

Caregiver Newsletter

Outaouais

Design | L'Appui national Collaboration | L'Appui Outaouais

SEPTEMBER 2017

SUMMARY

Appui news flash **3**

Fresh air and fulfilment in the great outdoors **3**

Top picks **4**

The caregiver's reality and the need for respite **4**

Helping a loved one with arthritis **5**

Schedule of events **6**

DID YOU KNOW?

According to the World Health Organization, 47 million people worldwide have neurocognitive disorders and 60 to 70% of cases involve Alzheimer's disease. World Alzheimer's Day is on September 21 and the Alzheimer's societies are organizing various information and awareness activities for this event. Visit www.alzheimer.ca for more information.

BALANCING WORK AND CARING FOR A LOVED ONE



In Quebec, over half of caregivers of seniors hold a job, and most of them have to work over 30 hours a week. For many caregivers, finding and maintaining the balance between work, caring for a senior and sometimes caring for their own children too can be difficult. Here is some practical information for caregivers with jobs. Continued p.2



A WORD FROM L'Appui Outaouais

The Caregiver Newsletter is back for another year! One again, our aim is to keep you informed about the new services available and to provide you with relevant, up-to-date information to support you in your role as a caregiver. To find out all you need to know about the services available to you in Outaouais, visit the L'Appui Outaouais website regularly at www.lappuioutaouais.org or call Caregiver Support at 1-855-852-7784.

L'APPUI POUR LES
PROCHES AIDANTS
D'ÂÎNÉS

*You care for them,
we care for you.*

CAREGIVER SUPPORT

1 855 852-7784

LAPPUI.ORG

BALANCING WORK AND CARING FOR A LOVED ONE

WHAT THE LAW SAYS

In Quebec, labour standards protect workers under this legislation by allowing them, in certain circumstances, to take time off work due to the health of a loved one. These absences are unpaid and a medical certificate may be necessary for extended absences. The educaloi.com website has a valuable information sheet on this topic.

EXISTING RESOURCES

Statistics show that 70% of caregivers feel stress or fatigue “some or all of the time” because of their role, and 60% admit to feeling sad¹. When it comes to their career, 10% of caregivers have turned down or not sought a new job or promotion because of their caregiving duties². If this describes you, the following resources might help.

Employee Assistance Programs (EAP)

Many organizations offer an EAP, which is designed to support employees facing personal challenges or physical or psychological health problems. Various services may be available, for example: telephone, legal or financial consultation, psychotherapy, etc. Don't hesitate to find out if your organization has such a program.

Organizations specializing in employability

Employability organizations provide services that promote job retention and integration or re-integration into the workplace, for example: guidance, counseling, individual support, group activities, etc. Some of these centres have developed expertise and special services for women and caregivers. To help you find a resource in your region, Emploi-Québec has created a directory of organizations that specialize in employability [in French].

Other community resources

Although not specifically for caregivers with jobs, community organizations offer a range of services to make your task easier and help you find balance, including help with household chores, volunteer transportation and respite services. You can find resources in your area easily by consulting the directory of resources [in French] at www.lappui.org or calling Caregiver Support at 1-855-852-7784.

POLICIES WITHIN YOUR COMPANY

Many studies have shown that the challenges associated with work-caregiving balance affect not only the caregiver but also the employer. In view of this, some organizations have implemented measures and policies on work-family balance that benefit both parties, for example: flexible hours, shared time, paid leave, telework, etc.

Although awareness still needs to be raised, work-family-caregiving balance is an issue that is making strides in the public arena. Moreover, we are seeing an increasing number of businesses adopting measures conducive to balance, even among SMBs. Against this backdrop, we can now hope that caregivers will have an easier time achieving some balance between their various responsibilities.

¹ Ceridian. *Double Duty: The Caregiving Crisis in the Workplace*. Found at <http://www.ceridian.ca/blog/2015/11/double-duty-the-caregiving-crisis-in-the-workplace/>

² The Vanier Institute of the Family. *A Snapshot of Family Caregiving and Work in Canada*. Found at <http://vanierinstitute.ca/snapshot-family-caregiving-work-canada/>

Another source:

- Educaloï. *Time Off Work for Personal and Family Reasons*, found at <https://www.educaloi.qc.ca/en/capsules/time-work-personal-and-family-reasons>

APPUI NEWS FLASH



WE'RE INTERESTED IN YOUR SUGGESTIONS!

