



Guide for Finding Help

— For caregivers



SOS CAREGIVERS

GUIDE FOR FINDING HELP

Finding the resource people that caregivers need in the Pays-d'en-Haut and surrounding area.

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Funded by the
Government of Canada's
Community Services Recovery Fund



Table of Contents

Introduction	4
Research steps	5
1. Define your needs	6
2. Identify your fears about asking for help and prepare yourself to receive help at home	7
3. Learn about the sources of help	8
3.1 Help offered by the CISSS	8
3.2 Help offered by non-profit organizations	9
3.3 Help offered by private companies and self-employed workers	12
4. Learn about various sources of financial assistance	13
4.1 Administrative formalities and taxation	13
4.2 The CISSS des Laurentides	14
4.3 Non-profit organizations and foundations	14
5. Referrals to other support organizations	15
5.1 Help with meals	15
5.2 Other caregiver organizations	16
5.3 Other resources and useful tools	17
6. Applying for help	18
7. Prepare to interview a helper at your home, and know what their responsibilities will be	19
8. Search the various networks available through your family and friends	20
8.1 Suggestions for places to distribute the request for assistance	20
9. Maintaining a healthy relationship with help at home	24
Conclusion	25
Appendix 1: Information collection form	26
Appendix 2: Job offer template	30

Introduction

Dear Caregivers,

This guide was developed by the Comité proche aideance (caregivers' committee) of the Table de concertation des aînés des Pays-d'en-Haut (seniors' roundtable) to assist you in finding the help you need. It applies to caregivers of any age regardless of the condition of the person being helped. It first provides an overview of the stages of a smart search and then leads you to define your needs to help focus your research. This is an important step as assessing their qualifications will help you target the resource person(s) who can help you.

Your research may raise concerns and questions, which is normal. How do you feel about the possibility of having one or more strangers in your house (if you are looking beyond your family or social circle)? How do you feel about asking for help? Some advice at this point will help you deal with any discomfort that may be disturbing you and slowing you down.

You will also find information on how to approach various governments and not-for-profit organizations, particularly regarding low-cost respite care.

This guide is designed to be as practical as possible to assist you in finding help. In it are references to various organizations that work with caregivers, as well as other groups that can help you through this period of your life.

Lastly, there are suggestions for several effective ways to find help that will equip you to assess the people that you recruit for various tasks.

"The sooner the better!" is the advice shared by everyone working in the field of caregiving: the earlier you get help with your caregiving needs, the better you can protect yourself during this period. Help will allow you to take a break. If the person you help has a degenerative neurological disease, the sooner they get used to the presence of a resource person or a support group from a community service organization the easier it will be for them to participate as the disease develops.

What's more, the sooner you get started the less rushed you will feel when you begin to receive a variety of assistance services, at home or elsewhere, due to your loved one's evolving difficulties, or other emerging needs in your caregiver/cared-for relationship. Early mobilization will also enable you to avoid the waiting time associated with the application process (waiting lists, treatment delays, etc.).

Remember, too, that it's better late than never! Don't wait until you are exhausted to get the help you need.

Please note that in the context of this guide, neither the Table des aînés des Pays-d'en-Haut nor the Comité proche aideance des Pays-d'en-Haut can be held responsible for the quality of the services provided by any of the service providers mentioned below.

Research steps



- 1- Define your needs
- 2- Identify your fears about asking for help and prepare yourself to receive help at home
- 3- Get to know the various sources of financial assistance
- 4- Learn about the services offered to caregivers by various organizations
- 5- Prepare to meet a helper at your home and make an application for assistance
- 6- Explore the various networks available through your family, friends and co-workers
- 7- Maintain a healthy relationship with helpers in your home

» Basic principle:
The sooner, the better!

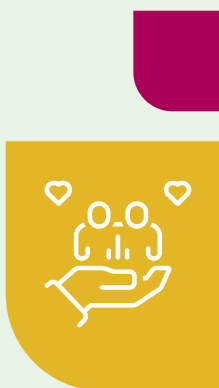
1. Define your needs

It is vitally important to first define your needs, especially those that are the most pressing even if other needs aren't clear yet.

