



Support for Caregivers

In BC, over one million family and friend caregivers devote their time and energy to help someone else live a more comfortable, safe life. The BC Seniors Advocate, Isobel MacKenzie, has reported on the challenges faced by unpaid caregivers in BC. “This small army of husbands and wives, sons and daughters and friends and neighbours, is often the last line of defence in a seniors’ battle to maintain their independence and we need to ensure we are supporting them in their paradoxically rewarding and exhausting caregiver role.”

The Caregiver Support Program (CSP) is a demonstration project funded by the BC Ministry of Health and managed by United Way BC and Family Caregivers of BC. One Sky Community Resources provides services in Penticton for caregivers who provide unpaid care to an adult who requires assistance with activities of daily living. The program supports caregivers of all types (spousal, adult children, family and friends) and is free of charge to participants.

Our caregivers are at the centre of the programming we provide to enhance connectedness, social supports and quality

of life. A number of supportive opportunities are available including one to one caregiver support; caregiver support groups; information and education on community resources and social activities for caregivers and care recipients in safe environments. A key element of the Caregiver Support Program is connecting caregivers with other caregivers to reduce isolation and enhance the feeling of peer support, especially during the socially distanced times of the pandemic.

If you know a family caregiver, thank them for all they are doing and consider doing something to ease their workload like providing a few hours of respite, assist with an errand like grocery shopping or send a thank you card or bouquet of flowers to show your appreciation.

If you are a caregiver; or know a caregiver who may benefit from the services of the Caregiver Support Program we look forward to hearing from you. Please email us at caregiver.support@oneskycommunity.com or call 250-488-7455.

