

Community Resources for Family Caregivers in BC

Family Caregivers of British Columbia (FCBC) – www.familycaregiversbc.ca

Caregiver Support Line (1-877-520-3267) - Monday to Friday 8:30am to 4pm PST

- Information and referral to resources
- Healthcare navigation
- Emotional support
- Access to support groups
- Access to webinars, articles, and resources specific to your needs

Family Caregiver Support Groups: Register here: <https://www.familycaregiversbc.ca/family-caregiver-support-groups>

Virtual:

- Caregivers Connect: BC's Virtual Support Group
- Working Caregivers Connect: BC's Virtual Support Group
- Adults Providing Elder Care – Spring Session
- Care Aware: BC's Virtual Thematic Caregiver Support Group

In Person:

- Greater Victoria Caregiver Support Group
- Saanich Peninsula Caregiver Support Group
- Metchosin Caregiver Support Group
- Art Therapy Group for Family Caregivers – Spring/Summer Session

Online Caregiver Learning Centre

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| <p>Read: articles, tips, tools and flip books for caregivers</p> | <p>Watch: webinars and videos for caregivers</p> | <p>Listen: Caregivers Out Loud Podcast</p> | <p>Take a Class: free online courses on important caregiver topics</p> |
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Better at Home Program - www.betterathome.ca

- Better at Home is a program that helps seniors with day-to-day tasks so that they can continue to live independently in their homes and remain connected with their communities. Funded by the Government of British Columbia, the program is managed by the United Way of the Lower Mainland and services are provided by local non-profit organizations.
- Seniors living in a community which offers Better at Home can contact a local organization to find out more information and to apply for services.

HealthLink BC – www.healthlinkbc.ca

Call 811 (711 for the hearing impaired) from anywhere in BC to speak with:

- Registered Nurses (24/7)
- Registered Dietitians (Mon to Fri 9am-5pm)
- Pharmacists (Mon-Sun 5pm to 9am).
- Exercise Professionals (Mon to Fri 9am-5pm)
- Translation services are available.

bc211 – <https://bc.211.ca/>

- Dial or text 2-1-1 to access support. (Available 24/7 & 365 days a year)
- Provides information and referral to a variety of community, government, and social services.
- Interpretation is available in 240+ languages and dialects.

BC Bereavement Helpline (BCBH) - <https://bcbh.ca/>

Call the BCBH at 604-738-9950 or toll-free 1-877-779-2223 for a free and confidential service that connects individuals to grief support services in BC.

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First Nations Health Authority (FNHA) - www.fnha.ca

The FNHA plans, designs, manages, and funds the delivery of First Nations health programs and services in BC. These community-based services are largely focused on health promotion and disease prevention.

Provincial Language Service - Provincial Health Services Authority (PHSA) www.phsa.ca/our-services/programs-services/provincial-language-service

The Provincial Language Service provides interpreting and translation services to BC health authorities.

Alzheimer Society of British Columbia - www.alzheimerbc.org

First Link® Dementia Helpline Toll-free 1-800-936-6033 (Lower Mainland 604-681-8651)

- People who are living with dementia or who have questions about the disease can call the First Link® Dementia Helpline Monday to Friday, 9 am to 4 pm.
- Services available in Cantonese, Mandarin and Punjabi.

Other Society programs include: education workshops, support groups and fitness/social programs.

Canadian Virtual Hospice - www.virtualhospice.ca

The Canadian Virtual Hospice provides support and personalized information about palliative and end-of-life care to patients, family members, health care providers, researchers, and educators.

Financial Benefits for Family Caregivers

| | EI Caregiving Benefits | Non-Refundable Canada Caregiver Credit | Non-Refundable Disability Tax Credit (DTC) |
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| <i>Type of Benefits</i> | <ul style="list-style-type: none"> Family caregiver benefit for children (under 18) Family caregiver benefit for adults (over 18+) Compassionate care benefits (any age) | Credit that is available to people who support a spouse or common-law partner, or a dependent with a physical or mental impairment | The DTC helps reduce the income tax that people with physical or mental impairments, or their supporting family members, may have to pay. |
| <i>Who is eligible?</i> | <ul style="list-style-type: none"> You are (or like) a family member of the person who needs care. Your regular weekly earnings from work have decreased by more than 40% for at least 1 week. You accumulated at least 600 insured hours of work in the 52 weeks. A medical doctor or nurse practitioner has certified that the person you are providing care or support to needs care. | <p>If one or more of the following individuals depend on you for support:</p> <ul style="list-style-type: none"> your (or your spouse's or common-law partner's) child or grandchild your (or your spouse's or common-law partner's) parent, grandparent, brother, sister, uncle, aunt, niece, or nephew (if they resided in Canada at any time in the year) | <p>You may be eligible for the DTC if a medical practitioner certifies that you have a severe and prolonged impairment in 1 of the categories, significant limitations in 2 or more categories, or receive therapy to support a vital function.</p> <p>Categories include: Walking, mental functions, dressing, feeding, eliminating (bowel or bladder functions), hearing, speaking, vision and/or life-sustaining therapy.</p> |
| <i>What benefits are available?</i> | <ul style="list-style-type: none"> You'll receive your first payment about 28 days after you apply. For most people, the basic rate used to calculate Employment Insurance (EI) benefits is 55% of average insurable weekly earnings, up to a maximum amount. In 2024, the maximum amount is \$668 a week. | <ul style="list-style-type: none"> For your spouse or common-law partner, you may be entitled to claim an amount of \$2,499 up to \$7,999. For an eligible dependant 18+, you may be entitled to claim an amount of \$2,499 up to \$7,999. For an eligible dependant under 18, you may be entitled to claim an amount of \$2,499. For each of your or your spouse's or common-law partner's children under 18, you may be entitled to claim an amount of \$2,499. For each dependant 18+ who is not mentioned above, you may be entitled to claim an amount up to \$7,999. | <p>Two steps:</p> <ol style="list-style-type: none"> Applying for the credit: This involves you and a medical practitioner who can certify the effects of your impairment. Claiming the credit on your tax return <p>The amount in 2023 was \$9,428, with an additional \$5,500 supplement for children.</p> |
| <i>For more information and forms/ applications please visit:</i> | https://www.canada.ca/en/services/benefits/ei/caregiving/eligibility.html | https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/deductions-credits-expenses/canada-caregiver-amount.html | https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit/about-dtc.html |