

Caregiver Newsletter

Outaouais

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DID YOU KNOW?

In 1990, the United Nations Organization officially designated October 1 as the International Day of Older Persons, to highlight their contribution to and crucial role in society and the development of their country. In Quebec, the Conférence des Tables de concertation des aînés will celebrate this day under the theme "Ageing Well Together." Visit their website to find out what activities have been organized in your area:

www.conferecedestables.webnode.fr

THE IMPORTANCE OF SELF-CARE



The caregiver's role is very psychologically demanding. In fact, it requires assuming many responsibilities that demand a great deal of energy, and generally over long periods of time.

Karène Larocque, psychologist, compares caregivers to psychological athletes, because of the feats they achieve on a daily basis. *Continued p.2*



A WORD FROM

L'Appui
Outaouais

Tip: In anticipation of National Caregiver Week (NCW) 2017, which will take place from November 5 to 11, the l'Appui Outaouais team, in cooperation with many community partners, is organizing an innovative program of activities. You can find out all about the services and activities that will be offered during NCW 2017 by visiting the l'Appui Outaouais website regularly at www.lappuioutaouais.org or contacting us through Caregiver Support at 1-855-852-7784.

L'APPUI POUR LES
PROCHES AIDANTS
D'AÎNÉS

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

CAREGIVER SUPPORT

1 855 852-7784

LAPPUI.ORG

THE IMPORTANCE OF SELF-CARE

Mrs. Larocque emphasizes the patience they show, the constant attention they give to their loved one and the self-control that they demonstrate in certain difficult situations—all while keeping their spirits up for the person receiving care.

"I often hear caregivers say 'yes, but I like doing that, I live giving!'" Even if you like it, you still need to rest and recharge. Think of it this way: if someone said, "I like driving around in my car," that person would still need to stop and gas up in order to keep driving around."

- Karène Larocque, psychologist

To provide support to a loved one every day, caregivers need all their energy. And by giving themselves time to relax, they can recharge and be ready to fulfill their role well. However, finding time to relax can be a real challenge when the daily routine is so busy. So, how do you do it?

THINK ABOUT YOURSELF

Thinking about yourself means setting aside time each day to recharge your batteries, by doing something you like, something you enjoy. A realistic goal is more likely to become a reality than big ambitious projects! For example, a 20-minute nap, gardening, reading, a 10-minute walk or listening to some music. The key is to choose activities that you find enjoyable and relaxing and that give you all the energy you need.

STRETCH

Muscle tension, often related to stress, can be alleviated by doing some stretching exercises as soon as you feel pain. This does not mean training for the New York marathon, but performing relaxation exercises that allow the muscles to release in areas more prone to tension (neck, shoulders, legs) and also provide mental relaxation.

BREATHE

To let go of everything at least once a day, you could practise rhythmic breathing. This is a natural method of inhaling through the nose to the lungs and then to the stomach and exhaling through the mouth. To help you with this method, there are many mobile apps that can guide you through breathing exercises and thus help you reconnect with yourself and the present moment.

Why not start today by choosing one of these three options as a self-care solution? Whether it is your first sip of coffee in the morning, a few stretches before meals or a quiet moment to practise rhythmic breathing, you will see that these simple pleasures, as small as they may be, will help you quietly restore your energy. Who knows, you might even acquire a taste for taking care of yourself?

Need help finding some time? Call Caregiver Support at 1-855-852-7784. Our specialized counsellors are there to help you find information, respite and support tailored to your situation.

Source :

L'Appui pour les proches aidants d'aînés in collaboration with Julie Martin, caregiver counsellor, Karène Larocque, psychologist, and Marie-Josée Lagacé, psychoeducator

APPUI NEWS FLASH



NATIONAL CAREGIVER WEEK IS ALMOST HERE!

L'Appui will celebrate National Caregiver Week (NCW) from November 5 to 11, 2017, under the theme **Because caregivers of seniors are all around us**. In addition to a social media campaign and new info on its website, l'Appui has planned a variety of activities across Quebec. All the details will be revealed in the next issue of the Caregiver Newsletter. In the meantime, check the calendar of activities for your region to find out what's happening near you! ■

NEW AT THE CENTRE D'ENTRAIDE AUX ÂÎNÉS

CAREGIVERS OF SENIORS: WE'RE BOOSTING SUPPORT FOR YOU

OBJECTIVES

- Foster support and mutual help with other caregivers who may be experiencing similar situations in their lives
- Identify certain challenges that caregivers face
- Provide access to various strategies and skills to support you in your role as a caregiver

SIX WEEKS, SIX THEMES:

- The caregiver's role
- Emotions and their impact on the self and others
- Relationship conflicts
- Authentic communication
- The process of moving from adaptation to acceptance
- Appreciating the role of the caregiver

MEETING LOCATION: Campus 3, 176 Notre-Dame Street, Gatineau

DATE: Starts Tuesday, October 10 and ends Tuesday, November 14, 2017

TIME: 7 p.m. to 9 p.m.

REGISTRATION: Before October 1, 2017

COST: Annual membership card: \$20

FOR MORE INFORMATION:

Contact Nadine Gagnon, 819-771-6609, Ext. 25

Email: nadinegagnoncea@videotron.ca

Assistance with MONITORING-SUPERVISION (respite) of the senior and TRANSPORTATION is available for caregivers who need it in order to attend.

