

Family Care Providers Helping Each Other

A free project of

BURNABY SENIORS OUTREACH SERVICES SOCIETY

Are you providing unpaid care to a dependant older adult?

Do you need assistance finding information or resources?

Would you like to be part of a network of family caregivers?



BURNABY FAMILY & FRIENDS

(unpaid) CAREGIVERS FREE INFORMATION FAIR

Sat., April 4, 2009, 10am-2pm, Bonsor Community Centre, 6550 Bonsor

Information tables on services for caregivers & seniors in Burnaby

- ▶ Alzheimer Society BC-Fraser North Resource Centre
- ▶ Amica at Rideau Manor
- ▶ BC Bereavement Helpline
- ▶ BC Seniors Services & Housing Information Society
- ▶ Burnaby Community Connections
- ▶ Burnaby Public Library Home Delivery Service
- ▶ Burnaby Seniors Outreach Services Society (BSOSS)
- ▶ City of Burnaby-Citizen Support Services
- ▶ Council of Senior Citizens' Organizations of BC
- ▶ Fraser Health-Burnaby Home Health, and Burnaby Mental Health & Addictions & Geriatric Case Management
- ▶ Fraser Health-Older Adults Falls & Injury Prevention
- ▶ Fraser Health-Fraser North Lifeline
- ▶ Practically Daughters (A division of Good Riddance Professional Organizing Solutions)
- ▶ London Drugs-Brentwood Mall
- ▶ The Mulberry Retirement Residence
- ▶ Nidus Personal Planning Resource Centre & Registry
- ▶ Nurse Next Door
- ▶ Westminster Savings Credit Union

Drop-in as you wish to hear our speakers & presentations

- 10:10 am **Caring For a Family Member or Friend with Dementia**, Bernice Ma
- 10:40 am **Fraser Health Authority Services for Burnaby**, Ay-Hwa Torng
- 11:40 am **Banking Made Simple! Helpful tips to simplify banking, save time, money, and offer peace of mind for seniors and their caregivers**, Ron Wu
- 12:10 pm **When it's Time to Move Mom and Dad**, Susan Borax & Heather Knittel
- 12:40 pm **How Lifeline can help family caregivers and their care recipients**
- 1:10 pm **How Private Home Support Services Reduce Caregiver Stress**, Denise Kelly
- 1:40 pm **Medication & the Elderly – What Caregivers Need to Know**, Pindy Janda

Brown bag medication reviews by LONDON DRUGS

Help increase the success of medication therapy! You as a caregiver, or your care recipient, may take many meds. A 'brown bag medication review' is when you gather all your current prescription meds, over-the-counter meds, herbal products or "natural products" you are using and bring them for review for potential problems such as improper dosing, drug mismatches, compliance issues, and appropriate usage. The pharmacist can also screen the medications and products for potential duplication of therapy or side effects. This is why you should include your non-prescription products in the bag. Bring your bag to the London Drugs exhibit table.

Coming up May/June, 6 Saturdays, 10am-12pm Caregiver Education Series

A 6 week program: community resources, navigating 'the system', housing options, dementia, end of life care, and more. Free to unpaid family caregivers. To register T: 604.734-3054

Thank you to our event promoters and to The Mulberry for also providing beverages:



The *Family Care Providers Helping Each Other* project is Generously funded by **Westminster Savings Credit Union**, a proud community sponsor