



National Association of Federal Retirees / Association nationale des retraités fédéraux

SIDNEY & DISTRICT

Sidney and District Branch - BC14
National Association of Federal Retirees
BRANCH NEWSLETTER
September 2018

BRANCH BOARD OF DIRECTORS

President	Erika Kanczula	250-999-3761
Vice-President	<i>vacancy</i>	
Secretary	Paul Mannion	250-580-7285
Treasurer	Catharine Schuetze	250-889-6512
Past President	David Stinson	250-654-0244
Advocacy	<i>vacancy</i>	
Members Welfare	David Stinson	250-654-0244
Membership	Patricia Stevens	250-708-0519
Communications	<i>vacancy</i>	
Programs/Events	<i>vacancy</i>	



TEAMS - Come Join Us! Positions vacant

Member's Welfare...

Estate Issues	Virginia Hambly	250-655-8823
	John MacGowan	250-655-0713
	Linda MacGowan	250-655-0713
	Donna Godwin	250-656-1015
VAC Assistance	Peter Chance	250-655-3634
Health Benefits	David Stinson	250-654-0244

Advocacy...

Erika Kanczula 250-999-3761
vacancy

Communications...

Website	Adam Kanczula	
Newsletter	Adam Kanczula	
Estate Document	Connie Lougher-Goodey	250-656-7303
Telephone Tree	<i>multiple vacancies</i>	

Programs/Events...

Meetings	<i>vacancy</i>	
Speakers	<i>vacancy</i>	
50/50 Draw	Dick Stevens	250-882-1430
Social Functions	<i>vacancy</i>	

Branch Phone Number 250-385-3393

Click for... [Sidney & District Website](http://www.federalretirees.ca/en/Branches/British-Columbia/Sidney-and-District)

Or type into your browser...

<https://www.federalretirees.ca/en/Branches/British-Columbia/Sidney-and-District>

Item of Note

Throughout previous correspondence we have used the acronym "NAFR" quite liberally. National Office discovered that the above acronym was in fact attributed to a Firearms Association!
Henceforth we will use the term "Federal Retirees."

BRANCH GENERAL MEETING

Saturday, October 13, 2018
Army, Navy & Airforce Veterans Unit 302
9831 Fourth Street, Sidney

Coffee: 9:30 am (bring your own cup)

Meeting: 9:45 am

MEETING AGENDA

- Welcome
- Additions/Amendments/Approval of Agenda
- Approval of Minutes of General Meeting June 16, 2018
- President's Report
- Advocacy Report
- Treasurer's Report
- Membership & Member's Welfare Report
- Communications Report
- Programs and Special Events Report
- Open Forum for Questions & Comments
- Business Meeting Adjournment
- Break
- Presentation: HearingLife Canada (Preferred Partner)**

In conjunction with ANAVETS Unit 302 we are pleased to offer our members information on ear health in aging.

Limited number of free hearing tests will be available following the meeting. Please phone or email the branch to confirm attendance and if you would like—sign up for a hearing test before the deadline of October 10th, space may be limited

See Page 7, bottom left for more details.

Light snacks and refreshments will be served.

PARKING

Directly across from the Town Hall, corner of Sidney Avenue and 4th - 3hr free parking lot.

Next to the Firehall on 3rd Street - 3 hr free parking

North of Sidney Avenue on any street.

Accessible parking – there are a few spots in the ANAVETS parking lot.

ALL OTHER PARKING IS ONLY 1-2 HOURS

PLEASE - Come early, walk if you can or plan, in advance, for your place to park.

Branch Email: federalretirees.sidneybc@gmail.com

PRESIDENT'S CORNER

Erika Kanczula

I know I sound like a broken record,

BUT WE NEED VOLUNTEERS

We are now in a situation where we have to start looking at the amalgamation with another branch, likely the Victoria Branch.

I will be attending a meeting on October 23rd to begin looking at what that could look like. Even though we are not giving up yet, we need to know what our future could look like if we don't get a full complement of volunteers prior to the next annual general meeting in February.

