

## Are you a family caregiver?

You are if you provide a family member or friend who is ill, elderly, palliative or living with a disability with any of these 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



## How can the Caregiver Support Program assist you?

### Programs and services offered:

Educational workshops  
Assistance in navigating the healthcare system  
Family caregiver network groups  
Telephone or in-person support and consultation  
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

For more information on the North Shore Caregiver Support Program, call : 604-982-3320 , or Email: [karyn.davies@nscr.bc.ca](mailto:karyn.davies@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#](http://www.caregiver-connect.ca/en-us/Pages/home.aspx#)

***Family Caregivers of BC*** [www.familycaregiversbc.ca/](http://www.familycaregiversbc.ca/)

***The Caregiver Network*** <http://thecaregivernetwork.ca>

***Family Support Institute*** [www.familysupportbc.com](http://www.familysupportbc.com)

***Community Living BC*** [www.communitylivingbc.ca](http://www.communitylivingbc.ca)

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

## INFORMATION AND SUPPORT

Access to Government Numbers (BC).....604-660-2421  
TDD.....604-775-0303  
Alzheimer Society NS Resource Centre.....604-984-8348  
BC 211 Info Line.....211  
Capilano Community Services Society.....604-988-7115  
Crisis Line (24/7).....604-872-3311  
Geriatric Outreach Program.....604-904-6200  
NS Adults Abuse and Neglect Consultant.....604-904-6200  
ext 4124  
NS Crisis Services (Women's Support).....604-987-3374  
NS Community Resources Info and Referral..604-985-7138  
NS Disability Resource Centre.....604-985-5371  
NS Family Caregiver Support Program.....604-982-3320  
NS Peer Support Program.....604-987-8138  
Older Adult Mental Health.....604-904-6200

## HEALTH

Adult Day Centre (North Van).....604-904-3550  
Adult Day Centre (West Van).....604-904-6231  
Community Health Centres:  
Central Community Health Centre....604-983-6700  
Parkgate Community Health Centre..604-904-6450  
West Community Health Centre.....604-904-6200  
Health Link Nurse Line (24/7).....811  
Lifeline.....1-866-784-1992  
Lions Gate Hospice Society.....604-988-2312  
Lions Gate Hospital.....604-988-3131  
Meals on Wheels.....604-922-3414  
Medical Clinics:  
Caulfield Village.....604-922-1544  
Continuum Medical Care.....604-913-8183  
Dundarave Family Care.....604-925-9962  
Family Medical.....604-986-3627  
Lonsdale and 19th Street.....604-987-3347  
Lynn Valley.....604-988-5389  
Mount Seymour.....604-904-7712  
Ocean Walk.....604-925-1884  
Park and Tilford.....604-983-2442  
Park Royal Clinic North.....604-922-7390  
Pemberton Marine.....604-986-0677  
Medical Services Plan (Gold Card).....604-683-7151  
NS Home and Community Care.....604-986-7111

## SOCIAL AND RECREATION

John Braithwaite Community Centre.....604-982-8300  
Mollie Nye House (Lynn Valley).....604-987-5820  
NS Neighbourhood House Seniors' Programs.604-987-8138  
NS Keep Well.....604-988-7115  
NS Volunteers for Seniors.....604-922-1575  
North Van Recreation Commission.....604-987-7529  
Parkgate Seniors' Centre.....604-983-6350  
Seniors' Hub.....604-988-7115  
Silver Harbour Seniors' Centre.....604-980-2474

## HOUSING

BC Housing Commission.....604-433-2218  
Residential Tenancy Office.....604-660-1020  
Tenants' Rights Hotline.....604-255-0546

## FINANCIAL

Income Tax Preparation for Low Income Households.....604-985-7138  
NS Employment and Assistance Centre.....604-981-0125  
Old Age Pension, CPP, GIS.....1-800-277-9914  
Revenue Canada.....1-800-959-8281  
S.A.F.E.R. (Shelter Allowance).....604-433-2218

## TRANSPORTATION

Bus Pass Program.....1-866-866-0800 (Press 4 then 3)  
Cancer Society Shuttle (to cancer treatments).....604-215-5462  
Go Bus.....778-230-1852  
HandyDART.....604-575-6600  
Handy Card Application.....778-452-2860  
North Van Bus Info.....604-953-3333  
North Van Volunteer Drivers.....604-988-7115  
SPARC (Handicapped Parking).....604-718-7744  
West Van Bus Info.....604-985-7777

## LEGAL

Legal Advocacy and Info (NSCR).....604-985-7138

## GRIEF SUPPORT SERVICES

Living Systems Counselling.....604-926-5496  
NS Grief Recovery.....604-979-1600  
NS Palliative Care Program.....(604) 984-3743