



At RCRG, we understand the challenges that caregivers face. But we also recognize their tremendous strength and resilience. To ensure that caregivers have access to the support they need, we created the **Richmond Family & Friend Caregiver Hub**, funded by the Government of BC, managed by the United Way and in partnership with Family Caregivers of BC.

The Hub will feature a range of services designed to promote the health and well-being of caregivers, such as one-to-one emotional support, peer support, information & referral, educational & skill-building workshops, and online resources. All services are free of charge and offered in both English and Chinese.

As we work through the COVID-19 pandemic, we have adjusted, and also added new, services available to older adults and their caregivers in our community. Caregivers can reach out to **Wingsi Kan**, Caregiver Navigator at RCRG, for more information and to register for service, simply call **604-279-7020** or e-mail caregivernavigator@rcrg.org.

Shop-by-Phone for Groceries

- We shop at Safeway (every Tuesday & Thursday) or PriceSmart (every Wednesday), with same-day afternoon delivery
- Orders need to be submitted the **DAY BEFORE**, by 2pm
- Payment by credit card is preferred
- Delivery fee of \$6 is waived during this period

Frozen Meals Delivery

- Delivery made every Thursday, orders need to be submitted **ONE DAY PRIOR**, by 2pm
- \$5.50 per meal, min. order is 5 meals
- We offer an extensive menu of breakfast, lunch and dinner items
- Meals can be chopped or pureed if needed
- Payment by credit card is preferred
- Free delivery

Prescription pick-up/delivery

- Prior to contacting us for assistance, clients should check if their pharmacy offers its own delivery service
- Clients need to have ordered and paid for their prescription before we can arrange for pick-up/delivery
- Free delivery, advance notice required

Phone/Virtual Visits

- A regular volunteer can call to check in on client and have a chat
- Calls generally happen once a week, though the duration is up to the client and volunteer
- This service is available in multiple languages

Senior Peer Counselling

- A free one-on-one service for seniors to talk to with a trained counsellor who may have similar life experience
- Sessions will take place on the phone, Facetime, Zoom, Skype, etc.
- This service is available in multiple languages