

Caregiver Newsletter

OUTAOUAIS

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MAY 2017

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DID YOU KNOW?

According to Speech-Language and Audiology Canada, people with hearing loss are **two to five times** more likely to develop a form of dementia and **90%** of people with a hearing impairment could benefit from a hearing aid. As this is Speech and Hearing Month, we encourage you to learn more about this subject by visiting www.sac-oac.ca.

THE DRIVING CONUNDRUM



If your loved one is experiencing physical or cognitive difficulties, you may be wondering about his or her ability to drive a vehicle. First, let's clarify that ageing in itself is not a contraindication to driving a car. However, health status or certain medical conditions may result in incapacities likely to compromise the driver's safety and that of other people on the road.

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A WORD FROM L'APPUI

Outaouais

Last month, l'Appui Outaouais announced the funding of new services for caregivers in Outaouais! In total, **\$426,988.73** will be invested over three years across the entire region. To find out all about the activities and services available, visit the l'Appui Outaouais website regularly at www.lappuioutaouais.org or call the Caregiver Helpline at 1-855-852-7784.

L'APPUI POUR LES PROCHES AIDANTS DAÎNÉS

You care for them,
we care for you.

CAREGIVER SUPPORT
1 855 852-7784

THE DRIVING CONUNDRUM

SHOULD I BE CONCERNED?

If your loved one is experiencing physical or cognitive difficulties, here are some signs that driving safely *might* be difficult:

- Recent traffic violations or accidents;
- Difficulty judging distances (e.g., when turning);
- Slowing down of reflexes and reaction times (e.g., braking too late);
- Forgetting the meaning of some common road signs;
- Unusual behaviour (e.g., stopping in the middle of the road for no reason);
- Nervousness or excessive irritability while driving;
- Taking an unusually long time on familiar routes, etc.

If you are worried about your loved one, don't hesitate to talk to his or her doctor or a health professional such as an occupational therapist. These people can assess the situation and run screening tests if necessary.

RULES AND ASSESSMENTS

In Quebec, it is mandatory to undergo a medical and vision assessment at 75 and at 80 years old, and then every two years after that. However, if a person is experiencing difficulties or incapacities likely to compromise his or her safety or that of others, certain health professionals may recommend that the SAAQ perform a driver fitness test using more in-depth assessments.

It is important to know that these assessments do not necessarily result in licence suspension. In many cases, the person may continue driving but with certain conditions, such as driving only during the daytime or not driving on the highway.

BROACHING THE SUBJECT WITH YOUR LOVED ONE

The subject of driving is a very delicate one and your loved one may not be very receptive to the idea of giving up this activity, which is often synonymous with freedom and independence.

- Try to seize the right moment to broach the subject: after a medical appointment, when SAAQ documents are received, when repairing the car or if you see a news item that could open the discussion on the topic.
- Talk openly and calmly. If you have noticed signs that are causing you concern, this could help you illustrate your point.
- Express your concern not just for your loved one's safety but also the safety of others who share the road. Some people are not afraid of what might happen to themselves, but are more receptive when it comes to other people's safety.

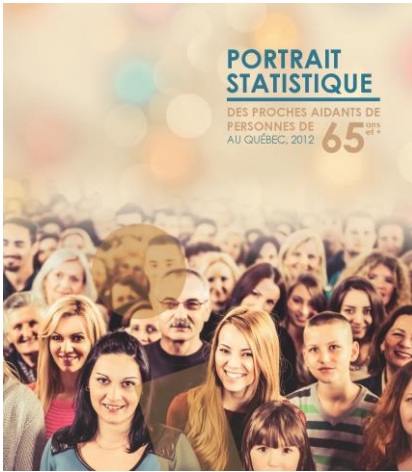
Don't hesitate to talk about the situation with your friends, family and health professionals. For more information, visit the SAAQ website at www.saaq.gouv.qc.ca/en/. ■

Sources:

"Health in the Driver's Seat" brochure, located at <https://saaq.gouv.qc.ca/fileadmin/documents/publications/driver-seat-health.pdf>

Alzheimer Society web page "Driving and Transportation" located at <http://www.alzheimer.ca/en/Living-with-dementia/Day-to-day-living/Driving-and-transportation>

FLASH APPUI



In Quebec in 2012, three out of five caregivers were women, slightly over half were between 45 and 55 years old and the same proportion had a job. Moreover, 87% of caregivers did not live with the loved one to whom they provided care, and assistance with transportation was the service they used most often.