Our newsletter will be going out in late January, and if by then we don't hear from at least six people that will fill the positions currently vacant, a motion will be put to you, the membership, to begin the process to close our branch.

I know that this has been considered in the past because that is how I became involved.

If you have financial, computer, organizing or interactive skills and want to learn more about this organization, please join us on the board. You don't need to wait until the next meeting, if you are interested, join us now and that way you will be ready for a full term in February.

If you don't want to see this branch close, please contact one of the board members or leave a message on the branch phone line.

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The Importance of a Full Board of Directors

Your board of directors are working very hard to represent you and provide the expected services you joined up for. The issue is that due to so many vacant positions, we are not in a proactive mode – strictly reactive.

At the AMM each year, I hear of how we should be in the community advocating regarding the most recent topics. We should be recruiting new members. We should engage with you, our current members, more.

Since I took office, we have diligently worked to lessen the admin tasks so that we can hopefully spend our time where it should be spent – making sure that your voice is heard and that we protect our pensions and benefits.

1. Reconfigured Board of Directors from 15 to 9
2. General Meetings - scaled back to 3 from 4 per annum.
3. Board Meetings - scaled back to 3/4 from 8 per annum.
4. New financial software purchased.
5. All dues - cheques to be sent direct to National Office.
6. No longer maintain two membership databases.
7. All emails/mail will be generated from National Office database information. Please keep your information current.
8. A walking group was formed.
9. Structured assignments to allow team members to volunteer without an extended time commitment.

**PRINT PAGES 1 & 2 DOUBLE SIDED IF POSSIBLE,
THEN CUT ALONG THE DOTTED LINES BELOW TO
CREATE YOUR "FRIDGE CARD"**

**BOTH SIDES CONTAIN RELEVANT CONTACT
INFORMATION AT A QUICK GLANCE**

EMERGENCY TELEPHONE NUMBERS

Canadian Armed Forces Pensions	1-800-267-0325
	OR 1-800-267-0350
Judges Act Pensions	1-877-583-4266
Public Service Pensions	1-800-561-7930
RCMP Pensions	1-800-661-7595
Veterans Affairs Canada (VAC)	1-866-522-2122
Sun Life for PSHCP & PDSP	1-888-757-7427
	FAX: 1-613-996-9984
PSHCP World Access	1-800-667-2883
MEDOC Emergency Travel Help...	
for Canada/USA	1-800-709-3420
For all other areas	1-819-566-1002

Always keep your SIN card in a safe place
Ensure that you carry the following with you when travelling...
BC Care Card
PSHCP, PDSP & MEDOC Cards
Passport for each traveller
Federal Retirees Membership Card
(for access to preferred partner discounts)

Quick Reference to Your Personal Details:

Pension #: _____
PSHCP #: _____
PDSP #: _____

National Office Phone Number **1-855-304-4700**

Click for... [National Website](http://www.federalretirees.ca/en)

Or type into your browser...

<https://www.federalretirees.ca/en>

National Office Address

Federal Retirees
865 Shefford Road
Ottawa, ON K1J 1H9

Branch Address

Federal Retirees
Sidney & District
PO Box 2607
Sidney, BC V8L 4C1

Walking Group Planned Walks

Twice monthly Tuesday mornings: (by popular request)

October: Island View Beach, Sidney waterfront

November: Sidney Waterfront

December: No Walks

Note: All walks subject to weather. Confirmation of locations and their timing emailed a few days in advance.

If you are interested in joining the group, please contact Paul Mannion at pmannion@shaw.ca



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SIDNEY & DISTRICT BRANCH #14
NATIONAL ASSOCIATION OF FEDERAL RETIREES

GENERAL MEETING - MINUTES
Saturday, June 16, 2018 – 10:00 am
Meeting Location: ANAVETS Unit 302

Meeting convened at 10:04 am. Erika welcomed all in attendance, 38 members present.

