

Mental Health and Social Connections

In British Columbia, aging caregivers can face unique challenges, and there are several programs and services available to support Mental Health and Well-Being.

The Family Support Institute recognizes these challenges, so we are growing our toolkit to offer more resources, as well as continuing our “Aging Caregivers Family Hang Outs.” This support group and the other programs linked below aim to reduce caregiver stress, prevent burnout, and offer mental health resources.

Mental Health and Respite Care

Mental Health is affected by a variety of things, including stress and burnout, isolation, navigating the mental load, guilt, lack of resources and emotional strain. Finding ways to protect your mental health can start with the smallest thing - listening to some music, self-care, asking for help, talking to a professional, finding respite care, or if all of those feel out of reach, self-compassion and setting realistic expectations. Reframe your situation and remind yourself that you're doing the best you can with the resources you can access. If you are looking for more resources, reach out to FSI to see what is available.

Don't forget that physical and mental health are intrinsically tied. If you're able to, go out to your local recreation centres or local libraries to 55+ programs, some are physical recreation such as walking groups, swimming or gym groups, but there are also some providers who have bridge groups, book groups or others. They are often free or low cost, and are an opportunity to make new friends

- Finding Respite Care Services [Caregiver Respite/Relief - Province of British Columbia](#)
- CLBC's [Healthy Aging with Developmental Disabilities](#)
- Aging Knowledge Hub: [Mental Health Services and Resources](#)



Social Connections: You are not Alone

Finding Peers in your community with similar lived experience helps reduce isolation, and . There are a number of organizations and programs, like [Family Caregivers BC](#), [CLBC Well-being Supports](#), [Family Support BC](#) that create opportunities for connection and to relieve isolation that so many feel. All offer options of in person, or online spaces to meet peers.

Social Media such as Facebook or blogs also provide an opportunity to connect to other caregivers going through similar situations.



Further Resources to check out:

- Low Cost Counselling: [Moving Forward](#)
- Support for Parents around Child and Youth Mental Health <https://familysmart.ca>
- Call 310-6789 for Mental Health Resources or check out [Help Starts Here](#)
- KUU-US Crisis Response Service **1-800-588-8717**
for culturally-aware crisis support for Indigenous peoples in B.C.

Watch and Learn

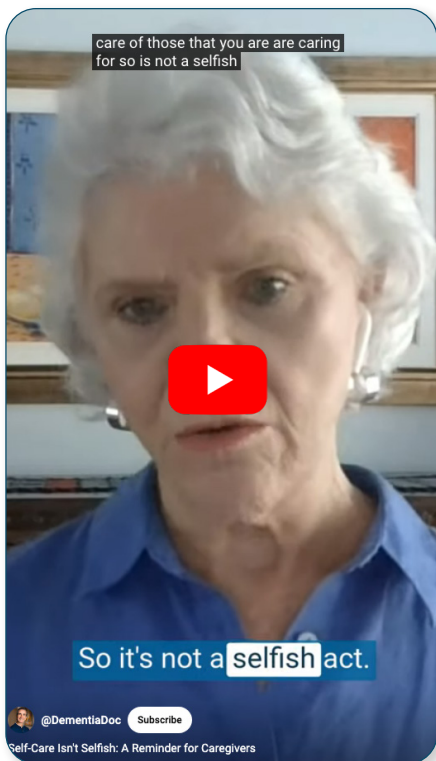
[Self-Care:
What It is and What it isn't](#)



Watch and Learn

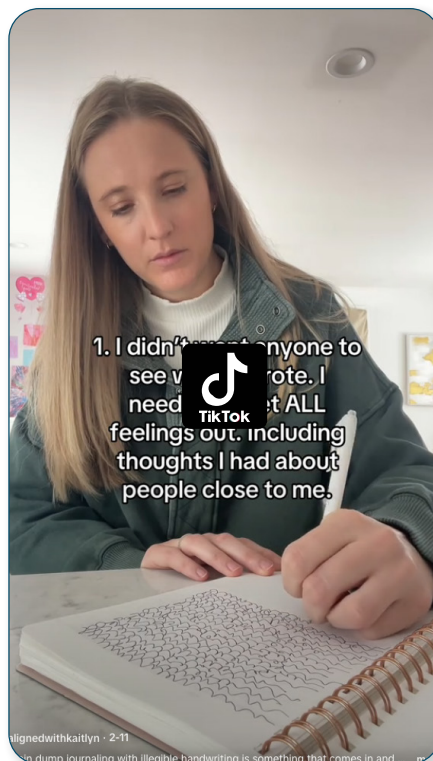
[30 Seconds for When
You Are Overwhelmed](#)





 **Watch and Learn**

[Self-Care Isn't Selfish:
A Reminder for Caregivers](#)



Watch and Learn

[Thought Journaling:
A Short Self-Care Practice](#)

