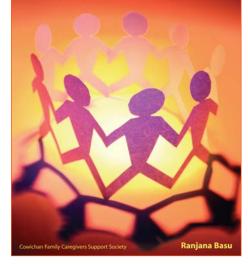
A Guide for Supporting Caregiving Families

Nourishing Strengths and Opening Hearts

A Guide for Supporting Caregiving Families Nourishing Strengths and Opening Hearts

NOW Available!



A handbook for service providers to support caregivers. A record of a groundbreaking collaboration. A call-to-arms to support those who support others!

They give up their jobs, their time, and their other interests to care for their loved ones. They save the Canadian healthcare system 5 billion dollars a year. They suffer the risk of reduced income or poverty, isolation, depression, and illness. They are Canada's caregivers, and they need support to do their critically important job.

"This wonderful book will give (caregivers) support and help and will enhance the care for those in need."

~ Senator Sharon Carstairs

A Guide for Supporting Caregiving Families outlines the development of a model of support for caregivers on Vancouver Island, British Columbia, Canada by the Cowichan Family Caregivers Support Society. It is:

- An account of groundbreaking work the Society's experience with smaller communities and aboriginal (First Nations) groups is unique. It is the first adaptation of the Planned Lifetime Advocacy Network's (PLAN) social network model for families who are caring for elders.
- **Practical and adaptable** communities can apply all or just parts of the model in their own support of their caregivers.
- **Evidence of the success of commitment to a philosophy** the commitment to the Society's philosophy of 'nourishing strengths and opening hearts' has been instrumental to the success of the model.

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Written by Cowichan Family Caregivers Support Society Coordinator, **Ranjana Basu**, working with a Resource Committee with members representing health, community, non-profit, volunteer, business and academic sectors across Canada. Production of this Guide has been made possible through a financial contribution from the Public Health Agency of Canada. Financial support was also provided by Vancouver Island Health Authority, Aboriginal Health and the Vancouver Foundation.







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We are a **non-profit society** dedicated to supporting **caregiving families** in the Cowichan Region on Vancouver Island. Our service is based on the recognition of **people's strengths** and **belief in their ability to help each other.**



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