

# Supporting Caregiving Families: A Guide for Service

Nourishing strengths and opening hearts



**Cowichan Family  
Caregivers  
Support Society**

*A 'how-to' handbook developed to empower small urban, rural and First Nation community groups to support family caregivers*



## **The value of our work:**

- > Family caregivers provide over 80% of elder care in Canada
- > The Canadian Caregivers Coalition estimates that family caregivers save the Canadian healthcare system \$5 billion a year
- > Without support, family caregivers can become ill

## **The Cowichan Family Caregivers Support Society:**

- > A non-profit society whose mission is to acknowledge and support people in their caregiving role, alleviate stress and improve their quality of life
- > Our caregiver support groups have operated in the Cowichan Region for 18 years
- > In addition to our unique support circles, we provide: support groups, one-on-one emotional support, advocacy, information and referral, education, and community development
- > For more information about the Cowichan Family Caregivers Support Society, contact: [Info@familycaregiverssupport.org](mailto:Info@familycaregiverssupport.org) or [www.familycaregiverssupport.org](http://www.familycaregiverssupport.org)

## **An overview of "Supporting Caregiving Families: A Guide for Service"**

- > The purpose of the handbook is to provide information about a successful, community-based service model that supports seniors and their caregivers
- > Easy to access information, divided into a discussion of our service model, its application, and our operation
- > Includes examples of support circles and work with First Nations communities
- > Supported by The Public Health Agency of Canada, with additional funding support from the Vancouver Island Health Authority Aboriginal Health and Vancouver Foundation.

*Supporting Caregiving Families:  
A Guide for Service*  
will be available Jan., 2008

To place your order, contact  
[Info@familycaregiverssupport.org](mailto:Info@familycaregiverssupport.org) or  
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See reverse for excerpts from  
*"Supporting Caregiving Families:  
a Guide for Service."*

# Excerpts from: Supporting Caregiving Families: A Guide for Service

A 'how-to' handbook developed to empower small urban, rural and First Nation community groups to support family caregivers

## From the Introduction

*...This book has no set guidelines, no rules set in stone. It provides "ingredients" that have been successfully used, with wonderful results that are as varied as the individuals involved. What will evolve in the communities that use this book will be uniquely theirs- the result of the energy and work of family caregivers, community organizations and individuals, and health care professionals. We offer this book with the firm belief in the ability of people to make good things happen!*

## From Chapter 1, Our Model

*...Our philosophy centres on respect, gifts, and connections. Our philosophy is absolutely key to our service, and the basis on which we make decisions. We believe that people:*

- > *have worth, and the right to be treated with respect and dignity*
- > *have the right to shape the course of their lives and make informed decisions*
- > *offer unique gifts and strengths that benefit themselves and others*
- > *form a whole as a community*
- > *are nourished by the interdependence that comes from sharing gifts and strengths.*

## From Chapter 2, Support Circles

*Creating support circles opens hearts and nourishes strength. The Facilitator works under the guidance of the caregiving family to create opportunities for rewarding exchange with others and, as hearts open, for nurturing caring relationships. As each family's wishes, gifts, and exchanges vary with the people involved, the support circle is not a program or structure that is imposed, but, rather, is a unique creation forged by the energies of the caregiving families, circle members, and Facilitator.*

## To place your order for

*Supporting Caregiving Families:  
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