

Caregiver Outreach



Seniors Come
Share Society

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Caregiver Outreach & Education Coordinator
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A Caregiver is anyone who provides unpaid care and support at home, in the community, or in a care facility to an adult family member or friend who is living with a disability, chronically ill, elderly or palliative. This includes children caring for their aging parents (sandwich generation).

Caregiving can be an incredibly rewarding experience, but it is also common for caregivers to experience:

- increased stress
- health problems
- depression
- financial consequences

For the sake of your own health, and that of the person you are caring for, it is beneficial to find out how to better take care of yourself and ensure you get the support you need.

Supports we offer:

- Direct Support for Individuals and Families
- Support Groups
- Educational Sessions
- Caregiver Workshops
- Outreach to Groups and Organizations
- Referrals and Information about Community and Health Care Services

Please contact Suzanne for more information
604-531-9400 Ext. 202 or caregivers@comeshare.ca

* Multicultural support/interpreters available:

Hindi, Punjabi, Tagalog, Korean, Cantonese, Mandarin, German, Polish, Ukrainian...with more to come.

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