1. Agenda - Any additions or amendments. There were none.
(Moved) Denny Gelinas **(Seconded)** David Stinson, **“That the Agenda be approved as presented.” CARRIED**
2. Minutes of General Meeting of September 30, 2017

Erika asked if there were any errors or omissions or questions on those Minutes.

(Moved) David Stinson **(Seconded)** Cathy Schuetze, **“That the Minutes of the September 30, 2017 General Meeting be approved as presented.” CARRIED**

3. President’s Report

- the importance of having a member’s spouse be an association member. The benefits to the spouse, (same benefits as member) and include branch assistance on the passing of a member are worth the difference of \$14.64 per year for 2018.
- The association will be phasing out the acronym NAFR in future as it can be confused with other organisations. David Stinson shared the acronym is being used by Firearms Retailers in the USA. Erika explained that our national association office **(NAO)** is asking branches and members to simply use the term “Federal Retirees”.
- We will be phasing out the use of our ‘in house’ database of branch members and will be updating the (NAO)’s database. The use of one database has many advantages and will reduce duplication. Erika asked branch members to sign up and update their respective information on the (NAO) database through logging on the (NAO) web site. The membership team will be updating the (NAO) database over the summer. Where our membership teams discover differences between the two, they will contact the member(s) concerned.

4. Treasurer’s Report

Erika Kanczula for Cathy Schuetze

- Cathy will be stepping down at the next Annual General Meeting in February 2019. We need a person to volunteer. We are streamlining the requirements to make the position as easy as possible.
- When paying association dues by cheque – please send the cheque directly to (NAO) or sign up for automatic withdrawal (DDS). It is beneficial to do this.

Financial Statement as of April 30, 2018

Operating Account	\$ 12,751.42
Members Fund	\$ 4,396.52
TOTAL	\$ 17,147.94

(Moved) David Stinson **(Seconded)** Jacqueline Pomereau
“That the Financial Report be approved as presented.” CARRIED

5. Advocacy Report (VACANT POSITION)

Erika Kanczula

- A new person will be appointed shortly for our District (BC/Yukon) soon. Erika explained the role of advocacy and the importance of having a member take up the role for the branch. The likely issues leading up to the 2019 Federal Election are the creation of a Seniors’ Strategy and Veteran issues.

GENERAL MEETING MINUTES of June 16, 2018 – continued...

6. Membership Report

Erika Kanczula

- 1336 Members as of April 30, 2018. There has been a membership-drop of 66 since March 31, 2017.
- Due to Anti-Spam Legislation, this branch will phase out the internal membership list before the end of September.
- There are still approximately 230 people receiving packages by mail. Erika asked that where members have an e-mail account, they allow our branch and the (NAO) to use it, rather than continue to use the regular mail. This change can be made on the association website or through contacting the branch.

7. Member's Welfare Report (VACANT POSITION)

Erika Kanczula

- David Stinson is currently covering, but we need a member to step into this role.
- PSHCP and Nurse Practitioners – PSHCP is not accepting of prescriptions signed by nurse practitioners. If there is an issue, try an appeal and PSHCP may then accept it. This is part of the negotiation this Fall by national office.
- Erika advised members that there will be a new addition to Medoc in September and there could be 'in province' coverage. We need to wait and see what that means.

8. Communications Report (VACANT POSITION)

Erika Kanczula

- Our local branch website, which can be accessed through the (NAO) website, now contains information specific to our branch such as branch bylaws, meeting minutes and our newsletters. This was completed by Adam Kanczula.
- All Branch Newsletters will be sent using the (NAO) database in future.
- Telephone volunteers are needed. The volunteers will compare information between our branch internal list and the (NAO) database. They will contact members when there is a discrepancy.

9. Program & Special Events Report (Position Vacant)

Erika Kanczula

- Next General Meeting, we hope to have a speaker from Hearing Life Canada Ltd. – a preferred partner, to give a presentation and answer questions. There is a possibility of having hearing tests in association with this presentation. This is not confirmed yet.

