

Careviger Newsletter

Outaouais

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DID YOU KNOW?

According to the Heart and Stroke Foundation, about 45,000 cardiac arrests occur across the country every year. Most of them happen in public places or at home. Would you know what to do if your loved one had a cardiac arrest? Since this is Heart Month, why not find out what CPR training is available in your area? Several organizations offer these courses, in particular the Heart and Stroke Foundation and the Red Cross

CAREGIVERS: A MULTITUDE OF JOURNEYS



According to the Institut de la statistique du Québec, there were over one million caregivers in Quebec in 2012. And 1.13 million caregivers mean 1.13 million different journeys. Some caregivers provide support to their loved one for one or two hours a week while others spend more than 20 hours a week doing so. Some have to balance their professional and family responsibilities with their role as a caregiver, or travel because they do not live with the person receiving care. Some do this out of love, others out of obligation. *Cont. p. 2*



A WORD FROM

L'Appui
Outaouais

Since this is the month in which we celebrate St. Valentin, l'Appui Outaouais would like to highlight the strength and courage of all caregivers in Outaouais. You provide a great deal of support every day. Thank you for being there!

For all the information on available services and activities, visit l'Appui Outaouais' website regularly at www.lappuioutaouais.org or call the Caregiver Helpline at 1-855-852-7784.

CAREGIVERS: A MULTITUDE OF JOURNEYS

A unique journey

The role of being a caregiver is a journey in constant flux depending on the intensity of the caregiver's commitment and the relationship with the person receiving care. Just as every person is different, every journey is unique and can vary based on several factors, such as age, socioeconomic conditions, health status, past relationship with the person receiving care, etc.

Changing needs

Although the journeys differ from one person to the next, the needs expressed by the caregiver and the person receiving care still follow a similar trajectory. For example, the primary needs of caregivers change as a senior's cognitive disease progresses.

Common caregiver's needs during **initial stage** of cognitive disease

- Deal with the shock of the diagnosis
- Understand the illness of the person receiving care
- Identify adaptation strategies
- Plan the legal aspects of the possible incapacity of the person receiving care
- Help the person receiving care plan end-of-life wishes
- Start the processes to adapt the home
- As needed, share your emotions with people going through similar situations
- Seek family or individual support

Common caregiver's needs during **intermediate stage** of the cognitive disease

- Take periods of respite to maintain your balance and have time to yourself
- Learn to use the various pieces of equipment needed to support the person receiving care
- Manage a range of tax/legal/financial matters
- Understand your role, and the roles of family and the various care teams
- Constantly find strategies to manage the behavioural and psychological symptoms of dementia
- Manage the medication of the person receiving care
- Organize your time and your future
- Talk about your experience and share it with peers and psychosocial workers, accept outside help
- Manage your stress and set limits

Common caregiver's needs during **advanced stage** of the cognitive disease

- Benefit from support and referrals regarding long-term care
- Manage grief, loss, the drop in "performance adrenalin" and family reactions
- Participate in managing the end of life of the person receiving care and all the tasks that this involves

It should be noted that the list of needs above is not exhaustive. Moreover, some of these needs may well arise at a different stage of the illness's development than indicated above. The sooner the caregiver will be able to identify his actual needs and what is to be expected in the future, the sooner he will be able to find helpful resources.

Wherever you are on your journey, don't hesitate to contact the Caregiver Helpline at 1 855-852-7784 (1 855 8 LAPPUI). One of our professional and qualified counsellors will be there to listen to you, provide you with information and help you find resources to meet your needs.

APPUI NEWS FLASH



You have probably noticed that the Appui website is undergoing a makeover! After various consultations, in particular with organizations and caregivers, Appui decided to redesign its website. This new user-friendly, optimized and content-rich version of **lappui.org** was launched in November 2016. You will find advice and tips as well as an updated and improved directory of resources. We have created a section especially for organizations and professionals because they are vital partners in supporting caregivers.

Watch for platform developments and new content additions in the coming months!

WOULD YOU LIKE TO KNOW MORE ABOUT TAX CREDITS?

