



## Family Caregivers of British Columbia

### Family Caregivers of BC

**Family Caregivers of BC (FCBC)** is a provincial, not-for-profit that proudly and compassionately supports over 1 million people in British Columbia that provide physical and/or emotional care to a family member, friend, or neighbour. FCBC supports caregivers by providing access to information, education and supports that enable caregivers to feel more confident and successful in their important role.



### Heart & Stroke Foundation

**Heart & Stroke Foundation** leads the fight against heart disease, stroke and related conditions. Together these diseases are still the number one cause of premature death in Canada. Our work is driven by collaboration — with our volunteers and donors, researchers, people who have lived experience, healthcare professionals, governments and others — and guided by this strategy.

**Session:** *Optimizing self-management and family support*

- Objectives:**
1. What does the Heart and Stroke foundation do?
  2. What does the Family Caregivers of BC do?
  3. How can families, caregivers, and stroke patients access help for mental and physical health from home?
  4. Are there any support resources/groups for patients and caregivers?

**Date:** Day 2 – Sunday, March 27, 2022