10. Open Forum – Questions & Comments

- A question was raised related to Medoc and the extended coverage option and how the health and travel coverage of Medoc fits in with the BC Health Plan. David Stinson, along with Virginia Hambly and Denny Gelinis provided details related to the interaction and coverages of the BC Health Plan and Medoc.
- Denny also suggested that the increased coverage of Medoc may relate to trip cancellation for a trip within the province, as currently Medoc only kicks in for trips outside the province. As this proposed coverage firms up, we will pass on the information to members.

11. PRESENTATION – Volunteer Recognition and Appreciation

- Erika outlined the list of the branch's current volunteers. Also recognised were past members who served on the branch executive. Many past and present volunteers were present, each being recognised for the work they carried out on behalf of our members.

12. 50/50 Draw \$90 Collected - \$45 Prize – Winner - David Letson

13. Next General Meeting - Saturday, October 13, 2018

Army, Navy and Airforce Veteran's Club, 9831 Fourth Street, Sidney, BC

14. Adjournment – with lunch to follow

Motion “To adjourn the General Meeting.”

Moved Peter Keith-Murray, Second Paul Peacey CARRIED



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FINANCIAL STATEMENTS ENDING AUGUST 31, 2018

		BALANCE SHEET as of Aug 31, 2018	Aug 31, 18
ASSETS			
	Coast Capital - General		15,005.92
	Coast Capital Community Account		3,941.65
	Petty Cash		100.00
	Total		19,047.57
	Total Current Assets		19,047.57
	Coast Capital - Member Share		5.00
TOTAL ASSETS			19,052.57
LIABILITIES & EQUITY			
	Liabilities		0.00
	Equity		
ALLOCATED RESERVE FUNDS			
	ARF - Asset Acquisition Fund		1,000.00
	ARF - Community Outreach Fund		3,941.65
	ARF - Defence of Benefits Fund		1,350.00
	ARF - Membership Support Fund		2,000.00
	Total ALLOCATED RESERVE FUNDS		8,291.65
	Unrestricted Net Assets		9,284.28
	Net Income		1,476.64
	Total Equity		19,052.57
TOTAL LIABILITIES & EQUITY			19,052.57

INCOME STATEMENT		Community	Operating	TOTAL
Income				
	COMMUNITY OUTREACH FUND INCOME	88.28	0.00	88.28
	FEES - MEMBER	0.00	5,352.97	5,352.97
	OTHER INCOME SOURCES	0.00	2.20	2.20
	Total Income	88.28	5,355.17	5,443.45
Expense				
	ACTIVITIES - COMMUNITY	0.00	185.50	185.50
	ADMINISTRATION EXPENSES	0.00	411.06	411.06
	BRANCH MEETING EXPENSES	0.00	363.14	363.14
	COMMUNITY OUTREACH FUND EXPENSE	1,010.00	0.00	1,010.00
	NEWSLETTER EXPENSES	0.00	935.06	935.06
	REGIONAL/NATIONAL EXPENSES	0.00	668.60	668.60
	VOLUNTEER RECOGNITION	0.00	393.45	393.45
	Total Expense	1,010.00	2,956.81	3,966.81
	Net Income	-921.72	2,398.36	1,476.64

**WELCOME NEW MEMBERS
TO OUR BRANCH**

Robert & Jayne Crooks
Barry & Lori Doupé
Lynda Knie
Lorne & Ruth Scott

BRANCH MEMBERSHIP

As of August 31, 2018 Membership was 1315
89% of members pay their dues by DDS
(Dues Deducted at Source)

IN MEMORIAM

The Board of Directors and all Branch members extend sincere condolences to each family.

