

Caregiving:

An Important Part of Community Medicine

Caregivers support the health and wellness of community members.

ARE YOU A CAREGIVER?

“Traditionally caregiving is rooted in community, connection, and shared responsibility. Caregivers are diverse in age and roles and include family, friends, and community members. Caregivers provide a wide range of physical, mental, emotional, cultural and spiritual support and resources for people living with a physical or mental health condition, serious illness or those needing care. They advocate and navigate challenges in the health care system while seeking to balance their own well-being.”

– First Nations Wellness Advisory

In 2024 the First Nations Wellness Advisory met and discussed what caregiving looks like in community. The caregiving “role” is not separate from how First Nations people connect as a family and in community. It can also require a lot of energy and caregivers deserve support and care too.

This toolkit is designed to support caregivers. It includes resources to help you as a caregiver and to support your own wholistic wellness. If you have questions about caregiving, please reach out to an Elder, Knowledge Keeper or someone you trust in your community.

LEARN MORE:

For more information about caregiving, please email cdsi@fnha.ca or scan the QR Codes below.



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CAREGIVERS
OF BC**



**FIRST NATIONS
HEALTH
AUTHORITY**



**FAMILY SUPPORT
INSTITUTE
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First Nations Health Authority
Health through wellness