Clear identification of your needs increases the chances that the help found will provide real daily support and that the benefits will be lasting. One way of doing this is by looking at the people around you. Ask yourself the following questions: Are there members of the family who can help me? Are there resources that have helped me in the past? Am I already known to CLSC/CISSS services?

Defining things this way will allow you to better target your research and will also help you formulate your request for help more precisely, which you can then circulate on a variety of communications networks (classified ads, training centres, etc.) when the time comes. What's more, you'll be in a better position to communicate your needs to the people you must talk to (your relatives, a social worker, a psychosocial counsellor, etc.).

[Attached](#) you will find an information-gathering form, courtesy of L'Antr'Aidant, which will help you carry out this basic exercise.



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- 1 The information collection form attached as Appendix 1 will help you identify people in your immediate network, based on your needs.

2. Identify your fears about asking for help and prepare yourself to receive help at home

Although defining your needs is fundamental to your search process, you may find it difficult to do so if you have any discomfort or concerns related to your request for help. If, for example, you are afraid of being judged or if conflicts are emerging in your relationships, these latent fears may be hindering your process without your knowledge.



Your needs as a caregiver may not be perfectly synchronised with those of the person you are caring for or other members of your entourage, which can lead to discomfort.

Before you start looking for people to help you with various tasks or errands in your home, and especially to give you a break, take the time to think about any fears you might have about welcoming a stranger into your home, even if your helper is drawn from your own circle of friends or family.

At this stage, you should ask yourself frank questions so that there are no concerns, identified or not, that could, despite yourself, harm your relationship with the person who comes to help you. This will also help you to recognize what is yours and what is not, should there be a conflict to resolve with the person. If you need help at this stage of your search, the psychosocial support offered by the various organizations in the region is just what you need.

For guidance in this process of reflection, we strongly urge you to take a look at the caregiver tools created by L'Antr'Aidant: <https://outilsprocheaidant.com/en/home>. In the [Tools for caregivers](#) section you will find, among other things, [Asking for help: how to?](#), while the [ID-PD-ASD Tools](#) section provides tools such as [Asking for help: how to?](#) and [The caregiver - helped one - healthcare worker trio](#). The [Support for caregivers tool](#) is also instructive.

3. Learn about the sources of help

There are three levels of help in your community that you can depend on as you live through the experience of being a caregiver: the CISSS/CLSC, non-profit organizations, and private companies and self-employed workers.

3.1 Help offered by the CISSS

It might be useful, but not obligatory, to open a file at the CISSS des Laurentides if you have not already done so.

Its homecare support services are for people with a temporary or permanent disability caused by a loss of autonomy due to aging, a handicap, a chronic disease, an operation, or a terminal illness. To help your loved one remain in their home while maintaining their autonomy, the homecare support team of the CISSS des Laurentides can provide the following services:

- Nursing care
- Medical care
- Help at home
- Psychosocial services
- Respiratory therapy
- Nutrition services
- Rehabilitation services
- Equipment loans

After your application has been processed, if your request meets the assessment criteria, a social worker will visit you to evaluate the situation. Services will then begin based on the intervention plan prepared by you and the social worker and subject to the availability of resources. Your assessment and intervention plan will be reviewed once a year or according to developments in your situation. Homecare support services are provided in collaboration with the other health services and community organizations that are essential partners. You are also an essential ally in the success of keeping your loved one at home. For more information about CISSS services, consult this guide:

https://www.santelaurentides.gouv.qc.ca/fileadmin/internet/cisss_laurentides/A_propos_de_nous/Documentation/Depliants_Feuillets/DSAPA-SAD/Soutien_a_domicile.pdf
(in French only).

If you would like to apply for services, the first step is to contact the homecare support access point: 1-833-217-5362.

3.2 Help offered by non-profit organizations

Even if you have applied for services from the CISSS, start your own search of other support services. A wide range of services are provided by local organizations working with caregivers. Thanks to this guide, you will be able to search for the resource people you need on your own.

and, above all, signing up straight away for the various support groups, individual interventions, respite or other forms of support that could help you throughout your experience as a caregiver. These organizations provide a rich network of resources, advice and support. Some of them also offer group respite.

