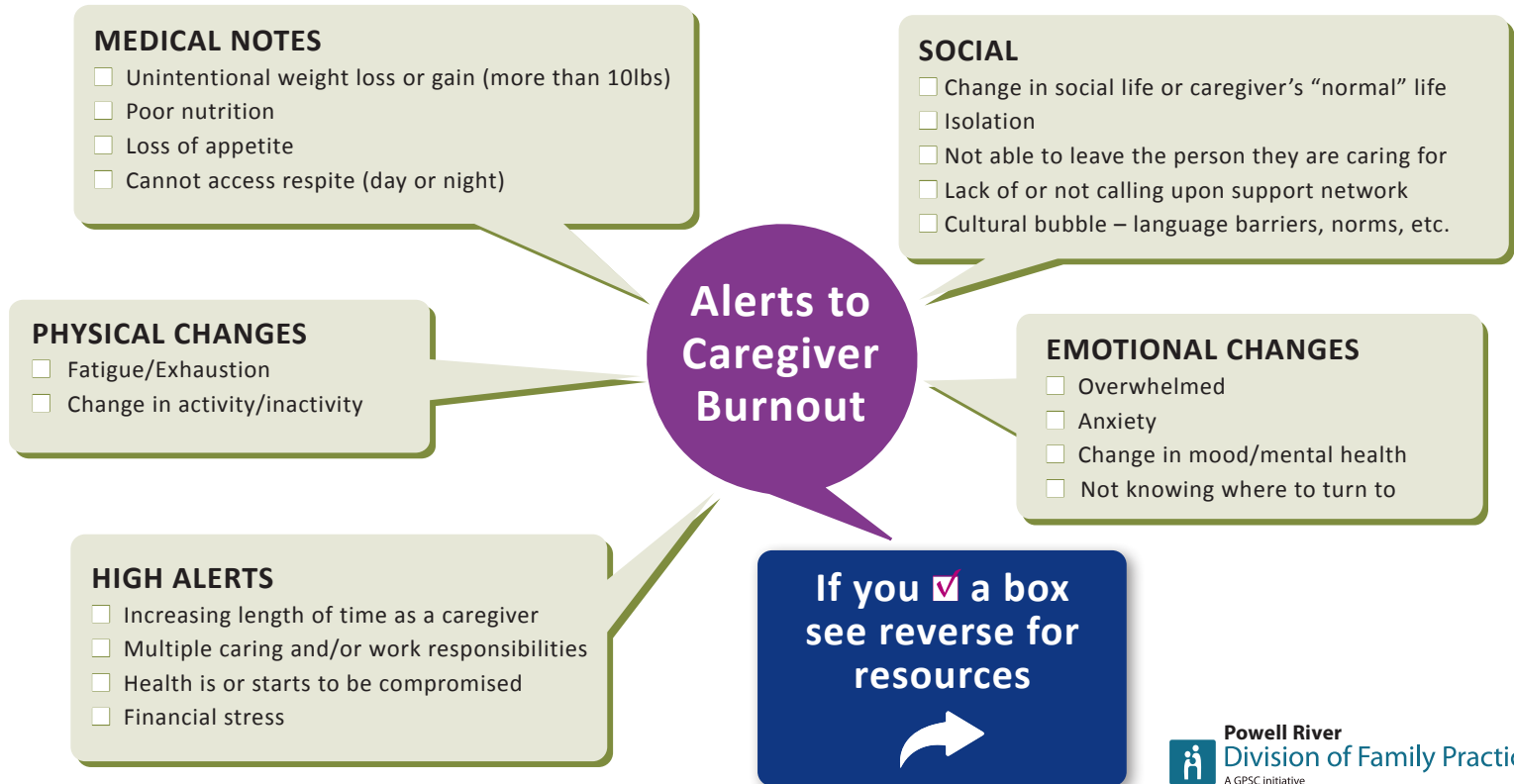


Supporting the caregivers we know

Caregivers are a vital part of the community's health care team and their health is as important as those they are caring for.



Resources to support caregivers

For Medical

- **Family Physicians** – call and make an appointment with your family doctor or nurse practitioner. They can help with a mitigation plan.

For Emotional/Mental Health

- **First Link** 1-800-936-6033
- **Powell River Mental Health** 604-485-3300
- **Family Caregivers of BC Support line** 1-877-520-3267

For Exercise

- Programs at the **Recreation Complex** 604-485-2891
- **Seniors Citizens Association** 604-414-8712
powellriverseniors.ca
- **SOAR** – Supporting Older Adults through Recreation
604-485-4008

For Support and Social Connections

- **Family Caregivers of BC** – Support Line and Resources
familycaregiversbc.ca/caregiver-learning-center/
1-877-520-3267
- **Caregivers Support Group** for Individuals Supporting a Family Member with Alzheimer Disease or Dementia
malerie.meeker@gmail.com 604-483-4224
- **Gerry Gray Centre** for Older Adults 604-485-4008
- **BounceBack** – Reclaim your health
bouncebackbc.ca/what-is-bounceback/
- **Vancouver Coastal Health** Adult Day Programs
604-485-3310
- **Powell River Hospice Society** – Caregiver support
604-223-7309
- **Community Paramedicine**
communityparamedicine@bcehs.ca