



John Rudy Health Resource Centre Helping Caregivers

One in four Canadian adults are caregivers for someone with long-term health issues, disabilities or needs related to aging.

Do you or will you in the near future be providing assistance to a loved one?

Yes!

Then we are here to help you be a healthier caregiver.

The John Rudy Health Resource Centre in Vernon, BC, helps caregivers every day by providing one-to-one supported navigation of health services, assistance with paperwork, and educational seminars and workshops. All of the services are free and no referral is needed. More than 80% of the people who access the resource centre are caregivers, even though many of them do not yet identify as a caregiver.

How do I know if I am a caregiver?

You might be a caregiver if you help a family member or close friend who has a long-term health condition, a disability or who has additional needs as they get older. You can be a caregiver at any age. You can be a caregiver for a short time, for example when someone is recovering after a medical procedure, or you can be a caregiver for decades.

Do I have to be in a certain relationship to be considered a caregiver?

You can be a caregiver no matter what relationship you are in with the person receiving care. You can be a caregiver to an adult child, to your spouse no matter your age, to your elderly parent or other family member. You can also be an unpaid caregiver to a close friend.

But I'm just taking care of my spouse, my parent or adult child. Am I really a caregiver?

It can often be difficult to see yourself as a caregiver when you are taking care of a loved one. But consider for a moment if you are doing above and beyond what others in your situation are doing. If you are, then you might be a caregiver.

Whether you are new to the caregiver role or you have been a caregiver for many years, we are here to help. You can access services in our office and plan to join us on May 6, 2025 for Care, Connect & Create: A caregiver symposium. The event is free and offers speakers and exhibitor booths with resources to help you take care of yourself and your loved one. There will also be an art display depicting caregivers and a display by caregivers of their creative works.

For more details as they become available see our website at www.johnrudyhealth.ca and follow us on www.facebook.com/johnrudyhealth.ca

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Care, Connect & Create: A caregiver symposium

Save the Date
May 6, 2025
Vernon, B.C.

Do you provide support to a loved one? Check out this free one-day event:

- speakers
- booths with resources
- art display

For up-to-date information, go to www.johnrudyhealth.ca or call 250-938-8092