Learn about Services offered to caregivers by various organizations

Below you will find the contact information and services offered by organizations serving the caregiver community in the region. It's worth finding out about the options available to you



4KORNER

1-888-974-3940 | 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

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



L'ANTR'AIDANT

579-888-0211 | 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 POUR LES PROCHES AIDANTS

1-855-852-7784 | lappui.org

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



AVC PHASIE LAURENTIDES

1-866-974-1888 | avcaphasielaurentides.ca

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



BALUCHON RÉPIT LONG TERME À DOMICILE

514-762-2667 | 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**

- Reception, information and referrals
- 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

- Caregiving, well-being and respite
 - Light housekeeping services
 - Regular meal preparation
 - Grocery and other shopping support and transport
-



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

450-229-9020 | entraidebenevolepdh.com

- Medical accompaniment and transportation
 - Meals on wheels
 - Friendly calls and visits
 - Income tax services
 - Billiards' club for men
-



LOCAL AND INTER-CITY PARATRANSIT SERVICES IN THE LAURENTIANS

transportlaurentides.ca

- Paratransit services: 1-800-717-9737
 - L'Inter (bus and taxibus service): 1-877-604-3377
-



LA MAISON DES PARENTS D'ENFANTS HANDICAPÉS DES LAURENTIDES

450-431-7428 | www.lmdp.org

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



MAISON ALOÏS

450-660-6225 | maisonalois.org

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



PALLIACCO

1-855-717-9646 | palliacco.org

- Services to improve the end of life quality of life of those affected by cancer, 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 group



PALLIA-VIE

450-431-3331 | pallia-vie.ca

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



RÉPÎT BIEN-ÊTRE

450-224-2657 | repit.bienetre@gmail.com

- Group respite and stimulation workshops for people receiving care
- In-home respite: outings, communal meals and activities for caregivers and those receiving care
- Bilingual services

3.3 Help offered by private companies and self-employed workers

Private help and homecare companies offer a range of personalized services for remaining at home. Services and rates vary among companies.

A free needs assessment is usually offered. In some cases, this option allows more flexibility in the choice of desired services, based on your budget.



4. Learn about various sources of financial assistance

There is more than one way to get financial assistance for your plans, whether in the form of tax credits or through a funding program for a bank of hours allocated for a resource person.

4.1 Administrative formalities and taxation

On the APPUI proches aidants website, you can find 15 Tips on the following subjects: Canadian Caregiver Credit, Completing your tax return, Protection mandate, Involuntary separation, Employment Insurance benefits for caregivers, Financial security for people with disabilities, Temporary limited capacity allowance, Caregiver tax credit, Tax credit for home-support services for seniors, Tax benefits for caregivers, The assistance measure, New leave options in the Act Respecting Labour Standards, Managing the finances of the person I am caring for, Preventing financial abuse and mistreatment, and Power of attorney.

Finally, if you already have a caseworker at the CISSS, we strongly urge you to contact them to learn whether you are eligible for financial assistance programs such as the Service Employment Paycheque.

4.2 The CISSS des Laurentides

The CISSS des Laurentides can be a useful ally in guiding your research on financial assistance. Once you have opened a file, ask your caseworker if any financial support programs can apply in your situation, such as the Service Employment Paycheque (program to facilitate access to homecare services) or others.

It is important to note that your CISSS caseworker is always your main point of contact for any questions you may have about your eligibility for the Service Employment Paycheque program, the hours allocated, etc. You can always refer to the homecare support access point at the number below or consult the guidebooks (see references below) for additional support³.

**To contact the homecare support access point,
call 1-833-217-5362.**



NOTE: Access to financial assistance from the CISSS des Laurentides is not systematic and is not available to everyone. It is therefore important for you to learn about other sources of financial assistance applicable in your situation.

4.3 Non-profit organizations and foundations

For financial assistance you might find it interesting to learn about the various foundations and non-profit organizations that can also provide you with financial support while you are a caregiver. Sources of financial assistance can vary over time and from one foundation to another, so it is a winning strategy to keep your resource directory close at hand and apply for assistance regularly.