Denis Brown	Herbert Laine	Marjorie Pearson
Marlyn Farrell	Pamela McNally	Gladys Paul
Alan Stafford	Paul Savage	Dodie Terrell
Connie Clarke	Molly Brygadyr	Joseph Clement
Dennis McBreaty	Bruce Lindal	

**RETIREES, PLEASE BE AWARE YOUR SPOUSE
MUST BE A PAID ASSOCIATION MEMBER TO BE
ELIGIBLE FOR MEDOC FAMILY PLAN INSUR-
ANCE COVERAGE**

The difference for you and your spouse to have a double membership is only \$14.64 for this year.

**AND PLEASE INFORM THEM OF THE
MEMBERSHIPS WITH THIS ASSOCIATION**

Sadly, we continue to encounter surviving spousal members who do not know that we may be of great assistance to them. If a member dies, the surviving spouse or the Executor could contact us as we can assist in completing the applicable pension and benefit procedures in a timely fashion.

MOVING? CHANGING EMAIL ADDRESS or PHONE?

Contact Patricia Stevens - We want to assure you keep receiving all information.

If you move or make payments directly through the National Office and wish to remain a member of this branch, please be sure to tell the National Office.

They will place you at the branch related to your new postal code if they don't know your wishes.

Association Family Program

The Association National Office has launched a program through which some family members may be able to access some of the services provided by the Federal Retirees preferred partners.

Details, including costs, are available from the Federal Retirees national website at www.federalretirees.ca

2018 MEMBERSHIP FEES

Single \$48.96 per year

Double \$63.60 per year

If you are not paying through DDS, your membership is due within 90 days of your renewal date.

As of January 1st our branch cannot deposit cheques received locally, please forward them to National Office (the address is on the front page) or, switch to DDS, rather than credit card or cheque, by calling the National Office (the phone number is on the front page).

Eligible members are those who already receive a pension except for retired judges and their survivors

If you require further assistance, please contact Patricia Stevens or National Office

DO YOU NEED A MEMBERSHIP CARD?

You will need a card to access the benefits from our Preferred Partners. If you have received a new one, please confirm all your information is correct.





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MISSING MEMBERS

If you know the whereabouts of any of these people – please contact Patricia Stevens

Aitken, Norma	Driscoll, F. B.	May, Joyce
Biggs, Eleanor	Dykeman, Clinton	Ryan, Dorias
Buchanan, David	Dykeman, Margaret	Shew, L. Colin
Corbin, William	Gammel, Alward	Smith, Kathleen
Crowle, Margaret	Gammel, Ruth	White, Barbara
Darroch, Edna	Halliday, E	Wilson, Velma
Dixon, Timothy	Head, Margaret	

If you learn that any member has passed away or you see an obituary,
please take a moment to let us know.

When we know, we can offer our services to the surviving spouse.

HearingLife Presentation

You will need to be able to navigate stairs in order to have the hearing test. Our presenters will be offering another day, in their office for anyone unable to stay after the presentation or has mobility issues that won't permit them to have the test that day.

To allow us to plan for this we ask that you preregister by calling and leaving a message at 250-385-3393 or by sending an email to federalretirees.sidneybc@gmail.com.

Even if you are not having a hearing test we would still like to know in advance if you plan to attend the meeting. It will help us plan for light snacks and refreshments.

HearingLife is a proud sponsor of the National Campaign for Better Hearing an initiative with the simple but lofty goal of providing a FREE hearing test to EVERY Canadian aged 60 & over.

“Startling new research shows significant connections between hearing loss and other serious health problems like social withdrawal and isolation, depression, mental fatigue, even increased risk of developing dementia.”

Sidney HearingLife office is located at:
201-2537 Beacon Avenue
(also known as “The Cannery Building”)



Pictured above:

Our President, Erika Kanczula with President Bernd Hirsekorn (Fraser Valley West Branch) at the Annual Meeting of Members gala event held in Gatineau, QC in June. The evening event provides the branches a great opportunity to network while acknowledging the outstanding efforts by members and branches for the past year.