These are a few of the statistics found in the document **Portrait statistique des proches aidants de personnes de 65 ans et plus** [in French], published last fall. L'Appui drew up this portrait with the expertise of the Institut de la statistique du Québec in order to evaluate and continuously improve its services.

You can read or download this publication [in French] at www.lappui.org > publications et références > statistiques. ■

ARE YOU FAMILIAR WITH COOP. 1001 CORVEES?

We will love each other still
Through all the ups
And downs along the road.

And to build our strength more
Between you and me
I need support.

And to give you comfort
Between you, my family, my work
I need support.

So I can take care of you for longer
And be there for you in my daily life
COOP des 1001 Corvées lends us their support!

For housekeeping, laundry or preparing meals,
COOP des 1001 Corvées is there to help us with our chores.

To help you with your personal care or keep your independence,
To chat with you or help you participate in the activities you enjoy,
COOP des 1001 Corvées is always a welcome visitor at our door.

As for me, I am comforted to see that you are treated with **respect** and **dignity**.
I know that you are in good hands. A little less weight is on my shoulders!
And I have some respite from my responsibilities.

COOP des 1001 Corvées provides you with a caring presence.
Thank you for allowing them to help us through our day,
so we can love each other still... a while longer.

Telephone: 819-427-5252

www.coopdes1001corvees.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.



EVENT

On Sunday, May 28, thousands of people across Quebec will walk to support those with Alzheimer's disease. This fun event designed to bring people together is also an opportunity to show our support for the caregivers who are also affected by this disease. To find a walk in your area, visit

www.support.alzheimer.ca.

PROTECTION MANDATE

Caregiver support counsellors

The protection mandate is a document through which one or more people can be named as “mandataries” to take care of your loved one and manage his or her property in the event of incapacity.

Several steps are required for the mandate to come into effect. This involves the homologation of the protection mandate. A lawyer or notary can assist you and your loved one through the process. This process can take a few months and there are fees involved.

- 1) The designated mandatary must request the homologation of the protection mandate from a notary or the court.
- 2) Subsequently, a medical assessment, performed by the family physician or an attending physician, as well as a psychosocial assessment, performed by a social worker from the health network or in private practice, must be completed.
- 3) It is also necessary to ensure that the protection mandate is in fact valid and the latest signed version. To this end, searches in the person's documents, with the Registre des mandats de la Chambre des notaires and with the Registre des mandats du Barreau du Québec could prove useful.
- 4) The protection mandate is served to the people involved.
- 5) The level of incapacity of the person involved will be assessed by a judge, court clerk or notary, based on the information provided.
- 6) Finally, a judge will render a decision on the homologation of the protection mandate.

It is recommended that you talk about the situation with those close to you and your loved one and try to reach a consensus on the steps involved in the protection mandate and its homologation.

For more information, call the Caregiver Helpline at 1-855-852-7784. Our specialized counsellors are there to listen to you, inform you and refer you to the resources and services available near you.

Sources :

- Éducaloi. (n. d.). *Le mandat donné en prévision de l'incapacité*. Repéré le 27 février 2017 à <https://www.educaloi.qc.ca/capsules/le-mandat-donne-en-prevision-de-lincapacite>
- Curateur public du Québec. (n. d.). *L'incapacité et le besoin de protection*. Repéré le 27 février 2017 à <http://www.curateur.gouv.qc.ca/cura/fr/majeur/incapacite/protection/index.html>

HELPING A LOVED ONE WITH A VISION IMPAIRMENT

Is your loved one experiencing vision problems that are affecting his or her independence? As part of Vision Health Month, we asked Julie-Anne Roy, Programs and Services Manager, Canadian National Institute for the Blind (CNIB), Quebec Division, a few questions.