2 Verville, Marie-Hélène; Boivin, Louise; Wakil, Rose-Marie (2021). Guide des personnes usagères du Chèque emploi-service sur les droits et obligations relatifs au travail, Université du Québec en Outaouais (UQO), in collaboration with Ex aequo and with the financial support of the Ministère de l'Enseignement supérieur. <https://www.creatas-quebec.org/guides-ces>

3 In addition, [Vous recevez de l'aide: Les services d'aide à domicile et le chèque emploi-service](#), produced by the Ministère de la Santé et des Services Sociaux du Québec (in French only), can enlighten you on this subject.

5. Referrals to other support organizations

During your caregiving period, you might need help with things like meals as you are bound to be squeezed for time. It is important at times like these to give yourself a break. Some groups provide services that might be useful in your daily routine.

5.1 Help with meals

Café communautaire l'Entre-Gens community café

Dare to break out of your isolation. Communal meals, cooked meals, collective kitchens, bazaars, workshops, etc.

1006 Rue Valiquette, Sainte-Adèle

450-229-2211 | lentregens.org (in French only)



Entraide bénévole des Pays-d'en-Haut volunteer services

A story of caring and mutual aid. Services for the elderly and people who are losing their autonomy: meals on wheels, accompaniment and transportation, friendly calls and visits, etc.

1013 Rue Valiquette, Sainte-Adèle

450-229-9020 | www.entraidebenevolepdh.com (in French only)

Garde-manger des Pays-d'en-Haut food pantry

Food distribution, delivery, processing, collective kitchens, school lunches, clothing counters, etc.

100 Rue Morin, Sainte-Adèle

450-229-2011 | www.gardemangerpdh.ca/en

La Rencontre de Sainte-Marguerite-du-Lac-Masson meeting place

Collective kitchens, communal meals, etc.

2 Chemin Masson, Sainte-Marguerite-du-Lac-Masson

450-228-8606

Maison de la famille des Pays-d'en-Haut family centre

A place to grow. Collective kitchens, respite care, homework help, coffee klatch, clothing counter, activities, walking club, etc.

480 Rue des Capucines, Sainte-Adèle

450-229-3354 | www.facebook.com/mdfpdh (in French only)

Ressources communautaires Saint-Adolphe

A helping hand for our community. Cooked meals.

108 Rue J.A. Préfontaine, Saint-Adolphe-d'Howard

819-324-8240

Ressources communautaires Sophie

Communal and solidarity meals, free clothing counter. Guidance and support for young people and their families. School supplies, tax clinics. Help with administrative requests, etc.

3458 Route Principale, Wentworth-Nord

450-226-1304

Soupe et Compagnie des Pays-d'en-Haut

A pinch of warmth and friendship. Communal meals served in Saint-Sauveur, Saint-Adolphe-d'Howard and Sainte-Anne-des-Lacs.

205 Rue Principale, Saint-Sauveur

450-744-0207 | www.soupeetcompagnie.com/en

5.2 Other caregiver organizations

L'Appui

L'APPUI pour les proches aidants has been supporting and listening to caregivers for over 10 years with the goal of preserving their quality of life. The website hosts a vast directory of resources.

1-855-852-7784 | info@lappui.org | www.lappui.org/en

L'Accompagnateur

L'accompagnateur is a non-profit organization operating throughout Québec. It is a web platform designed to make life easier for parents of young people with disabilities. It guides them to relevant resources and information. Content is filtered according to the child's profile (age and type of disability or disorder) and according to their region of residence. The great advantage of L'accompagnateur is that it provides parents with useful references in a timely manner.

<https://laccompagnateur.org> (in French only)

Regroupement pour la concertation des personnes handicapées des Laurentides (RCPHL)

RCPHL is an umbrella group of thirty organizations working with handicapped people and their families in the Laurentians. The website has a great online search tool for finding resources by theme or region (there is an accessible version for people with cognitive impairment – simplified text, large characters, etc.).

