

Caregiver Newsletter

Outaouais

Design | l'Appui national Collaboration | l'Appui Outaouais

JUNE 2017

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DID YOU KNOW?

Skin cancer is the most common type of cancer in Canada. For nearly 30 years, the Canadian Dermatology Association has organized a Sun Awareness Week, which will be held from June 5 to 11 this year. For this event, free skin cancer screening sessions will be held across the country. For more information, visit

www.dermatology.ca.

PREVENTING HEAT STROKE IN SENIORS



Summer has finally arrived, bringing with it sun, vacation time and, of course, heat waves. Every year, heat waves lead to the hospitalization of many seniors, who are particularly at risk of suffering the adverse effects of the heat. Unfortunately, we have no power over the weather. But, you can help your loved one cope more effectively with these periods of extreme heat. Continued p.2



A WORD FROM

L'Appui
Outaouais

June is already here. How time flies! The Caregiver Newsletter is taking a break for the summer, but will return in the fall with new content. The team from l'Appui Outaouais hopes that your summer is full of good times with your loved ones. Remember to take care of yourself. For the latest news and activities for caregivers in Outaouais, visit the website of l'Appui Outaouais regularly at www.lappuioutaouais.org or call Caregiver Support at 1-855-852-7784.

L'APPUJ POUR LES
PROCHES AIDANTS
D'AINÉS

You care for them,
we care for you.

CAREGIVER SUPPORT
1 855 852-7784

PREVENTING HEAT STROKE IN SENIORS

PREVENTION

- Keep an eye on the weather forecast so you can plan your activities accordingly;
- Save outdoor activities for cooler times of the day;
- Keep the physical environment as cool as possible:
 - Use air conditioning or a fan;
 - Close the curtains to keep out the heat;
 - Prepare meals that do not need to be cooked in the oven.
- If your place is very warm, spend a few hours in a cool or air conditioned location (e.g., shopping mall, grocery store or pharmacy). Take cool showers or place a cold washcloth on your neck;
- If you don't live with the person you take care of, make sure that you stop by daily to ensure that all is well;
- Stay properly hydrated:
 - Ensure that you drink water regularly and offer it to your loved one;
 - Leave a glass near the sink to remind yourself to drink water;
 - Choose fruits and vegetables that contain water.

RECOGNIZING THE SIGNS

When the weather is hot, pay special attention to the following signs:

- Dizziness or fainting;
- Nausea or vomiting;
- Headache;
- Rapid breathing or rapid heart rate;
- Extreme thirst (dry mouth or sticky saliva);
- Less frequent urination and urine that is unusually dark yellow in colour.

If in doubt about the need to seek medical attention, do not hesitate to call 811.

“Older people take longer to feel thirst and are more vulnerable to dehydration.”

- Dr. Diana Cruz, physician at the Institut universitaire de gériatrie de Montréal

WHAT TO DO IN CASES OF HEAT STROKE

Heat stroke is a medical emergency. If your loved one's body temperature is high and your loved one is unconscious, confused or no longer sweating, call 911 immediately.

While waiting for the paramedics, cool down your loved one by applying cold water to large areas of the skin or clothing and fanning your loved one. If you can, help the person move somewhere cooler. ■

Sources :

- Gouvernement du Canada - Chaleur accablante, vagues de chaleur www.canada.ca/fr/sante-canada/services/secureite-soleil/chaleur-accablante-vagues-chaleur.html
- Institut national de santé publique - Vagues de chaleur www.monclimatmasante.gc.ca/vagues-de-chaleur.aspx
- Santé Canada – C'est vraiment trop chaud ! Protégez-vous du temps très chaud www.hc-sc.gc.ca/ewh-semt/pubs/climat/heat-adults-chaleur/index-fra.php
- Santé Canada - Soins actifs pendant une chaleur accablante: Recommandations et informations à l'intention des travailleurs de la santé www.hc-sc.gc.ca/ewh-semt/pubs/climat/actue_care-soins_actifs/index-fra.php

APPUI NEWS FLASH



The Montérégie and Côte-Nord Appui chapters contributed to the production of **television programs on caregiving**. Every episode of the programs *Regard sur les proches aidants*, *Mission proche aidant* and *Sur la route des aidants* focuses on a specific theme. All the themes, from work-life balance to male caregivers and caregivers' rights to grief and loss, are examined by care workers or experts and include caregivers' stories.

