

Information for Families

Individual and Family Wellness Support

CLBC funds three types of support for eligible individuals and families:

- **Supports to participate in your community**
- **Supports to live in your home**
- **Supports for you and your family's well-being**

The amount and type of funded support available depends on the urgency of your situation and the funding available at the time of your request.

One way CLBC supports your and your family's well-being is through Individual and Family Wellness Support. This information sheet explains what this funding can be used for and provides examples of eligible supports.

Individual and Family Wellness Support

provides funding for services and activities that help make day-to-day life more comfortable, healthy, and enjoyable. The funding is intended to support wellness, independence, and quality of life, either in the person's home or in the community.

People who are eligible for CLBC services may use this funding to support their own well-being or the well-being of their family.



There are two ways to receive these supports:

- **Self-Directed Funding**
 - The individual, family, or support person organizes and manages the services.
 - They choose who provides the support and how the funding is used (within program guidelines).
- **Agency-Coordinated Funding**
 - A service provider agency coordinates services and manages the funding.
 - The agency arranges supports on behalf of the individual or family.

Individual and Family Wellness Support

Examples of how Individual and Family Wellness Support can be used include:



Support workers and daily living support

- Support workers who provide help at home.
- Attending programs or activities in the community.
- Support coverage during times when a family caregiver would typically provide care.
- Supports or services that help with disability-related daily living needs (e.g., cleaning, laundry).
- Supports to help with meal planning and meal preparation.



Recreation, education, skill building

- Recreational, social, or educational programs (e.g., swimming classes, workshops).
- Courses designed to build skills, confidence, or independence.
- Learning self-advocacy skills.
- Peer-to-peer support or mentorship opportunities.
- Activities that support social connection and community involvement.



Emotional, mental and family wellness

- Professional counselling services for the individual or their family.
- Learning and connecting opportunities such as workshops or support groups that help with self-advocacy skills, peer support, and developing new support strategies.
- Supports that reduce stress for the family or help caregivers recharge.
- Occasional food take-out services (e.g., SkipTheDishes, Door Dash).



Cultural and community wellness

- Supports that honour cultural practices and safety (e.g., cultural bearers, Elders, extended family support).
- Activities that strengthen cultural identity and belonging.



Other wellness expenses

- Banking fees for the individual
- Costs related to contracting or hiring support workers (e.g., WorkSafeBC coverage, criminal record checks).

For more information about Individual and Family Wellness Support, talk to your CLBC Facilitator or reach out to your local CLBC office.