450-432-2229 | info@handicaplaurentides.ca | handicaplaurentides.ca

(in French only)

5.3 Other resources and useful tools

Book humanitaire – For affordable incontinence diapers

215 Rue Brière, Saint-Jérôme

450-436-2665 | <https://lebookhumanitaire.com/en>

Companion Leisure Card (CAL)

The Companion Leisure Card (CAL) grants free admission to the accompanying party of a disabled person and is recognized by leisure, cultural and tourist organizations that are partners.

1-833-693-2253 | cal@aqldph.qc.ca

SOSGARDE.CA

SOSgarde, is the easiest solution for quickly finding help for seniors, children or adults with special needs, or even a cleaning woman near you.

<https://sosgarde.ca/en>

Ami Québec – Allies in Mental Health

for families dealing with a member's mental illness

amiquebec.org

Éducaloi

A non-governmental organization that explains the law in plain language and gives you the tools to do the same.

<https://educaloi.qc.ca/en/web-guide/caregivers-legal-tools>

The Mistreatment Helpline (CISSS):

The Mistreatment Helpline is a provincial telephone line for listening, referrals and support that specializes in the mistreatment of older adults and all adults in vulnerable situations.

1-888-489-2287 | lignemaltraitance.ca/en

CNESST

To find out about your rights as an employer and those of your employees:

<https://www.cnesst.gouv.qc.ca/en>

This list is not exhaustive, and these references are strictly for information purposes. The Table des aînés and the Comité proche aideance are not responsible for any services mentioned.

6. Applying for help

Based on the identification of your needs made at the beginning of your application process (refer to section 1 of this document and to the information collection form in Appendix 1), you will be able to make a clear and detailed application for help. The job offer template in Appendix 2 will help you with this important step. Ensure that it is complete and that it clearly shows your priority needs. Its contents will be useful in communicating your expectations when dealing with private, public and non-profit services.



7. Prepare to interview a helper at your home, and know what their responsibilities will be

To properly prepare you for the interviews you will eventually organize, use the information in your application for assistance, prepared in the above step, to raise the most pertinent points of your situation.

Among the criteria that you feel are important in your search for help, ask yourself which are your priorities. That way you can be prepared to judge the answers you receive in CVs or during interviews. If, for example, your priority is to have a resource person look after your loved one by doing stimulation activities while you take a break, you'll be able to assess the answers you get on this subject during the interview. You can also mention this responsibility when you prepare your request for assistance.

Some important factors to consider:

- Ask about their work experience.
- Ask about their knowledge of the disease of the person being cared for.
- Ask if you can contact their references.
- Ask the future resource person about their availability and expectations.

Remember to check your candidate's criminal record.

You have the right and responsibility to check a candidate's criminal record. You can contact your courthouse with the resource person's full name and date of birth, and they can guide you through the process. If in doubt, or for any other questions regarding your responsibilities as the employer of a resource person, don't hesitate to refer to the Commission des normes de l'équité, de la santé et de la sécurité au travail (CNESST),

at 1-844-838-0808 or <https://www.cnesst.gouv.qc.ca/en>.

And never give out your social insurance number!

8. Search the various networks available through your family and friends



We are surrounded by many networks without necessarily knowing it. The first are often, but not necessarily, our families. Next comes our friends and our work colleagues. Then there is the community network, which can reveal an enriching network of people ready to help each other.

Don't hesitate to focus on the networks around you, including those that share an interest, e.g. crafts, sports, board games, walking clubs, etc. Once your networks are well defined, use them to communicate your intention to find help.

Word of mouth can be of vital importance in your search.

8.1 Suggestions for places to distribute the request for assistance

Word of mouth through your various personal and professional networks

- Browse the contact list on your phone and make a few calls to discuss your plans.
- If you are comfortable with posting your plan on Facebook, go ahead and ask your Facebook friends to share it with their respective networks.
- Talk about your plans at work. You may even get authorization to post your job offer at your workplace.
- If you are a member of any clubs, take the opportunity to talk about it there.

SOSGARDE.CA

SOSgarde was developed to help families find babysitters and home helpers in their region, whether to look after children, to help seniors and people with special needs, to look after pets, or to provide household support.

