CAREGIVING 101

Am I a caregiver?

Do you care for:

- a family member (child, parent, grandparent)
- a friend
- someone with a:
  - physical disability
  - mental disorder
  - chronic condition
  - developmental disorder
  - degenerative disorder

Caregivers can be:

- parents
- siblings
- children
- other family members
- friends
- spouses
- teachers
- neighbours
- anyone taking on the responsibility for another person's well-being

What do caregivers do?

- help manage day-to-day tasks (phone calls, administering medication, hygiene routine, meal preparation, etc.)
- provide emotional and physical support in challenging times
- advocate for the protection and rights of someone
- budget and bill management
- assist with transportation
- encourage and support when seeking help
- companionship during treatment
- encourage confidence in making decisions

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Why do I need to know I am a caregiver?

- being a caregiver impacts your life (mental, physical, financial, etc.)
- you can connect with others in similar positions
- you can watch for signs of **caregiver burnout**

Caregiver Burnout

- emotional and physical fatigue
- withdrawing from friends, family, and loved ones
- losing interest in activities
- feeling hopeless and helpless
- difficulty sleeping and concentrating
- changes in weight
- reduced immune efficiency
- easily irritated and frustrated with others

Tips for Caregivers

- take time for yourself - practice all types of self-care (emotional, physical, intellectual, vocational, financial, spiritual, and social)
- talk to a healthcare provider (therapist, counsellor, psychologist, or social worker)
- ask for help - respite care, asking a friend for help, connecting with local resources, etc.

Resources

- **Mental Health Estrie** - 819 565-3777 (support group for people caring for someone with a mental illness)
- **Vent Over Tea (VOT)** - info@ventovertea.com (listening service)
- **Community Aid** - (819) 821-4779 (support group for people caregiving for people 65+ or with a geriatric profile)
- **AMI Quebec** - https://amiquebec.org/ (online content, resources, workshops)

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