Want to share your suggestions for themes to cover in the Caregiver Newsletter? Have you read a book or seen a documentary or film that might interest our readers? Write to us! We're always seeking ideas for articles or top picks to share with our subscribers!

communication@lappui.org ■

FRESH AIR AND FULFILMENT IN THE GREAT OUTDOORS

Des Collines Seniors' Roundtable invites seniors, caregivers and their loved ones to a day in the countryside at the **Creative Wheel Centre on Saturday, September 16, from 10 a.m. to 3 p.m.**

At 11 a.m., **Mr. Kamal Abdelhak** will give an outdoor Tai Chi class, to commune with the energy of the tall trees, the pillars of our cathedral forest. According to this Eastern discipline that is accessible to everyone, every action is a way of living, a chance to soar and an accomplishment, to communicate one's joy of living and to receive the embrace of the landscapes that surround us with their flora and fauna.

To help aid digestion after the lunch of baked beans, you can follow the therapeutic trails with our guide **Roland Tremblay**, who is well known for his ability to playfully impart his wisdom to curious minds. Or you can participate in sharing feelings on the theme of wonder and living each day as though it were the first, as everything becomes pure discovery with the coordinator of the SOS proches aidants project.

Door prizes will be given out and this activity is completely free.

The mission of **Des Collines Seniors' Roundtable** is to improve the quality of life of local people by providing support to vulnerable seniors and caregivers. Contact us to learn more about opportunities for respite, psychosocial assistance and home support services.

For more information and to register (space is limited): Josué Jude 819-457-9191, ext. 242.

The Creative Wheel Centre is located at 327 Principale Hwy in Val-des-Monts.



TOP PICKS

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



BOOK

In *Un présent infini*, Rafaële Germain talks about her father, writer Georges-Hébert Germain, who gradually lost his memory before dying of brain cancer at the age of 71. The author gives a very vivid account of her thoughts and reflections on memory and forgetfulness. A well-constructed book containing short texts that are easy to read when we have just a few minutes break between activities.

Germain, Rafaële, *Un présent infini, notes sur la mémoire et l'oubli* [in French]. 90 pages. Atelier 10 (2016). In bookstores.

THE CAREGIVER'S REALITY AND THE NEED FOR RESPITE

Caregiver support counsellors

Regardless of whether the loss of autonomy of the person receiving care was sudden or gradual and whether the support provided by the caregiver is out of love or a sense of duty, most caregivers share one thing in common : the need for respite.

Studies show that caregivers are at greater risk for experiencing exhaustion, which can have a significant impact on their own health. However, many put off asking for help and when they do, they are often already worn out. The truth is that asking for help or accepting letting strangers into our homes can be difficult and requires a period of adjustment, both for the person receiving care and the caregiver. Despite everything, professionals and support workers agree that respite services are necessary to prevent caregiver exhaustion.

WHAT IS RESPITE?

Respite may be defined as “all the activities [...] designed to reduce the stress and physical and emotional fatigue” of caregivers. The goal of respite services is to release loved ones from the duties associated with their caregiving role. By providing an environment that ensures the safety and well-being of persons receiving care, caregivers can take some time for themselves, to take part in activities outside the home, such as going out to eat with a friend, or going shopping or to a medical appointment.

WHAT TYPES OF RESPITE ARE THERE?

Respite services may be provided by community organizations or institutional resources. They may be free or have a cost and may be provided in your home or somewhere else (e.g., a day centre). The frequency and duration of respite services varies from one place to the next. From just supervision to respite services that include stimulating activities for the person receiving care, respite is provided in many forms. The services of a private company or an individual can also be used.

Finally, it is important to note that the accessibility of respite services varies depending on the area.

For more information on the respite services available in your area, call Caregiver Support at 1 855 852-7784.

References

Paquet, M., C. Richard. (2003). *Du répit pour les personnes-soutien au récit d'une expérience de soin : Une étude exploratoire dans la MRC des Moulins. Service de surveillance, recherche et évaluation, Direction de santé publique et d'évaluation et Régie régionale de la santé et des services sociaux de Lanaudière.*

HELPING A LOVED ONE WITH ARTHRITIS

Since it is the Arthritis awareness Month, we asked Diane de Bondville, of the Arthritis Society, to describe the main implications of this disease on caregivers and their loved ones, and the services available at the Society.