On our website, the episodes are indexed by theme so you can quickly locate the topic that interests you. You can watch the episodes [in French] by going to www.lappui.org > conseils pratiques > émissions sur la proche aidance. ■

IT'S REGISTRATION TIME AT THE CR3A

The Comité régional 3^{ème} âge Papineau (CR3A) is currently taking registrations for the start of two support groups and coffee talks that will be held in Petite-Nation in fall 2017.

A **support group** and **coffee talk** will be held in **Saint-André-Avellin** on Thursdays from 1:30 p.m. to 3:30 p.m. starting September 7, 2017.

Another **support group** and **coffee talk** will be held in **Papineauville** on Tuesdays from 7 p.m. to 9 p.m. starting September 5, 2017.



The meetings will be held every two weeks and are completely free of charge!

The goal of the support groups is to create an environment in which caregivers help and support each other, explore tools for taking care of themselves, explore themes of interest to caregivers of seniors and equip themselves to cope more effectively with the challenges they face.

In addition, **the CR3A will also offer a free training program [in French]** on resilience for caregivers entitled "Prévenir la dépression, l'usure par compassion et l'anxiété – BÂTIR SA RÉSILIENCE" that will be held in **Papineauville on Mondays, September 11, 18 and 25, 2017 from 7 p.m. to 9 p.m.**

To register or obtain more information, please contact Elaine Poulin, coordinator of the CR3A caregiver support centre, at 819-983-1565 or visit <http://cr3a.org/>

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.



EVENT

In June, many cities and towns will hold the *Relay for Life*, a community event to raise money to fight cancer. This is the time to join together in the fight against cancer. Whether you want to walk the track, cheer on participants or volunteer, you can find all the information at www.relayforlife.ca.

MALE CAREGIVERS

Caregiver support counsellors

Taking care of a loved one with an illness, loss of autonomy or disability is not easy, regardless of caregiver's gender. However, being a male caregiver brings with it some special challenges when it comes to asking for help or using services.

For caregivers belonging to the current generation of seniors, men were traditionally seen as breadwinners and generally not very involved in household chores and caring for loved ones. The male model thus focused on strength, pride and control, which is the opposite of asking for help, which involves vulnerability, humility and a certain dependence on services.

Many caregivers wait until they are at their wit's end before seeking help, and this is especially true for male caregivers; and when they do seek help, they want a quick and practical answer.



They use information (illness, services, etc.), respite and home support (housekeeping, meal preparation, etc.) services more often. They prefer short-term solutions and are quite reluctant to share their private life in a group.

Male or female, we all need to be heard, understood and supported. So, dear caregivers, do not hesitate to ask for help, because even though your situation is unique, you are not alone!

Sources :

- Charles Fleury (juin 2013) Institut de la statistique du Québec Portrait des personnes proches aidantes âgées de 45 ans et plus. <http://www.stat.gouv.qc.ca/statistiques/population-demographie/bulletins/coupdœil-no27.pdf>
- Proche aide au masculin (28 février 2016) TVA Carleton, émission Comme un Phare, partie 1 de 3 <https://www.youtube.com/watch?v=gf2AnQmgWpY&list=PLn5SedwGhVM-5mf8vQQp3EO64yxFhAK9>
- L'aide au masculin ; Caractéristiques des besoins des hommes âgés aidants (2015) Revue Vie et vieillissement, volume 13, numéro 2. http://www.alzheimer.ca/montreal/~/_media/Files/chapters-ac/montreal/articles%20de%20la%20societe/Hommes%20aidants.pdf

HELPING A LOVED ONE WITH A CANCER

Since the Relay for Life is held this month, we asked Nathalie Parent, Project Lead at the Canadian Cancer Society (CCS), to describe the main services available to caregivers who are providing support to a loved one with cancer.

INFORMATION

- **Cancer Information Service:** Call 1-888-939-3333 to talk to an information specialist who can answer your questions with reliable and current information. The service is available from Monday to Friday, 9 a.m. to 6 p.m., in English and French. You can also contact us by email at info@cis.cancer.ca.
- **Community Services Locator:** Using this directory that lists more than 1,000 resources across the province, the information specialists can direct you to services available in your local area. You can also search through this directory yourself online to find services for you or your loved one.
- **Virtual talks:** From the comfort of your own home, you can watch talks led by oncology experts. Topics vary from myths about cancer to nutrition and treatment.