**Annual Meeting of Members
Held in June 2018 - Gatineau, QC**

1. Marketing and recruitment. Government refused mailout acceptance again. Still working on being a part of the Pre-Retirement Seminars again. Within the next 10 years we need to build our membership to at least 300,000 members. That is close to 40% more than current and represents 50% of the total Federal Retiree population.
2. Strategy for Aging People – Our national president Jean Guy, presented to the Parliamentary Committee on Human Resources in December 2017 about the importance of a National Strategy for Seniors. We were working to get a Minister for Seniors. This was in June and we now have one which we can partially credit our advocacy work. Well done!! The work is not done, as individual members you can have your say. Send a premade email by visiting www.federalretirees.ca and choose Advocacy. You will find all of the current topics we need your support for. Choose Building a Seniors Strategy, then Take Action for a National Seniors Strategy. Step 1 – Make sure your voice is heard. There is an email there that you can add your email, name and location to and send off to the new Minister and our local MP.
3. Support of Veterans – there was a day-long Veterans Summit held, sponsored by the national office, after the initiative last fall that engaged with 500 veterans. Another positive outcome from our hard work. There are currently 60,000 veterans and their spouses in our organization. One-third of all retired veterans. There is a report available if you are interested.
4. New membership cards for Canadian Armed Forces Veterans is acceptable ID (with picture ID) for free luggage with Air Canada, Porter Airlines and possibly WestJet (still waiting for confirmation on WestJet)
5. PSHCP Court of Appeal – at the time of writing this, there has been no decision from the appeal that began on September 18th.
6. Discussion about the lack of ability to recruit members and volunteers for branches. To have any clout our organization needs 50% of all retired federal employees to join. Recruit your friends!!

RESOLUTIONS PASSED

- a. To advocate for details of Supplementary Death Benefits coverage be included with Pension Statements.
- b. Auditor to be independent of the branch board/executive
- c. Branches shall have their own bylaws
- d. By December 31, 2018 a toolkit will be created to support a strategic approach to protecting our member pensions
- e. Campaign to gain reinstatement of membership invitation mailout
- f. National Board of Directors can approve modifications to membership fees from the usual rates for specifically targeted recruitment or retention campaigns, not to exceed 18 months.
7. On the national website visit the “News & Views” section on the menu for the latest items of interest.

**Public Service Health Care Plan
(PSHCP)**

Copied from
“Your Pension and Benefits Liaison” Newsletter

**GOING DIGITAL:
SUBMIT HEALTH CARE CLAIMS ONLINE
OR FROM YOUR SMARTPHONE**

If you live in Canada, you can now submit Public Service Health Care Plan (PSHCP) claims, including claims for vision care benefits and paramedical services, online or from your smartphone.

To get started, you must register on the Sun Life Plan Member Services website at www.sunlife.ca/pshcp and provide both your email address and banking details.

To submit claims from your smartphone, download the free “my Sun Life (Canada)” mobile app from the App Store or Google Play.

Online...

Log into your Sun Life account to submit health claims and review those you have previously submitted. You can also coordinate benefits between two benefit plans or with another member of the PSHCP.

As part of the new digital services, you will also find a tool to search for health care providers in your area, find out what is covered, access your PSHCP benefit card, and consult a wellness page to help you manage your personal health.

On the app...

Once you have downloaded the “my Sun Life” mobile app onto your smartphone, you will be able to submit claims and supporting documents electronically, including physician referrals and receipts, locate health care providers in your area, review your coverage, and access your PSHCP benefit card.





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In our last Newsletter there was information on how to sign in to www.federalretirees.ca/en. Here in this issue is a brief outline of what you can accomplish once logged into your account. You can edit your profile and also add preferences to many aspects of your Federal Retirees membership in addition to accessing documents and online editions of the "Sage" magazine

My Membership

- My Profile**
- My Addresses
- My Branch
- My Pension
- My Volunteering
- My Communication Preferences
- Manage my Password
- My Documents
- My Member Benefits

My Profile

Welcome to your My Profile section.