The babysitters and home helpers do not work for SOSgarde but register there to post their profiles and offer their services directly so that interested families can easily find them.

Thanks to detailed profile information and the possibility of checking that they have no criminal record, you can quickly find babysitters and helpers who inspire your confidence and respond to your family's needs at a very reasonable cost.

Emploi Québec

Emploi Québec is a site that matches job seekers with employers based on their characteristics and needs. For more details, go to the Québec government web-site quebec.ca, and click on [Employment](#), then [Find a Job or Internship](#), then go to [View Job Offers](#). Scroll down to the Employers section to create an Employer Profile (in French only).

If you need help posting a job offer, you can contact the Centre d'assistance au placement at **1-888-EMPLOIS (1-888-367-5647)**. It is open from Monday to Friday, except holidays, from 8:30 a.m. to 4:30 p.m.

School Placement Services

If you would like to hire a student, school placement services may be able to help you. You could, for example, target your request for help to students or graduates in programs related to the helping professions, such as social work or nursing.

Centre de formation professionnelle des sommets	Cégep de Saint-Jérôme	UQO-campus Saint-Jérôme
36 Rue Brissette Sainte-Agathe-des-Monts 819-326-8911	455 Rue Fournier Saint-Jérôme 450-436-1580	5 Rue Saint-Joseph Saint-Jérôme 450-530-7616

Publications: Classified Ads or the Career/Job Section

Requests for help in the printed press get good visibility because they reach a lot of readers. It's an excellent option for spreading the word. Anyone looking for work has a strong chance of seeing your job offer under the jobs category on classified websites. If you have time, it is also worthwhile posting your request for help on job search sites. Consider job search assistance agencies because

they can guide you towards one of their clients if they know the nature of your request for help. Here are a few possibilities:

- **Classified ads in local papers such as Accès:**
 - 1-866-637-5236
 - \$11.87 for the first 10 words of your ad and \$0.64 for each additional word.
- **Classified sites, go to the jobs category:**
 - www.kijiji.ca
 - www.lespac.com/en
- **Job search sites:**
 - Indeed | ca.indeed.com
 - Index Santé | www.indexsante.ca/emplois (in French only)
 - Jobillico | www.jobillico.com
 - Jobboom | www.jobboom.com
 - Job Bank | www.jobbank.gc.ca/home
- **Job search assistance agencies and organizations:**
 - Centre d'aide professionnelle pour l'emploi
Capemploi.ca (in French only)
810 Boul. de Sainte-Adèle, 2nd floor
450-229-6524
 - Carrefour Jeunesse-Emploi des Pays-d'en-Haut
Cjepdh.ca (in French only)
22 Rue Goyer, Saint-Sauveur
450-227-0074, ext. 0
 - Intégration Travail Laurentides
I-tl.org
395 Boul. de Sainte-Adèle
450-229-5889
 - Services Québec – Sainte-Adèle
1390 Boul. de Sainte-Adèle
450-229-6560

Please note that this list is not exhaustive, and that these references are provided for information purposes only. The Table des aînés and the Comité proche aidance do not guarantee any services mentioned.



9. Maintaining a healthy relationship with help at home

You are starting a working relationship with a resource person who is now helping you with a variety of tasks. Whether the person is related to you or is a friend, or if they come from beyond your known networks, do all you can to keep the relationship harmonious. Open and honest communication is of paramount importance. Don't leave a small frustration or disappointment room to grow.

If you are preparing to receive a resource person in your home to look after your loved one while you take a break, there is important information to share so that they feel comfortable doing their job properly. What should they know about your loved one so that everything goes smoothly, or what should they do if an emergency arises? What should they know about your house, apartment or neighbours? Can they contact you or someone you trust during your absence? Should they administer any medications to your loved one? Are the medications easy to find and what are the dosages? If the answers to these questions are clear to you, share them with your resource person verbally and also in writing to avoid anything being forgotten.

It is advisable to communicate things openly at all times. Whether about simple daily issues such as letting your resource person know in advance about any schedule changes, or for more important questions like dissatisfaction about the provided care, it is vital to talk about your needs and expectations to prevent conflicts between you.

