



Who is a family caregiver?

A family caregiver is someone who gives care and support to an adult family member or friend.

Family caregivers are the unsung heroes in our community. They look after our most vulnerable community members and provide over 80% of eldercare, often at a significant cost to themselves. With support, they can relieve the health care system. Without help they can become ill or burned out. It's important to support caregivers as they navigate the hardships of this invaluable role.

Do you know someone who may benefit from direct support for their caregiving efforts?

First, ask the caregiver's permission to connect with the program.

Second, call our office with details, including contact information for the caregiver.

Third, you have successfully referred a caregiver to our program, we will follow up to arrange support!

Please Note: individuals being cared for that are navigating end-of-life will be prioritized for urgent follow up



Caregiver Support Program

Are you providing care for a family member or friend in the Cherryville or Lumby area?
We can help.

Cherryville Community Food & Resources

Family & Friends
Caregiver Support Program

Contact Us
Office: 250-547-0089
Direct: 250-550-8903
E: caregiversupport@ccfrs.ca





Connection to Community Services

Caregivers need community support. Providing information and referrals to other local services can help caregivers manage their daily responsibilities and challenges, in the way that best supports their caregiving situation. Various programs and services are specialized to help caregivers address their own specific needs. This can include information on seniors services, financial assistance, health services, food resources, advocacy support, employment support, shelter and more.

Connecting to the right community service or program can alleviate feelings of overwhelm and give caregivers peace of mind.

FCSS Services

- One-to-one support, including emotional support
- Support groups
- Education to enhance knowledge and skills
- Information and referrals to community support and services
- Healthcare system navigation support
- Circles of Support/Care
- Informal Respite
- Social and self-care events



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Working with communities in BC's
Interior, Lower Mainland, Central
& Northern Vancouver Island

Support Groups

Direct Support:

We meet caregivers on a one to one basis to provide confidential support. This service offers caregivers an opportunity to connect and share their feelings while receiving helpful information and resources for their specific journey.

Support Groups:

An opportunity for caregivers in similar situations to connect and share their experiences and feelings. These facilitated meetings allow caregivers to share strategies and information about helpful resources.

