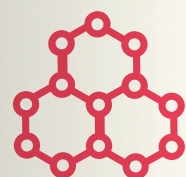


# DNA OF A CAREGIVER

DNA: CHARACTERISTICS OR QUALITIES OF SOMEONE REGARDED AS UNIQUE AND UNCHANGEABLE.

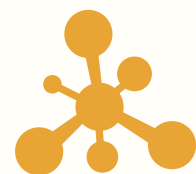


## Multiple common DENOMINATORS

### NEEDS

- Be informed
- Be heard in a non-judgemental manner
- Update knowledge regularly
- Adapt communication mode
- Be aware of appropriate resources
- Develop a support network
- Share your reality
- Be recognized for assuming a new challenging caregiver role

Collaboration: Argenteuil's Local Committee of Caregivers. Original concept: Julie Gravel, Guylaine Charlot and Karine Rossignol.



## NUMEROUS LOSSES

- A beloved parent
- A dearly loved spouse
- Previous relationship with care receiver
- Long-awaited retirement
- Pursuit of previous activities and pastimes
- Reciprocity in spousal relationship
- Independence and free time



## Attitude

Attitude toward illness or losses related to aging process

- Tolerance for ambiguity
- Openness or resistance to seeking help
- Premises of relationship with care receiver: communication mode, conflict resolution approach, expression of mutual affection and control issues

## MRC PAYS-D'EN-HAUT CAREGIVERS

*Your well-being matters to us!*



September 2023





#### 4KORNER

1 888 974-3940 [4korners.org](http://4korners.org)

- Services offered in English
- Individual and group support
- Group activities and information sessions
- Resources, referrals and support accessing health and social services



#### ALZHEIMER SOCIETY LAURENTIDES

1 800-978-7881 [alzheimerlaurentides.com](http://alzheimerlaurentides.com)

- Respite services
- Telephone helpline
- Support and information meetings for caregivers
- Individual and family meetings
- Training and conferences



#### L'ANTR'AIDANT

579 888-0211 [lantraidant.com](http://lantraidant.com)

- 7 days a week reception line: information, support and referrals to resources
- Psychosocial support and individual/group coaching
- Permanent and open support groups – virtual and face-to-face
- Workshops, conferences and training for caregivers



#### L'APPUI FOR CAREGIVERS

1 855 852-7784 [lappui.org](http://lappui.org)

- Telephone helpline and referral service
- Ongoing development of information service, training programs, psychosocial support and respite care services



#### AVC APHASIE LAURENTIDES

1 866 974-1888 [avcaphasielaurentides.ca](http://avcaphasielaurentides.ca)

- Telephone support service, accompaniment
- Support group
- Workshops designed to stimulate people suffering from aphasia and stroke victims



#### BALUCHON RÉPIT LONG TERME À DOMICILE

514 762-2667 [baluchonrepit.com](http://baluchonrepit.com)

- 24-hour in-home respite care services, from 4 to 14 days
- Support for caregivers



#### CISSS DES LAURENTIDES

1 833 217-5362 Info social : 811, option 2

[santelaurentides.gouv.qc.ca](http://santelaurentides.gouv.qc.ca)

- Reception, information and referral
- Psychosocial support
- In-home health care and services
- Planned respite care coordination
- Medical equipment loans



#### COOPÉRATIVE DE SOLIDARITÉ AIDE CHEZ SOI DES PAYS D'EN HAUT

450 229-6677 [aidechezsoipdh.ca](http://aidechezsoipdh.ca)

- Caretaking, well-being and respite
- Light housekeeping services
- Regular meal preparation
- Support and transport with shopping and grocery care



#### L'ENTRAIDE BÉNÉVOLE DES PAYS-D'EN HAUT

450 229-9020 [entraidebenevolepdh.com](http://entraidebenevolepdh.com)

- Medical Accompaniment and Transportation
- Meals on wheels
- Calls of kindness and Friendly visits
- Income tax services
- Billiard's club for men



#### LOCAL AND INTER-CITY PARATRANSIT SERVICES IN THE LAURENTIANS

[transportlaurentides.ca](http://transportlaurentides.ca)

- Paratransit services: 1 800 717-9737
- The Inter (bus and taxi service): 1 877 604-3377



#### LA MAISON DES PARENTS D'ENFANTS HANDICAPÉS DES LAURENTIDES

450 431-7428 [www.lmdp.org](http://www.lmdp.org)

- Services for parents and siblings of a person with disabilities
- Individual and support group
- Psychosocial follow-up
- Art-therapy, workshops
- Moment for self activities and family activities



#### MAISON ALOÏS

450 660-6225 [maisonalois.org](http://maisonalois.org)

- Support for adults living with dementia and their caregivers
- Respite stimulation services in day center, at home (4h block), or by videoconference (2 blocks x 1h)
- Individual and group psychosocial support (day, evening, weekends on demand)



#### PALLIACCO

1 855 717-9646 [palliacco.org](http://palliacco.org)

- Services to improve the quality of life of those affected by cancer, at end of life, their caregivers and those in mourning
- Support, accompaniment and respite care at home
- Services for children, adolescents and their families
- One-on-one support and support groups



#### PALLIA-VIE

450 431-3331 [pallia-vie.ca](http://pallia-vie.ca)

- Accompaniment for someone suffering from cancer or a degenerative disease, as well as for caregivers
- Support services for grieving individuals



#### RÉPIT BIEN ÊTRE, RESPITE AND WELL-BEING

450 224-2657 [repit.bienetre@gmail.com](mailto:repit.bienetre@gmail.com)

- Group respite and stimulation workshops for care receivers
- In-home respite: day, evening, night, weekend
- Social respite: outings, communal meals and activities for caregivers and care receivers
- Bilingual services

