SUPPORT FOR CAREGIVERS

santemc-homecare.ca

Québec

Whether you are a new caregiver or have been doing it for a while, you will have concerns related to your role. Caring for someone is very rewarding but can also be challenging. Your role might include giving care, organizing services or advocating for your loved one to ensure adequate care.

As their health problems progress, your responsibilities will change, as will your emotional reactions. Your understanding of your role and your expectations might be different from those of the person receiving care.

It is important that you take the time to understand the diagnosis and related symptoms so that you will be better prepared to help. Ask questions to learn about the illness's eventual impact on your loved one's ability to care for him or herself.

ARE YOU UNSURE ABOUT YOUR ROLE AS A CAREGIVER?

Are you feeling overwhelmed and needing help? You might be feeling the stress related to tasks that are new for you. If you feel exhausted, pulled in different directions or isolated, it will be difficult for you to offer the needed care.

IT'S IMPORTANT THAT YOU PRESERVE YOUR OWN WELL-BEING.

- Understand your role and know your rights as a caregiver.

- Take care of yourself.

- Create a network to prevent isolation.

- Set your limits and accept help when offered.

- Learn techniques to help manage your stress.

Be sure to talk about your needs with your friends and family, but also with the health care service providers who are partners with you in caring for your loved one. They can offer practical solutions to meet needs and help you deal with the emotional difficulties related to your role. In addition, there are support groups and organizations specifically for caregivers.

Visit us at
santemc-homecare.ca

Homecare services in your area:

CLSC Samuel-de-Champlain
(Champlain Area)
450 445-4452, Ext 612430

CLSC de la Vallée-des-Forts
(Haut-Richelieu–Rouville Area)
450 358-2578, Ext 4450
450 358-2578, Ext 4510

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la Montérégie-Centre*

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