



Caregiver Support Resources

SUNSHINE COAST, BC

Caregivers On the Coast Support Network

Caregivers On the Coast Support Network is dedicated to providing compassionate listening and offering resources to caregivers of all ages and circumstances. We acknowledge, appreciate and support residents who are unpaid caregivers to a family member or friend – and the stress and fatigue that may cause. We offer one-to-one support by phone, email or face-to-face. Contact caregiversupport@resourcecentre.ca or call (604) 885-4088.

Home Care Volunteer Program - Vancouver Coastal Health

Vancouver Coastal Health (VCH) provides volunteer programs including volunteer drivers to drive to and from essential medical appointments, a telephone tree, friendly visitors, grocery shopping and Meals on Wheels. Call (604) 741-0726.

Better at Home

Better at Home provides non-medical support such as friendly visits, transportation, grocery shopping, light housekeeping and yard work, technical assistance and minor home repairs. Available in all areas of the Lower Sunshine Coast. Contact betterathome@sccss.ca or (604) 885-5881 ext. 249.

Sunshine Coast Resource Centre

The Sunshine Coast Resource Centre helps clients navigate services to improve their health and well-being, including legal aid, income supplements, government services, housing supports, caregiver support, seniors health, mental health and other social service resources. Contact (604) 885 - 4088 or help@resourcecentre.ca, or visit www.resourcecentre.ca.

Sechelt Seniors Activity Centre

The Seniors Centre has a full activity calendar, including a Memory Cafe program for caregivers and family members with Alzheimers, as well as bus trips. There is also a frozen meal program for take-out (\$6-8) and a dining room service 11:30 - 12:45 pm, M-F. www.secheltactivitycentre.com

Harmony Hall & the Gibsons Seniors Society

Harmony Hall offers a calendar of activities, workshops, and events for seniors including a free social meals program. www.gibsonsseniors.com



Pender Harbour Health Centre

PHHC offers a variety of programs, including an adult day program, seniors initiatives, a caregiver support group, a memory club and a wheelchair accessible van with trips up and down the Coast (for a fee). Contact (604) 883 - 2764 or www.penderharbourhealth.com.

Sunshine Coast Healthcare Auxiliary Loan Cupboard

The Loan Cupboard provides residents with hospital type equipment (i.e. walkers, wheelchairs, bed rails, bath stools, etc.) for short term loan, free of charge. Contact (604) 885 - 2224 Ext. 4204.

Sunshine Coast Hospice Society

Sunshine Coast Hospice offers a range of palliative, hospice, grief and loss programs, advance care planning and educational residents to support residents on the Coast. This includes regular grief support groups and The Circle weekly palliative wellness program. Contact (604) 740 - 0475 or visit www.coasthospice.com,

Family Caregivers of BC

FCBC offers a toll-free Caregiver Support line at 1-877-520-3267, from 8:30 am - 4:00 pm, Monday to Friday. They take time to listen and offer help with information and referral, healthcare navigation, emotional support, access to support groups and educational resources. Check out their caregiver resources online at www.familycaregiversbc.ca.

Memory Cafe

Memory Cafe is an activity program for people with dementia and their caregivers. It includes an hour of socializing and games to stimulate areas of the brain affected by memory loss, followed by one hour of low impact exercise. Participants with dementia must be accompanied by a caregiver. Contact (604) 885-3513

Bright Spot

Bright Spot is a weekly social and activity program for seniors age 65 and over who have mental health and wellness concerns. Bright Spot also offers peer support, as well as health and wellness, and leisure groups. Contact 604-885-6101 or email: OAMHSC@vch.ca

There are many other community services and supports available for seniors and caregivers. To learn more, contact us at help@resourcecentre.ca or (604) 885-4088, or visit our online directory at www.resourcecentre.ca/resource-directory.