

Challenges of Caregiving

Whether you are new to caregiving or have years of experience, caregiving can be challenging. You may feel physical, emotional and mental exhaustion.

Caregiver Distress

Signs of caregiver distress can include:

- Withdrawal from friends and family
- Change in appetite (eating more, eating less)
- Changes in sleep patterns (not enough sleep, too much sleep)
- Loss of interest in usual activities
- Feelings of irritability, anger, frustration, stress and depression
- Missing personal appointments and neglecting personal care

Feedback

"Thank you for all your help and support! We appreciate all the specialized insight and patience you provide us during those stressful times!"

"I want to thank everyone who helped me - their service was invaluable and they have made a big difference."

Find Out More

To contact Community Virtual Care, please call your local Community Access Centre:

South Island: (250) 338-2273
Toll Free: 1-888-533-2273

Central Island: (250) 739-5749
Toll Free: 1-877-734-4101

North Island: (250) 331-8570
Toll Free: 1-866-928-4988

Or Visit

islandhealth.ca/cvc



Community Virtual Care Caregiver Program



What is the Community Virtual Care Caregiver Program?

Acknowledging the challenges of caregiving, this program focuses on caregivers with complex caregiving needs that cannot be supported in other Island Health or community services.

The program uses virtual care technologies including; computer visits, telephone calls and/or tasks you complete on a computer tablet.

Any equipment required will be provided free of charge. It is very simple to use and technical help is only a phone call away.

The connection to the Community Virtual Care team ensures you receive support wherever you are.

Program Highlights

A social worker will guide caregivers to set goals and build a personal plan that focuses on optimizing emotional wellbeing and enhancing coping skills.

The time-limited program includes three service streams:

- Brief one-to-one counselling
- Group counselling and/or
- Skill-building group

These streams may be offered alone or in combination, based on the caregiver's goals.

Upon completion, resources and options for additional services may be provided.



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