

Are you a family caregiver?

You are if you provide a family member or friend who is chronically ill, elderly, palliative or living with a disability with any of the following types of assistance:

- **Personal care:** dressing, bathing, eating
- **Household work:** house cleaning, shopping, running errands, preparing meals, yard work
- **Coordination of care:** transportation to appointments, arranging services, visiting
- **Support:** phone check-in, supervision, emotional support
- **Nursing care:** medication, changing dressings



**North Shore
Community Resources**

Connecting You to Community Services!

How can the North Shore Caregiver Support Program assist you?

Some of the programs and services that the North Shore Caregiver Program/Project provides to family caregivers and the caregiving community are:

- Educational workshops
- Assistance in navigating the healthcare system
- Family caregiver network groups
- Telephone or in-person caregiver support
- Information and referral to community and health resources
- Resource library of books, videos and handouts
- Bi-monthly newsletter, The Family Caregivers' Grapevine
- Resource Guide for Family Caregivers, North Shore Edition
- Programs for caregivers and their care partners

For further information on the North Shore Caregiver Support Program contact Karyn at 604-982-3320 or karyn.davies@nscr.bc.ca or Helen at 604-982-3313 or helen.wait@nscr.bc.ca.

HELPFUL WEBSITES FOR FAMILY CAREGIVERS

North Shore Caregiver Support Program:

<http://www.nscr.bc.ca/information/caregiver.html>

VON Canada:

www.caregiver-connect.ca/en-us/Pages/home.aspx#

Family Caregivers' Network Society:

www.fcns-caregiving.org

Care-ring Voice Network:

www.careringvoice.com

Family Support Institute:

www.familysupportbc.com

Community Living BC:

www.communitylivingbc.ca

For further information on the services listed here, or if you are not able to find the service you need, call:

SENIORS' ONE-STOP

INFORMATION LINE:

604-983-3303

604-925-7474



MONDAY – FRIDAY, 9 AM – 3 PM

North and West Vancouver Resources for Family Caregivers

FINANCIAL RESOURCES

Income Tax Preparation for Low Income Households.....	985-7138
Ministry of Housing and Social Development Income Assistance (NS).....	981-0125
Old Age Pension, CPP, GIS.....	1-800-277-9914
Revenue Canada.....	1-800-959-8281
S.A.F.E.R. (Shelter Allowance).....	433-2218
Veteran's Benefits.....	1-866-522-2122

HEALTH

NS Home Health (Assessments).....	986-7111
Health Link Nurse Line (24/7).....	811
Adult Day Centre (North Van).....	904-3550
Adult Day Centre (West Van).....	904-6231
Medical Clinics:	
Caulfield Village.....	922-1544
Continuum Medical Care.....	913-8183
Dundarave Family Care.....	925-9962
Family Medical.....	986-3627
Lonsdale and 19th Street.....	987-3347
Lynn Valley.....	988-5389
Mount Seymour.....	904-7712
Ocean Walk.....	925-1884
Park and Tilford.....	983-2442
Park Royal Clinic North.....	922-7390
Pemberton Marine.....	986-0677
Immunization (Non Travel).....	983-6700
Lifeline.....	1-866-784-1992
Lions Gate Hospital.....	988-3131
Meals on Wheels.....	922-3414
Medical Services Plan (Gold Card).....	683-7151
Pharmacare.....	683-7151
NS Stroke Recovery Centre.....	778-340-5803
Support Group Numbers.....	983-3303
West Community Health Centre.....	904-6200

HOUSING

BC Housing Commission.....	433-2218
Home Repair (M, W, Th, F, 9am-12pm).....	529-1100
Residential Tenancy Office.....	660-1020
Seniors' NS Housing Info.....	983-3303
Tenants' Rights Hotline.....	255-0546
Wheelchair Housing Registry.....	433-2218

LEGAL

Referral	983-3303
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RECREATION/SOCIAL

Capilano CSS Seniors' Hub.....	988-7115
John Braithwaite Community Centre.....	982-8300
Keep Well.....	988-7115 Ext. 27
Mollie Nye House (Lynn Valley).....	987-5820
NS Neighbourhood House.....	987-8138
NS Volunteers for Seniors Drop-in.....	922-1575
North Van Recreation Centres.....	987-7529
Parkgate Seniors' Centre.....	983-6350
Silver Harbour Seniors' Centre.....	980-2474
West Van Recreation Centre.....	925-7270
West Van Seniors' Centre.....	925-7280

SUPPORTIVE HELP

Access to Government Numbers (BC).....	660-2421
TDD.....	775-0303
Community Program Info Line.....	211
Alzheimer Society of BC.....	984-8348
Capilano Community Services Society.....	988-7115
Crisis Line for Battered Women.....	987-3374
Geriatric Outreach Program.....	904-6200
NS Disability Resource Centre.....	985-5371
Older Adult Mental Health.....	904-6200
Seniors' Peer Support.....	987-8138
Special Services/WVSAC.....	925-7281

TRANSPORTATION

North Van Bus Info.....	953-3333
West Van Bus Info.....	985-7777
Buss Pass Program.....	1-866-866-0800 (Press 4 then 3)
Cancer Society Shuttle (to cancer treatment)...	904-2361
Go Bus.....	778-230-1852
HandyDART.....	575-6600
Handy Card and Taxi Saver Application.....	453-4634
SPARC (Handicapped Parking).....	718-7744
North Van Volunteer Drivers.....	988-7115
West Van Volunteer Drivers.....	925-7281

GRIEF SUPPORT SERVICES

Grief Share.....	922-0911
Living Systems.....	926-5496
NS Grief Recovery.....	979-1600
NS Palliative Care Program.....	988-3131, Ext. 4701
Widows' Network Voicemail.....	985-4336

NOTE: All numbers are preceded by area code 604 unless otherwise specified.