

9049 – Caring for the Elderly / Seniors



Are you providing care to a senior or elder family member, friend or neighbour?

If yes, you are one of more than 2 million Canadians providing care to the elderly. Caregivers to the elderly help with bathing, dressing, walking, transportation, giving medications, preparing meals, housecleaning, running errands, paying bills, companionship or some other form of care.

If you are a caregiver, you need to take care of yourself too!

Do you feel:	
Guilty	Worried
Lonely	Tired
Anxious	Depressed
Confused	Angry

If so, you are not alone. Research has shown that caregivers have these feelings at some point in time. But there are some things you can do to help relieve the load.

What could help ease the load of care giving?

- Information about services in your community
- Information about financial support, tax credits, etc.
- More hours of home care
- Overnight stay in a facility for your family member receiving care
- Help with personal care of your family member
- Meal program
- Adult day program for your family member
- Counselling for you and your family
- Caregiver support group
- Spiritual support
- Help with transportation to medical appointments

Remember you are not alone. Reach out to your community for help. Contact your local Community Care Access Centre for more information.

