

Did you know?

80% of care outside of hospital is provided by family and friend caregivers.



Family Caregivers
of British Columbia

Family Caregivers of BC is a not-for-profit organization, empowering the 1.4M+ unpaid caregivers across the province with the resources, education, and community they need to thrive in their vital role.

familycaregiversbc.ca

Caregivers are Critical

1 in 4 British Columbians are caregivers

\$8B of unpaid labour contributed annually.

Yet, their own well-being is overlooked.

How we support caregivers

Individual intake & assessment
Custom caregiver support plans
Community support groups
Community resource referrals
Webinars, tools and resources

Support

FCBC Caregiver Navigator assesses caregiver needs and provides individualized wrap-around support and resources

Please help support their valued commitment by referring them to support available across the province.

Acknowledge their role

Ask how the caregiver is doing and let them know they matter.

Spot signs of stress

Help caregivers recognize their needs and prevent burnout.

Provide a referral

Refer them to support programs like Family Caregivers of BC

Referring

a caregiver is easy

- 1 Fill out the brief form.
- 2 Ensure caregiver consent.
- 3 FCBC contacts the caregiver within 3 days.



Refer & make a lasting impact.
Scan or visit familycaregiversbc.ca

“Before I reached out to FCBC, I felt alone and overwhelmed. They helped me see that I have support to navigate my caregiving role with confidence.”

FCBC Member

93% caregiver satisfaction rate

Curious to learn more?

Family Caregivers of BC website <https://www.familycaregiversbc.ca/>

Caregiver Support <https://www.familycaregiversbc.ca/about-us>

Caregiver Learning Centre <https://www.familycaregiversbc.ca/caregiver-learning-center>