

United to support family & friend caregivers

Family & Friend Caregiver Support Program (FFCS)

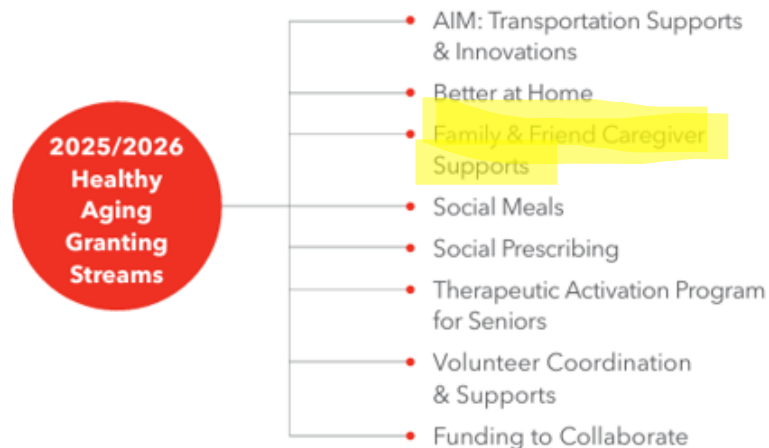
United Way BC Healthy Aging
Webinar – September 16, 1–2 pm



United Way
British Columbia

Healthy Aging at United Way BC

- Helps older British Columbians stay active and connected
- Reduces isolation; supports independence and belonging
- Delivered by community organizations across B.C.



Volunteer Coordination and Support Program: Eagle Valley Community Support Society in Sicamous

2025/26 FFCS Highlights

10

new FFCS
programs
launched

~3,000

caregivers supported

79,850

services delivered

26

Programs in BC

348

Communities across the province.



Fraser Valley Region, DIVERSECity Community Resources, Family Friend Caregiver Support Program

Benefits of Family and Friend Caregiver Support Programs

- Affirmation of their experiences and struggles
- Unique caregiving needs are better understood
- Acknowledgement of their multiple roles
- A clearer sense of their identity as a caregiver
- Belonging to a community of other caregivers
- A positive impact on health and well-being
- Better equipped to make difficult decisions
- Greater awareness of local services, and confidence to use them
- A deepened support network and wider circle of care
- Increased ability and confidence as a caregiver



What FFCS Programs Provide

Core supports	Additional supports (varies agency to agency)
One-to-one support, including emotional support	Informal respite
Support groups	Social and self-care activities
Healthcare system navigation	Circles of Care / Circles of Support
Connection to community services	Locally adapted caregiver supports
Knowledge and skill enhancement	Special events

A caregiver's message...

“

I just wanted to thank you for meeting with me today. I felt comfortable talking with you. I don't, as a rule, reach out asking for help (being an introvert and private person), but I did sense that you were a kind, caring, compassionate, non-judgmental person. After our meeting, I felt more level-headed and clearer in myself. I feel more ready to face the challenges of another day. I'm so glad. I look forward to meeting again.

”



Caregiver Group at [Compassionate Neighbourhood Health Partners Society](#)

Caregiver Story

Dorothy

- Became a full-time caregiver as her husband John's health declined
- With no family nearby, caregiving grew isolating
- OneSky Community Resources Society connected her to support in Penticton
- Support groups brought friendship, comfort, and connection

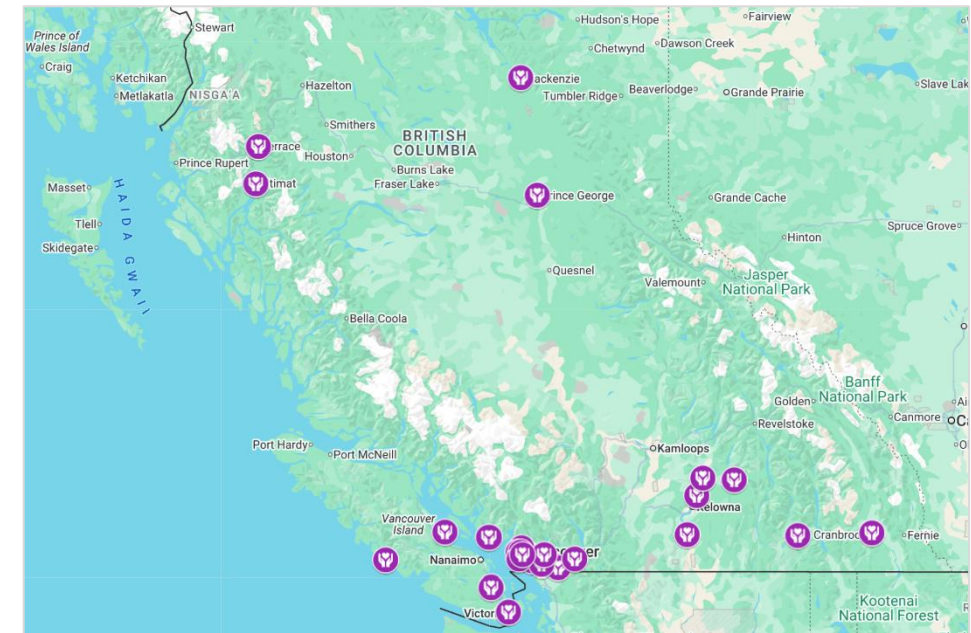


FFCS Programs

26 community agencies in 348 communities across British Columbia

Abbotsford Association for Healthy Aging
Beacon Community Association
Burnaby Seniors Outreach Services Society
Caregivers Network for East Kootenay
Seniors Society
Cherryville Community Food and Resource
Society
Compassionate Neighbourhood Health
Partners Society
Cowichan Family Caregivers Support
Society
DIVERSEcity Community Resources Society
Family Services of the North Shore
Hornby & Denman Community Health
Care Society
Kitsilano Neighbourhood House
Lake Country Health Planning Society
Langley Senior Resources Society

Mackenzie Community Services Society
Mount Pleasant Neighbourhood House
Nelson & District Hospice Society
NexusBC Community Resource Centre
Society
OneSky Community Resources Society
Pacific Rim Hospice Society
Prince George Council of Seniors Society
Richmond Cares, Richmond Gives
Ridge Meadows Seniors Society
South Vancouver Neighbourhood House
Sunshine Coast Resource Centre
Tamitik Status of Women Association
Terrace Regional Hospice Network



2025-26 United Way BC's Healthy Aging Investments – Google My Maps

How to get connected to support: 211

Talk to a 211 Navigator 9am-9pm Weekdays (excl. Holidays)



CALL 2-1-1

For emergencies, call 9-1-1 instead.



LIVE CHAT



TEXT (SMS) TO 2-1-1



EMAIL

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Service

Provided by [Beacon Community Services](#)
13 other services offered by this agency.

Family and Friends Caregiver Support

Provides support services to enhance the wellbeing of unpaid caregivers caring for a friend or family member, and to help them be successful in their role. Services include emotional support, social opportunities, educational services, and assistance communicating with health care other care teams. Funded as a Family and Friends Caregiver Support program by United Way BC (UWBC) Healthy Aging Program.

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Website

[beaconcs.ca/services-programs/caregivers](#)

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United Way
British Columbia

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for people in need