What is the reality faced by caregivers who call on your services?

Caregivers often have to perform tasks for their loved one, to prevent damage, injuries or simply to speed things along. They also tend to take ownership of their loved one's problems and often experience anxiety. Some say that they have trouble talking about their difficulties with the person receiving help, even if this is their spouse, because they do not want to offend their loved one, thinking that this person is already experiencing a difficult situation due to the vision loss. Most of the caregivers who use our services are looking for resources and strategies to maintain their loved one's independence, keep a good relationship and avoid exhausting themselves.



What are the resources available for people with a vision impairment and their loved ones?

The **rehabilitation centres** provide orientation and mobility services, daily living assistance, adapted computers and individual follow-up by social workers and psychologists. The services offered by **CNIB Quebec** complement those of the health care system: psychosocial services (self-help and support groups, individual interventions), training in adapted technologies, adapted library and volunteer services. Finally, **various associations** provide advocacy services and adapted sports and recreation activities throughout Quebec.

What advice would you give to caregivers who provide support to someone with a vision impairment?

- Do not assume that your loved one needs your help for every task; ask your loved one for what tasks your help is needed.
- Provide guidance and explain the environment as needed, but let the person be independent.
- Try to let go and accept that performing certain tasks is going to take longer.
- Allow yourself to experience your emotions and talk to your loved one about them.
- Find out about resources available for you and loved one. The person receiving care may benefit from taking part in a CNIB self-help or support group; this will help the person adapt better to his or her condition and build a larger support network.

To learn more about the CNIB and its services or for tips and tricks for a better quality of life with vision loss, visit www.cnib.ca or call 1-800-563-2642.

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



JANVIER

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@sqaooq.org

“Coup de cœur” benefit show: May 5 and 6, 2017 | 8:30 p.m.

Café des Artistes, 408 De Buckingham Ave.

\$20 per ticket

Note: dinner available with a reservation (for an additional cost)

Dinner reservations: 819-281-1987

Ticket reservations for the show: 819-777-4232, ext. 221

Beer and cheese tasting (proceeds go to the SAOQ): May 27, 2017 | 6:30 p.m. to 9 p.m.

École secondaire Du Versant, 808 De la Cité Blvd., Gatineau, QC

\$50 per person or \$350 per table (8 people)

Family activity day (proceeds go to the SAOQ): May 28, 2017 | 9 a.m. to 3 p.m.

COMPLEXE BRANCHAUD-BRIÈRE, 499 Labrosse Blvd., Gatineau

\$15 per person | \$30 per family

Registration: Cindy Payette, 819-777-4232, ext. 221, or cpayette@saoq.org

Information: 1-877-777-0888 (toll free), 819-777-4233 or saoq@saoq.org

Centre d'Entraide aux Aînés

Support groups for caregivers of seniors: May 10, 2017 | 1 p.m. to 3 p.m.
And another on May 13, 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, May 17, 2017 | 1:30 p.m. to 3:30 p.m.
CLSC, 9 Passe-Partout Rd., Sainte-Cécile-de-Masham

Val-des-Monts, Perkins (French)

May 9, 2017 | 1 p.m. to 3 p.m.
Édifice J.A. Perkins, 17 Du Manoir Rd., Val-des-Monts (Marcel-Périard room)

Information: Marie-Eve Lemay Morel, 819-457-9191, ext. 242, or
sosprochesaidants@gmail.com

Papineau RCM

Comité 3^e âge Papineau (CR3A)

Support group: May 25, 2017 | 1:30 p.m. to 3:30 p.m.
134 Principale Street, Saint-André-Avellin

Coffee Talk: May 11, 2017 | 10 a.m. to 12 noon
134 Principale Street, Saint-André-Avellin

Information: 819-983-1565 or <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: 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



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: FR__ ENG__

BY EMAL : _____

BY POST : _____

I NO LONGER WISH TO RECEIVE THE CARGIVER NEWSLETTER OUTAOUAIS