

# **CAREGIVERS NETWORK FOR EAST KOOTENAY SENIORS**

## **WHAT WE DO**

### **1. TOLL FREE TELEPHONE SUPPORT**

The Caregivers Network for East Kootenay Seniors provides toll free telephone support throughout the East Kootenay for caregivers caring for seniors. A caregiver may be a spouse, daughter, son, neighbour or friend.

- Through the toll free line we provide emotional support, debriefing and day to day coping strategies for caregivers.
- Resource information about each community.
- Access to caregiver information from our library database.
- Referrals to our facilitators and support group information throughout the East Kootenay.

### **2. SUPPORT GROUPS**

The Caregivers Network for East Kootenay Seniors provides monthly support groups in Cranbrook, Creston, Fernie, Golden, Invermere, and Kimberley. Our support groups provide a safe and nonjudgmental place for caregivers to:

- Rediscover the joys of caring for a loved one.
- Exchange information about what to do, where to go and whom to call.
- Exchange practical ideas and share experiences.
- Explore coping strategies to deal with feelings of anger, frustration, guilt, isolation, helplessness and hopelessness that many caregivers feel.
- Reduce the isolation felt by caregivers by coming together in a supportive environment.
- Offer education and tips for caregivers.
- Identify and support the needs that are unique to caregivers of seniors.

## **WE CAN HELP**

**CAREGIVERS NETWORK FOR EAST KOOTENAY SENIORS**

**TOLL FREE: 1 877 489-0803**

**CRANBROOK: 250 489-0802**

**EMAIL: [info@caregiversnetworkek.com](mailto:info@caregiversnetworkek.com)**

**WEBSITE: [caregiversnetworkek.com](http://caregiversnetworkek.com)**