

*A Hub for Volunteering
and Giving*

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Information & Volunteer Centre
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Neighbourhood Small Grants
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Richmond Cares, Richmond Gives

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CONNECT WITH US



CHARITABLE REGISTRATION #: 11911 9055 RR0001

Richmond Family &
Friend Caregiver Hub



Another program of



Access caregiver resources
and support services at rcrg.org



Because we're here...
caregivers are healthy and informed.

A Source of Support for
Richmond Caregivers

A "caregiver" provides unpaid care and support at home, in the community, or in a care facility to an adult who is elderly, chronically ill, or living with a disability.

Caregivers vary greatly in terms of ages, stages, personalities, and backgrounds.

They also have many things in common. They give and give and give. They want to provide good care to those they love. They can feel stressed, overwhelmed, guilty, angry, resentful, and burnt out. Many feel they do not have a life of their own. These are common feelings and the majority of caregivers experience some or all of them.



At Richmond Cares, Richmond Gives (RCRG), we understand the challenges that caregivers face. But we also recognize their tremendous strength and resilience.

To ensure that caregivers have access to the support they need, we created the Richmond Family & Friend Caregiver Hub, in partnership with the United Way of the Lower Mainland.

Additional Resources

Family Caregivers of British Columbia
familycaregiversbc.ca

Family & Friend Caregivers Information and Resource Handbook
uwlm.ca/resources/caregivers-information-and-resources-handbook

VCH Caregiver Support
vch.ca/your-care/home-community-care/care-options/caregiver-support



The **Richmond Family & Friend Caregiver Hub** is funded by the Government of BC and managed by the United Way.

Healthy Aging
by **United Way** At home. In community.

Additional support is provided by the following:



Family Caregivers of British Columbia

Vancouver Coastal Health
Promoting wellness. Ensuring care.

SHOPPERS DRUG MART

WHY ARE CAREGIVERS AT RISK?

Caregivers typically put other people's needs before their own. Often, they neglect to take care of themselves properly until their own health begins to fail.

The most important lesson for caregivers is: **it is not selfish to put your health first - it is smart.**

The Richmond Family & Friend Caregiver Hub features a variety of services designed to promote the health and well-being of caregivers. **All services are free of charge, and offered in both English and Chinese.**

RELAX, RECHARGE, RESET WORKSHOP SERIES

Supported by Shoppers Drug Mart, the Relax, Recharge, Reset workshop series gives caregivers an opportunity to try a variety of stress reduction activities, such as yoga, mindful meditation, tai chi, and expressive art therapy.

Sessions are held throughout Richmond, and include light refreshments.

A schedule of upcoming workshops is available online at rcrg.org, or by calling **604-279-7020**.

EDUCATION & SUPPORT SERVICES

Being a caregiver can be physically and emotionally draining. If you find yourself struggling, remember: you're not alone. You're welcome to reach out to us any time, whether for a quick chat or longer conversation.



We'll listen and do our best to help in any way we can. This may involve recommending books or educational resources, or referring you to other community services for additional support.

We also offer a five-session **Education & Support Series**, which covers topics like stress management, navigating the health care system, communication, problem-solving, and more.

To learn how we can support you on your caregiving journey, call **604-279-7020**.

ONE-ON-ONE COACHING

As a caregiver, sometimes it feels like your experience is unique. Your successes and victories, your frustrations and anxieties - they're magnified, because they're yours. And this can make it seem like you're on an island.

But you're not. Other caregivers have had the same experiences. They've had good days and bad days, just like you. And they're available to offer one-on-one support.

Talking to someone who understands what you're going through is, in itself, a powerful form of self-care. Your fellow caregivers are an important source of knowledge and encouragement, and can offer a listening ear during difficult times.

If you'd like to speak with another caregiver, give us a call at **604-279-7020**.



ONLINE SUPPORT

The Richmond Family & Friend Caregiver Hub is also accessible online, at rcrg.org.

The site includes a large and growing selection of articles, educational resources, and videos, making it easy to find information on dozens of topics related to caregiving, often with a local focus.

In addition, the site features an online forum, where you can interact with fellow caregivers in a friendly, safe, supportive environment.

With the online Hub, you'll always be connected to Richmond's caregiver community!

"I was afraid, guilty, and overstressed. Self-awareness has helped me make important changes. I finally have my own life again!"

- Education Series Participant