC Association of Community Living**
Adults with developmental disabilities. Referrals: Community Living BC.
(604) 885-7455 | info@scacl.ca
- ☐ **Silverstone Care Centre (Overnight)**
Reservations through VCH case manager.
(604) 741-0726
- ☐ **Adult Day Programs (ADP)**
Eligibility through VCH Homecare Assesment.
Sechelt - Silverstone Care Centre
Gibsons - Christian Life Assembly
Pender - Community Church Ministry Centre

Dementia

- ☐ **Alzheimer's Society of BC**
Helpline toll-free: 1-800-936-6033
More resources online alzheimer.ca/bc
- ☐ **Memory Cafe**
For people with dementia and their caregivers.
(604) 885-3513 | WEB
- ☐ **Bright Spot**
For seniors with mental health and wellness concerns. Referral needed - runs every 12 weeks.
(604) 885-6101 | OAMHSC@vch.ca

Transportation

- ☐ **HandyDart**
604-885-6897 | bctransit.com/sunshine-coast/riderinfo/handydart
- ☐ **Coastal Rides**
1-855-921-2226 | coastalrides.ca
- ☐ **Dial-A-Dog**
778-549-8664 | dialadog.ca

Online Resources

- ☐ **Family Caregivers of BC**
Free support line: 1-877-520-3267
familycaregiversbc.ca
- ☐ **Fetch**
sc.fetchbc.ca
- ☐ **RC Resource Directory**
resourcecentre.ca/resource-directory/
- ☐ **Pathways**
pathwaysbc.ca

Where to Start



Sunshine Coast Resource Centre
Caregiver Support Program

Connecting you to support, information & programs. Support is closer than you think – and it's free!

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One-to-One Support
- 

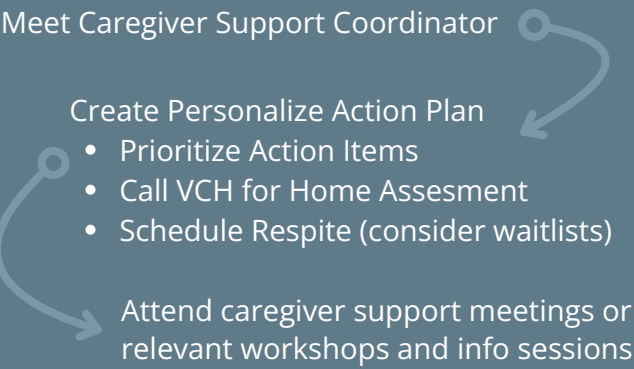
Connection to Community and Programs
- 

Custom Support Plans
- 

Help with Forms and Applications

Need help getting started?
Fill our our intake form at resourcecentre.ca
(604) 741 - 2470 | caregivers@resourcecentre.ca

Support Road Map



Things to consider

- **Green Sleeve:** for both you and your loved one
- **Plan for Emergence:** Contingency Plan
- **Medication Review with Pharmacist**

Notes



Join our Caregiver Enews

Stay up to date with resources, upcoming meetings, workshop and more
Scan the QR code or contact us!

Self-Care Reminders

- ✓ Your care matters too
- ✓ Small breaks count
- ✓ It's okay to pause and reset
- ✓ Stay connected with friends
- ✓ Notice & respect your limits

Micro-Break Moments



"Caregivers often normalize unsustainable situations."

Caregiver Burnout

Caring for a loved one is meaningful, but can also take a toll on emotional/physical health. Recognizing signs of burnout is key to protecting your wellbeing and the care you provide.

- **Stress & anxiety:** changes in sleep, appetite, weight
- **Exhaustion:** constant fatigue or getting sick more often
- **Mood:** irritability, sadness, or feeling overwhelmed
- **Withdrawal:** losing interest in social activities or hobbies
- **Guilt or depression:** feeling like you're not doing enough

What may help:

Speak up • Ask for help • Share responsibilities
Accept help • Let go of perfection

One in Three
caregivers
experience
burnout

We acknowledge, appreciate and support those who are unpaid caregivers – and the stress and fatigue that may cause. You are not alone and you deserve support too.
Just ask – we're here to help!

Let's Connect!

Email: caregivers@resourcecentre.ca

Call or Text: (604) 741-2470

Online: resourcecentre.ca

Visit: 5674 Cowrie Street, Sechelt
Open Mon - Thurs, 10am - 3pm

Just Ask



SUNSHINE COAST

Resource Centre

THANKS TO OUR FUNDERS