PSYCHOSOCIAL SUPPORT

- **Support groups:** Available in all regions, these groups led by health professionals are held once a month and are open to everyone.
- **CancerConnection.ca:** Discuss and share your experience any time on this online platform that is available 24/7. A true virtual community where you will find people with similar experiences to yours ready to listen to you and provide you with support and advice.

ACCOMMODATION

- **Maison Jacques-Cantin:** This solution is of special interest to those who must travel to Montreal for their loved one's treatments.



Société
canadienne
du cancer Canadian
Cancer
Society

D I V I S I O N D U Q U É B E C

My husband died in January 2016 of myeloma (bone marrow cancer) at age 69. I was his full-time caregiver for four and a half years because he also suffered from other conditions such as diabetes. I had to leave my job in accounting to take care of him.

In the mornings, I got him up, washed him, made his breakfast, and got him dressed to take the bus to the hospital; I accompanied him to his appointments and at home, I administered his medications; I was with him 24 hours a day.

My caregiving journey was exhausting, but I am happy that I was able to accompany him at the end of his life in palliative care. The CLSC was extraordinarily helpful. I was even able to turn down some help because I was capable of performing many tasks.

- Lise Rondeau

Free translation. To read other caregiver stories [in french] visit www.nousprochesaidants.com.

For more information on the services offered by the Canadian Cancer Society, visit cancer.ca/support.

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

■ Visit lappui.org

CAREGIVER SUPPORT

1 855 852-7784

LISTENING-INFORMATION-REFERRALS

LAPPUI.ORG

SCHEDULE OF EVENTS



June

City of Gatineau area

Société Alzheimer de l'Outaouais québécois (SAOQ)

Training workshops for caregivers: Every Wednesday from 1 p.m. to 5 p.m.

June 7, 2017 to July 12, 2017

SAOQ, 440 Maloney Blvd. West, Gatineau

\$35 for the series of workshops

Information: Mélanie Marcotte, 819-777-4232, ext. 222, or mmarcotte@sqaog.org
or 1-877-777-0888 (toll free), 819-777-4233 or saoq@saoq.org

Centre d'Entraide aux Aînés

Support groups for caregivers of seniors: June 14, 2017 | 1 p.m. to 3 p.m.

And another on June 17, 2017 | 9:30 a.m. to 11:30 a.m.

Cabane en bois rond (Roland Giguère room), 331 De la Cité-des-Jeunes Blvd., Gatineau

Information: 819-771-6609 or centredentraideauxaines@videotron.ca

Les Collines RCM

Table autonome des aînés des Collines

Coffee Talk

La Pêche, Masham (French)

Wednesday, June 14, 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, June 13, 2017 | 1 p.m. to 3 p.m.

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

Yoga for caregivers (bilingual): Saturdays, June 10 and July 8, 2017 | 2 p.m. to 4 p.m.

Café Molo, 1 Valley Rd., Wakefield (room on 2nd floor)

An opportunity for caregivers to restore their energy, reconnect with their body and rekindle their spirit in a unique, soothing setting.

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

Papineau RCM

Comité 3^e âge Papineau (CR3A)

Coffee Talk June 8, 2017 | 10 a.m. to 12 noon

134 Principale Street, Saint-André-Avellin

Support group: June 22, 2017 | 1:30 p.m. to 3:30 p.m.
134 Principale Street, Saint-André-Avellin
Meeting theme: the importance of setting boundaries

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

Vallée-de-la-Gatineau RCM

Voix et Solidarité des aidants naturels de la Vallée-de-la-Gatineau

Coffee Talk

For information, contact Nancy Boudrias at 819-441-1001 or 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



If you would like to register, return this form to:

L'Appui Outaouais, 180, Boul. Mont-Bleu, bur. 203, Gatineau Qc J8Z 3J5 or go to our website
www.lappui.org

LAST NAME : _____

FIRST NAME : _____

YES, I WOULD LIKE TO RECEIVE THE CARGIVER NEWSLETTER OUTAOUAIS:

BY EMAL : _____

BY POST : _____

I NO LONGER WISH TO RECEIVE THE CARGIVER NEWSLETTER OUTAOUAIS