Your resource person will enjoy assisting you more if their work environment at your home is pleasant. If you need advice and support, contact a caregiving organization. Remember that you are responsible for what goes on in your home: the home is a private place of activity that is under your responsibility.



Conclusion

It is important to define your needs, clear your mind of any concerns related to your request for assistance, feel confident in executing your plan, and allow yourself the right to have help. **This period of your life can be full of challenges and uncertainties, but the steps you are taking to ask for help are courageous.**

While it may seem like a big mountain to climb, breaking down the steps you need to take to get help will allow you to realize that it's just a matter of taking one small step at a time. And for each step, you can always turn to a caregivers' organization that will be able to guide you. It is also useful to talk to other caregivers so that you do not feel lonely while living through this.

This guide is a gesture of solidarity with you on behalf of all the member organizations in the Comité proche aideance of the Table des aînés des Pays-d'en-Haut. We hope that it helps you find the assistance you need.



Appendix 1:

Information collection form



RESPONSIBILITIES ASSUMED BY...	Cared-for person	Main caregiver	Entourage (family, friends) Specify	Community resources (community organizations, CLSC) Specify	Private resources (businesses or individuals) Specify
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HEALTH

Special care (pressure, dressings, etc.)					
Taking medication					
Accompaniment for medical appointments and other outings					

PERSONAL CARE

Bath/shower					
Daily grooming					
Sit/stand transfers					
Bed transfers					
Bathroom transfers					
Car transfers					
Moving around: cane, walker, rollator, wheel-chair, scooter					
Teeth or denture care					
Hair washing					
Body care (application of cream)					
Shaving					
Nail and foot care					
Other tasks					

RESPONSIBILITIES ASSUMED BY...	Cared-for person	Main caregiver	Entourage (family, friends) Specify	Community resources (community organizations, CLSC) Specify	Private resources (businesses or individuals) Specify
DOMESTIC LIFE					
Housekeeping					
Spring cleaning					
Washing, maintaining clothing, bedding					
Outside maintenance (snow removal, grass)					
Grocery shopping, errands, other shopping					
Meal preparation					
Repairs and small jobs					
Other tasks					
RESPITE					
Regular daytime respite					
Regular nighttime respite					
Weekend respite					
Holidays and/or summer vacation					
Psychosocial support				Individual	Group
Other tasks					

Sign of fatigue	Almost never	Sometimes	Often	Most of the time
I have problems falling asleep or I wake up often in the night.				
I wake up tired in the morning, I lack energy to get through my days.				
I've lost my appetite, or I eat too much.				
I'm indisposed or sick more often than before (flu, cold, headache).				
I'm taking more and more medications.				
I feel irritable and impatient.				
I do a lot but still feel guilty at not doing more.				
I have trouble concentrating (making a to-do list, paying bills, reading, etc.).				
I tend to forget simple things I know (telephone numbers, names, keys, etc.).				
I've given up activities that I enjoy.				
I no longer have much contact with anyone except the person I'm caring for.				
I feel like I cry for nothing.				
I feel sad and discouraged.				
I'm anxious about my loved one's condition and when I think about the future.				
I want to give up on everything.				

If you've checked the "often" or "most of the time" boxes, it is important to ask for help from your doctor or from workers in the health and social services network.

What would make your role as a caregiver more comfortable?

Sources: Guide d'accueil, Intentions des personnes aidantes, Hôpital général de Montréal et Centre hospitalier de Verdun. Guide d'accompagnement à l'intention des personnes aidantes, Association lavalloise des personnes aidantes (ALPA)

Appendix 2:

Job offer template

EMPLOYMENT OPPORTUNITY
JOB TITLE

Workplace profile

Profile of the cared-for person

Name, age, diagnosis, care/interventions, characteristics, tastes, type of activities

Job description

- Main functions (tasks and responsibilities)
- Work schedule
- Qualifications, skills and experience required
- Assets
- Job benefits/working conditions
- Pay scale

To submit your application, please send your curriculum vitae and cover letter before January 1, 1900, to the attention of Mr./Ms. X. You will be contacted for an interview. Looking forward to meeting you.