The **Centre d'entraide aux aînés** and the **Centre d'action bénévole de Gatineau**, in partnership with **FADOQ Outaouais**, invite you to a free talk.

Speakers: Lucie Payant

Ms. Payant spent her entire career working in the pension fields (Canada Pension Plan, Family Allowances, Old Age Security). She worked in program administration and national policy development. Now retired from the federal government, Ms. Payant works at the Centre d'action bénévole de Gatineau as a resource person for the "Tax Clinic."

Speakers: Lucie Guertin

Ms. Guertin is project coordinator of the Carrefour d'information pour aînés at the Centre d'action bénévole de Gatineau. This service informs, guides and provides support to seniors, so they can find information on the various programs or services available to them.

Date: Wednesday, February 8, 2017

Time: 1 p.m. 3 p.m.

Place: 5-B St-Arthur Street, Gatineau QC J8T 8B6 (FADOQ)

This presentation provides an informative overview. The subjects covered will include:

- Tax credits for caregivers;
- Credits for persons with disabilities;
- Credits for seniors 65 and older;
- Issues between federal credits and provincial (Quebec) credits.

Please confirm your attendance with the Centre d'entraide aux aînés at 819-771-6609, ext. 26, or by email at marichercea@videotron.ca

OUR CARE HIGHLIGHTS OF THE MONTH

Each month, our team shares some care highlights with you. Our discoveries, including websites, books or even documentaries will inform and entertain you.



DOCUMENTARY

Presented as part of Radio-Canada's TV program *Les grands reportages*, the documentary ***Aidants naturels, quelle reconnaissance en 2016?*** [in French] takes a look at the reality of caregivers in the United States. Follow the journeys of Anthony, Breanna, Alicia, Mary-Ellen and Jane, who are taking care of their parents and have to combine their caregiver role with their family, marital and professional responsibilities.

Aidants naturels, quelle reconnaissance en 2016?
Available on ici.tou.tv (2016 season, episode 205 – December 28)



WEB RESSOURCE

Do you look after a loved one with Parkinson's disease and need information or tools to help you do this? If so, you might find the **Info Centre Parkinson** useful. An initiative of Parkinson Québec, this virtual information centre provides a full range of information on all aspects of the disease and its management as well as tools to make your task easier. There is a section especially for family and caregivers.

www.parkinsonquebec.ca | [Support / Services](#) | [Info Centre Parkinson](#)

TAX CREDITS

Caregiver support consellers

February marks the start of the period for filing income tax returns. As a family caregiver of a senior, and depending on your situation, you might be able to benefit – directly or indirectly – from various tax credits at the provincial and federal levels.

Regional services

Provincial | Revenu Québec

Many tax credits are available, in particular the tax credit for caregivers and the credit for severe and prolonged mental or physical impairments. Many other tax measures exist, some of which include home-support services for seniors, respite of caregivers, and dependants.

Federal | Canada Revenue Agency

The Family Caregiver Amount (including amounts for spouses or common-law partners, eligible dependants or caregivers) and the Disability Amount are the two main tax measures.

Seek advice

As you know, tax is a complex subject. It is often recommended to use the services of an accountant or tax specialist to complete your income tax return and benefit from all the credits to which you are entitled.

To read the full fact sheet [in French only], visit our website: www.lappui.org | [Conseils pratique](#)■

CAREGIVERS' STORIES

Since its online debut on November 4, 2016, many caregivers and workers have contributed to the web documentary “*Nous, proches aidants*.” Following are a few excerpts.

[...] I got to know Monique and her husband Lucien eight years ago, when they asked me to help fill out some documents for the sale of their jointly owned property; they did not know how to read or write since they had left school when they were very young. Over time, a friendship was formed. [...].

For eight years, I looked after their needs and kept away the sharks and ill-intentioned people. But unfortunately, Monique's husband had to go into a home following his illness. I continue to watch over Monique's health and see to her needs.

I make sure that Monique wants for nothing, that she is in good health, and that her rights in the community are respected.

- **Robert, Rouyn-Noranda (Abitibi-Témiscamingue)**

I was diagnosed with cancer six months ago. I have also been my mother's caregiver for seven years now.

