

Challenges of Caregiving

Whether you are new to caregiving or have years of experience, caregiving can be challenging. You may feel physical, emotional and mental exhaustion.

Caregiver Distress

Signs of caregiver distress can include:

- Withdrawal from friends and family
- Change in appetite (eating more, eating less)
- Changes in sleep patterns (not enough sleep, too much sleep)
- Loss of interest in usual activities
- Feelings of irritability, anger, frustration, stress and depression
- Missing personal appointments and neglecting personal care

How do I enroll?

To enroll in the Caregiver program, call your local Community Access Centre at one of the numbers below:

South Island: (250) 388-2273
Toll Free: 1-888-533-2273

Central Island: (250) 739-5749
Toll Free: 1-877-734-4101

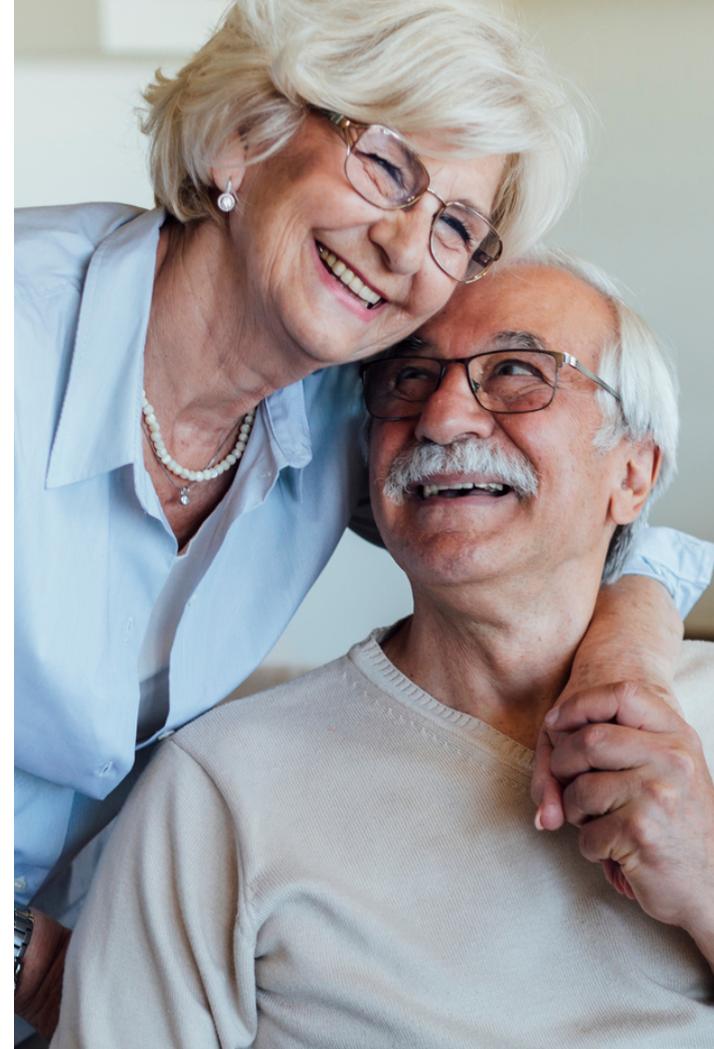
North Island: (250) 331-8570
Toll Free: 1-866-928-4988



More information:

islandhealth.ca/cvc

CVC CGP - Revised Dec 2023



Community Virtual Care
**Caregiver
Support Program**




island health

About the Program

Acknowledging the challenges of caregiving, this program helps family caregivers improve their emotional wellbeing and coping skills in their caregiving role.

The program is staffed by dedicated social workers who guide caregivers to set goals and build a personal plan that focuses on their emotional wellbeing and coping skills.

The program uses computer visits and/or the telephone to provide support wherever the caregiver is.



Program Highlights

The program is time-limited and includes three services:

- Brief one-to-one counselling
- Peer counselling and/or
- Skill-building classes
 - Developing Emotional Wellbeing
 - Working Wisely with Stress
 - Connecting with Grief and Loss
 - Enhancing Wellbeing and Physical Health

These streams are offered alone or in combination, based on the caregiver's goals.

After finishing the program, resources and options for additional services are provided.

Client Feedback

"Thank you for all your help and support! We appreciate all the specialized insight and patience you provide us during those stressful times!"



"I want to thank everyone who helped me - their service was invaluable and they have made a big difference."



"I'm grateful for the material and tools provided today. The lessons learned on developing emotional awareness are not only practical for application in caregiving, but also in everyday life. I have walked away from this session with a deeper understanding of identifying my emotions as they occur, and now, have a stronger sense of how to cope and resolve them."