Here is where you can update and edit your personal information. From address changes, to setting communications preferences to offering to volunteer nationally or with your local branch, we've made it easy to manage your membership with us.

Member ID	123456
Salutation	Mr.
Full Name	John
Preferred First Name	Doe
Preferred Language	English

Note: Each one of the "Profile" menu items at the left will have an "Edit" button which allows you to change information as required

My Profile

- My Addresses
- My Branch
- My Pension
- My Volunteering
- My Communication Preferences**
- Manage my Password

Emails and Community

[Click here to make changes](#) **Edit**

We always respect your privacy; we never rent, sell or share your information with any other organization. Period.

As an active advocacy organization, we work very hard to fulfill our mandate for our members. Both our branches and our National Office work to keep our members informed of the latest news in pensions and benefits through mailings, email and our quarterly magazine, SAGE.

We want to be able to communicate with you, but in the way that you want. Please let us know how you'd like to hear from us.

MASTER COMMUNICATION PREFERENCES

- Accept Print Communications
- Accept Electronic Communications
- Accept Phone Calls

Sage Magazine

A digital version of Sage Magazine is available online to all members under "My Documents" when they log in to their member profile as a

Under the "My Communication Preferences" menu item, you can edit how you receive your communications from Branch and Head Office.

Under the "My Addresses" menu item, in addition to your home address, you can add alternative addresses and dates when to receive communications whilst you are away from home for extended periods of time (e.g. "Snowbirds").

Are You A Healthy Caregiver?

Many caregivers understand the importance of caring for themselves and, yet, in another breath, say things like, “I feel overwhelmed,” “I’m stressed out,” “I’m too busy to eat, let alone find time to stay healthy,” and “There are so many things to do, how do I make time for myself?” Respond to the statements below to recognize the positive steps you are already taking to ensure you stay healthy, and to identify areas where you might consider action to help keep you resilient.

Circle **YES** or **NO**. Answer honestly.

- YES** **NO** I am satisfied with my overall personal health.
- YES** **NO** I have the skills and information I need to give the required care.
- YES** **NO** I maintain regular contact with family/friends and make time to spend with them.
- YES** **NO** I ask for help/accept help when it is offered. I know I don’t have to, and can’t, do this alone.
- YES** **NO** I communicate effectively with the person I am caring for, as well as with others involved in their care.
- YES** **NO** I am aware of community resources available to help support me in my caregiver role.
- YES** **NO** I am aware of caregiver support groups (locally or online) and/or have a supportive network where I can share my challenges and successes.
- YES** **NO** I make use of respite options available and take breaks away from my caregiving responsibilities.
- YES** **NO** I have gathered information about the progression of my care recipient’s disease, so I know what to expect and can prepare in advance as best I can.
- YES** **NO** I know how to navigate the healthcare system and who to ask if, and when, I need help.

8-10 Points

You are already taking several important actions to take care of yourself and make sure caregiving is sustainable for you. Look closely at any statements where you answered “No,” and consider whether accessing more resources would be helpful for you.

5-7 Points

You understand the importance of self-care, but you’re not always able to take action to support yourself. Consider any barriers you have to self-care and ask yourself whether these are external (you don’t know about the resources that exist to help you) or internal (you have trouble asking for and receiving support). Sharing the care is essential to finding enough time and energy for yourself. Choose one statement where you responded “No” to work on this week.

Fewer than 5 Points

Without contributing to your own well-being, caregiving quickly becomes overwhelming and unsustainable. Use this list of 10 statements as a guide to creating a self-care plan; start with learning more about the caregiver support resources available to guide you. It will be important for you to identify resources you’re not currently using in your social circle, such as family, friends, acquaintances and neighbours, to share the care and create some much-needed space for addressing your own well-being.

On average, it takes family caregivers four years to reach out and ask for help. Don’t be part of those statistics. Ask for the help you want and need. You will be a healthier caregiver and the person receiving care will be better cared for.