WHAT ARE THE MAIN CHALLENGES FACED BY PEOPLE LIVING WITH ARTHRITIS OR CHRONIC INFLAMMATORY DISEASE?

The most difficult thing is grieving the loss of what we were like before the disease. We have to abandon certain activities that we greatly enjoyed and that sometimes defined us. The loss of self and independence is a major challenge.

Then they have to deal with the fatigue, one of the common symptoms along with the pain. Planning the day well is imperative. Learning their limits and how to save their energy for more demanding times of the day is key.

Finally, navigating work performance, family obligations and social relationships requires additional effort and adjustments are often required after a period of adaptation.



WHAT SPECIFICALLY CAN CAREGIVERS, FAMILY AND FRIENDS DO?

First, it is important that they understand the disease. The invisible and unpredictable nature of arthritis (the pain comes and goes) means that it is sometimes misunderstood and easy to forget. Those with the disease do not show their pain and are often afraid to ask for help. A spontaneous offer of help is thus very much appreciated.

Long-term planning of an activity or outing does not always work: since the pain varies from day-to-day, they have to be prepared to deal with the unexpected.

Given the random nature of symptoms and the length and intensity of attacks, it is very important for caregivers to take time for themselves to rest, so that they are available for their loved one during these more difficult periods. Family tasks often need to be reviewed and restructured. It is best to discuss this during disease inactivity periods, so each person knows their role when an attack suddenly occurs.

Please note : people with these diseases have painful joints, so avoid squeezing them too tightly. Give them a gentle helping hand!

WHAT SERVICES DOES THE ARTHRITIS SOCIETY OFFER?

Depending on the area, the Hand in Hand program provides information on the disease and support for families living with juvenile arthritis and for adults. We also have another section that focuses on prevention.

The Arthritis Society's website, arthritis.ca, is full of all kinds of information and resources; it also features videoconferences on various subjects related to arthritis, as well as workshops and online courses. Various publications are also available for download. And for those who prefer, they can always reach us at our toll-free number : 1 800 321-1433.

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

Gatineau area

Société Alzheimer de l'Outaouais québécois (SAOQ)

Caregiver support group

Third Monday of every month starting September 18 | 1 p.m. to 3 p.m.

Location: SAOQ, 440 Maloney West Blvd.

Cost: \$7.50 per month (\$52.50 from September 2017 to March 2018)

Training workshops for caregivers

October 21, November 4 and 18 (schedule to be determined)

Location: SAOQ, 440 Maloney West Blvd.

Cost: \$35 for the three sessions

Quality of life enhancement workshops

September 19 to November 21 | 2:30 p.m. to 4:30 p.m.

Location: SAOQ, 440 Maloney West Blvd.

Cost: \$35 for two

Build your brains workshop

September 19 to November 21 | 9:30 a.m. to 11:30 a.m.

Location: SAOQ, 440 Maloney West Blvd.

Cost: Free

Caregiver support group

Fourth Monday of every month starting September 25 | 6:30 p.m. to 8:30 p.m.

Location: Domaine des trembles, 250 St-Raymond Blvd.

Cost: \$7.50 per month (\$52.50 from September 2017 to March 2018)

Information and reservations: Mélanie Marcotte, 819-777-4232 or mmarcotte@saoq.org

Centre d'Entraide aux Aînés (CEA)

Caregiver sharing group

September 13, 2017 | 1 p.m. to 3 p.m.

Location: Cabane en bois rond, 331 De La Cité-des-Jeunes Blvd., Gatineau

Caregiver support group

Starting in October 2017 | schedule to be determined

Location: 176 Notre Dame Street, Gatineau

Information and reservations: Nadine Gagnon, 819-771-6609, ext. 25 or nadinegagnoncea@videotron.ca

Campus 3

Conference of Serge Bouchard " Vieillir, Mourir, Aider, Accompagner"

Septembre 13 | 7 p.m. to 9 p.m.

