

# 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 family caregivers caring for seniors with higher complex needs.

- 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 support groups in Cranbrook, Creston, Fernie, Golden, Invermere, and Kimberley. Our support groups provide a safe and nonjudgmental place for caregivers to:

- 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.
- Identify and support the needs that are unique to caregivers of seniors.

## 3. IN-PERSON SUPPORT VISITS

- Offer emotional support and coping strategies.
- One on one caregiver coaching to help caregivers make a plan and access the correct information.
- Offer links to community resources and support available for caregivers.

## 4. EDUCATION AND ADVOCACY

- Access to our extensive DVD Library on caregiving.
- Books, articles and print material on being a caregiver.
- Information and education to community partners about issues caregivers face.
- Education and learning seminars for caregivers in our region.
- Online resources and events to keep caregivers connected and informed.

## 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: [www.caregiversnetworkek.com](http://www.caregiversnetworkek.com)**