Her illness has transformed our relationship. We experience some special moments. [...] But she sees that I am tired and upset, so I think that's why she asks me to do fewer things. Perhaps that's not true but I like to think it is.

My employer has always been patient and understanding but we will have no choice but to move in with my brother if I want to continue helping my mother and have some respite. As far as I am concerned, putting her in a home is not an option. She was there for us all her life, this is the least I can do.

- **France, Colombier (Côte-Nord)**

My 93-year-old mother was in an independent-living facility, but since my brother's death in August, my mother has lost her ability to live independently.

I have help from the CLSC for everything, but unfortunately, I have to place her in an assisted-living facility after 14 years at the same place, so this is another loss for her. I am there to provide her with some care and I get help from my niece and my brothers and sister while we are waiting for a place for her.

I know that this will be another difficult step in her life, but she understands that it is for her safety. We will be there to support her and reassure her in her new place, and now that I know about the APPAD organization, this will do me a world of good.

- **H, Drummondville (Centre-du-Québec)**

What about you? What does your experience as a caregiver look like? To read what others have said or to contribute to the web documentary, visit www.nousprochesaidants.com.

Are you searching for resources in your area that **will make your task easier** or do you simply want to **make the most of the time spent with the senior you are caring for?**

■ [Call Caregiver Helpline](http://www.lappui.org)

■ [Visit lappui.org](http://www.lappui.org)

CAREGIVER SUPPORT

1 855 852-7784

LISTENING-INFORMATION-REFERRALS

LAPPUI.ORG

SCHEDULE OF EVENTS



JANUARY

Gatineau area

Centre Action Génération des Aînés (CAGA)

Caregiver support groups: February 16, 2017 | 9:30 a.m. to 11:30 a.m.

In CAGA's main hall, 390 de Buckingham Avenue, Gatineau ([registration mandatory](#))

Information: Julie Mercier, 819-281-4343, ext. 102, or coordoactivitescaga@videotron.ca

Centre d'Entraide aux Aînés

Talk on Tax credits for seniors and caregivers: February 8, 2017 | 1 p.m. to 3 p.m.

5-B St-Arthur Street, Gatineau QC J8T 8B6 (FADOQ)

Information: 819-771-6609, ext. 26, or marichercea@videotron.ca

Les Collines RCM

Table autonome des aînés des Collines

Coffee Talk

La Pêche, Masham (French)

Thursday, February 9, 2017 | 1:30 p.m. to 3:30 p.m.

CLSC, 9 Passe-Partout Rd., Sainte-Cécile-de-Masham

Val-des-Monts, Perkins (French)

Tuesday, February 14, 2017 | 1 p.m. to 3 p.m.

Édifice J.A. Perkins, 17 du Manoir Rd., Val-des-Monts (Marcel-Périard room)

Information: 819-457-9191, ext. 242, or by email at sosprochesaidants@gmail.com

Papineau RCM

Comité 3^e âge Papineau (CR3A)

Support group: February 2, 2017 | 1:30 p.m. to 3:30 p.m.

134 Principale Street, Saint-André-Avellin

Theme: Difficulties experienced by caregivers

Information: 819-983-1565 or by email at <http://cr3a.org/contact-us.php>

Vallée-de-la-Gatineau RCM

Voix et Solidarité pour les aidants naturels de la Vallée-de-la-Gatineau

Coffee Talk

Maniwaki

Thursday, February 16, 2017 | 9 a.m. to 11:00 a.m.

Foyer Père Guinard (Théodora room), 177 des Oblats Street, Maniwaki

Gracefield

Thursday, February 11, 2017 | 1 p.m. to 3 p.m.

Foyer d'accueil de Gracefield, 1 du Foyer Street, Gracefield

Information: Nancy Boudrias, 819-441-1001, or by email at voix.solidarite.VG@hotmail.com

Société Alzheimer de l'Outaouais québécois (SAOQ)

Day and respite centre in Maniwaki:

Information: 819-777-4232 or saoq@saoq.org

Pontiac RCM

Société Alzheimer de l'Outaouais québécois (SAOQ)

Day and respite centre in Shawville:

Information: 819-777-4232 or saoq@saoq.org
