



Caregiver Corner

INFORMAL CAREGIVING

by Sandy Pringle

We are all connected in so many ways. In our communities, in our families, in workplaces.

Sometimes it is hard to tell the difference between friendship and family ties and actual caregiving.

We show caring for each other by shoveling a neighbour's walk, picking up the odd grocery item, walking the dog for a person who is unable to do it themselves... all these my friend is **Caregiving**.

Caregiving has many faces. From the simple enquiry about the other person's well being to bathrooming. Where does it veer into something that needs its own

support? Well, often we are doing the small things without noticing that as the recipient's illness progresses, so do the caregiving duties, until we become overwhelmed. A few simple questions could alert you to the possibility of caregiver burnout.

- Are you holding down a full-time job?
- Do you have other caregiving responsibilities... like raising children?
- Are you dealing with a health condition of your own?
- Are you ignoring your own health because of the overwhelm of caregiving?

If you answered yes to any of the above, give the Caring Team a call 778-635-0314.

According to Stats Canada, in 2018, almost one-quarter of seniors over 65, **that is about 1.5 million people**, provided care to family members or friends with a long-term condition or problems related to aging. This shows the importance of informal caregiver support.

We at **Friends and Family Caregivers of the Northwest** are here to listen and support you in your caregiving Journey. If you think you may be burning the candle at both ends, give us a call. Caregiving is a tough job.

Our Family and Friends Caregivers Support Program is funded by the Government of BC, managed by United Way, and supported by Family Caregivers of BC.



United Way
Healthy Aging

Terrace Hospice Society <http://caregiversofthenorthwest.org>

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