Lieu : At Campus 3, 196, Notre Dame street, Gatineau, QC J8P 0E6

Coût : 25\$ per personne

Information et réservation : Campus 3, (819) 663-3305, or http://bit.ly/CAMPUS3_Bouchard

Centre action génération des aînés de la Vallée-de-la-Lièvre (CAGA)

Caregiver support group

Thursday, September 7 and 28 | 1 p.m. to 3 p.m.

Location: 390 De Buckingham Avenue (in the basement)

Cost: Free

Information and reservations: Registration required. Contact Julie Mercier, 819-281-4343, ext. 102, or by email at cooroactivitescaga@videotron.ca

Des Collines RCM

Table autonome des aînés des Collines (TAAC)

Coffee Talk for caregivers

September 14, 2017 | 1:30 p.m. to 3:30 p.m.

Location: CLSC de Masham, 9 Passe-Partout Rd.

Cost: Free

Coffee Talk for caregivers

September 12, 2017 | 1 p.m. to 3 p.m.

Location: Édifice J.A. Perkins, 17 Du Manoir Rd. (Marcel-Périard room)

Cost: Free

Renewal activity: "Fresh air and fulfilment in the great outdoors"

September 16, 2017 | 10 a.m. to 3 p.m.

Location: 327 Principale Hwy., Val-des-Monts

Cost: Free

Reservations: Space is limited. Registration required before September 12.

Information and reservations: Josué Jude Carrier, 819-457-9191, ext. 242, or sosprochesaidants@gmail.com

Société Alzheimer de l'Outaouais québécois (SAOQ)

Training workshops for caregivers (8 sessions | 3 hours each)

October 5 to November 23 | 1:30 p.m. to 4:30 p.m.

Location: 24 Du Parc Rd. (Parc Thibault cottage), Val-des-Monts

Cost: \$35

Information and reservations: Mélanie Marcotte, 819-777-4232 or mmarcotte@saoq.org

Papineau RCM

Comité régional 3^{ème} âge Papineau

Coffee Talk for caregivers

September 7, 2017 | 1:30 p.m. to 3:30 p.m.

Location: 134 Principale Street, Saint-André-Avellin

Cost: Free

Support group for caregivers

September 21, 2017 | 1:30 p.m. to 3:30 p.m.

Location: 134 Principale Street, Saint-André-Avellin

Cost: Free

Coffee Talk for caregivers

September 5, 2017 | 7 p.m. to 9 p.m.

Location: 277 Papineau Street, Papineauville

Cost: Free

Support group for caregivers

September 19, 2017 | 7 p.m. to 9 p.m.

Location: 277 Papineau Street, Papineauville

Cost: Free

Information and reservations: 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 for caregivers

From September 14, 2017 | 9:30 a.m. to 11:30 a.m.

Location: Foyer Père Guinard, Théodora room, 177 des Oblats, Maniwaki

Cost: Free

Information and reservations: Nancy Boudrias, 819-441-1001, 1-855-448-1818 or by email at voix.solidarite.VG@hotmail.com

Société Alzheimer de l'Outaouais québécois (SAOQ)

Quality of life enhancement workshops

September 20 to November 29 | 10:30 a.m. to 12:30 p.m.

Location: Maniwaki (location to be determined)

Cost: \$35 for two

Build your brains workshop

September 20 to November 29 | 1:30 p.m. to 3:30 p.m.

Location: 186 King Street, Maniwaki (RCM premises)

Cost: Free

Information and reservations: Mélanie Marcotte, 819-777-4232 or mmarcotte@saoq.org

Day and respite centre

Every Tuesday | 9 a.m. to 3 p.m.

Location: Foyer Père Guinard, 177 des Oblats Street, Maniwaki

Cost: \$13 per day (includes meal, coffee and snack)

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

Pontiac RCM

Société Alzheimer de l'Outaouais québécois (SAOQ)

Day and respite centre

Every Monday | 9 a.m. to 3 p.m.

Location: CLSC de Shawville, 290 Marion Street, Shawville

Cost: \$13 per day (includes meal, coffee and snack)

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



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

L'Appui Outaouais, 92, Boul. Saint-Raymond, bur. 203, Gatineau Qc J8Y 1S7 or go to our website www.lappui.org

LAST NAME: _____

FIRST NAME: _____

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

BY EMAL: _____

I NO LONGER WISH TO RECEIVE THE CARGIVER NEWSLETTER OUTAOUAIS