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

This month, we are pleased to feature a top pick suggested to us by a caregiver who subscribes to the Caregiver Newsletter! The book *Who Moved My Cheese?*, published in 1998, uses a story to help us understand our resistance to change and give us tips for adapting and for letting go of the fear of change in all aspects of our daily lives. In our reader's words: "although an older book now, still worth another read for us caregivers!"

Spencer Johnson, *Who Moved My Cheese?* 96 pages. Penguin Publishing Group (1998). In bookstores.

PREPARING YOURSELF FOR MEETINGS WITH HEALTH PROFESSIONALS – PART 1

Caregiver support counsellors

Providing support to a senior with loss of autonomy involves tasks and activities of all kinds, including those related to health. As a caregiver, you are regularly called to interact with workers from the health sector. With life's numerous everyday preoccupations, in addition to the discomfort that a meeting with a health professional can sometimes cause, you may end up feeling overwhelmed, and that's normal.

This month, we have put together some tips to assist you and foster your well-being in this aspect of your role.

- Keep a journal so you can jot down your questions, comments, concerns and worries in anticipation of the next meeting, etc.
- Identify a time of the day or the week during which you feel more amenable to participating in a meeting with a health professional who works with your loved one.
- Give yourself a moment before and/or after the meeting to relax (breathe calmly, call a friend, do a pleasant activity, etc.).
- Inform one or more people in your close circle of this meeting so that they can offer you their support (before or after).
- Do not hesitate to openly share your emotions, worries, preferences and expectations. Encourage your loved one to do the same.
- If you feel uncomfortable discussing certain issues related to your loved one's situation when he or she is right there, do not hesitate to contact the professional before or after the meeting to clarify certain information.
- Set aside a time when you can name your emotions, express your fears and share your insecurities. Caregiver Support is a confidential, professional and free service where you will find someone to listen attentively, provide information and refer you to resources.



And that is just a starting point! Remember that you have many hidden, untapped resources and skills that are just waiting to be developed. Also remember that your closeness to your loved one makes you a special witness to what he or she is experiencing and, as a result, you possess information that is difficult for health professionals to know. Health professionals have their expertise and you have yours, which is just as valuable.

AGEISM: UNDERSTANDING AND TAKING ACTION

With International Day of Older Persons this month, we are taking this opportunity to discuss the theme of ageism. Dr. Matey Mandza, teacher, researcher, lecturer and board member of the Association québécoise de gérontologie, was happy to answer our questions.

WHAT EXACTLY DOES THE TERM AGEISM MEAN?

According to Buttler (1975), ageism is a process through which people are stereotyped and discriminated against due to their age and is similar to racism and sexism. In practice, this involves attitudes or prejudices toward older people or the process of ageing. In short, it's having an attitude of contempt based on those prejudices, for example speaking louder to older people assuming that they must be hard of hearing, leaving little room for people who age well or the promotion of "ageing well" or showing impatience when older workers delay taking their retirement.



WHO CAN DISCRIMINATE?

Discrimination can go both ways and be insidious. And sometimes unintentional. If seniors no longer get involved socially thinking that they are no longer useful, this is a type of self-discrimination based on loss of self-esteem. Likewise, overprotection at the expense of seniors' autonomy without their consent is also a type of ageism. The most common example is deprivation of rights and freedoms. This is what happens when we make decisions for them, thinking we are doing what is best for them. Remember the maxim: "One person's freedom ends where another's begins."

WHAT CAN WE DO IF WE ARE A WITNESS TO OR VICTIM OF AGEISM?

Say something if we witness it. Be positive, inform, educate and communicate with those around us. This is what I call the *social vaccine* against prejudices. This way, we will improve knowledge about ageism. Make it understood that ageing is not a disease but a normal stage in the life of a human being. Let's call it a rite of passage. Of course, as we age, sometimes there are losses, but we must not generalize because it is a multilayered and individual process. Many seniors have excelled at what they were doing despite their age.

During a recent mission to Pernambuco University in Brazil, I was pleasantly surprised by a surgeon who was 87 years old and still working; his consult day was full of appointments made in advance. In short, a strategy of communication with practical examples is more effective than an iron fist with people who do not yet understand the meaning of ageing. **Ageing is a privilege; ageing with dignity is a right.** Remember that we will all die. And biologically, ageing is slowing death. So, let's age and encourage ageing without prejudice.

For more information on the subject and the campaign "l'âgisme, parlons-en" [in French], visit the Association québécoise de gérontologie website at www.aqq-quebec.org.

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



Ville de Gatineau area

Société Alzheimer de l'Outaouais québécois (SAOQ)

Caregiver support group (In French)

October 23 | 6:30 p.m. to 8:30 p.m.

Location: Domaine des trembles, 250 Saint-Raymond Blvd., Gatineau, J9A 0B1

Cost: Free

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

Centre d'Entraide aux Aînés (CEA)

Sharing group for caregivers (in French)

October 11, 2017 | 1 p.m. to 3 p.m.

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

Support group for caregivers (In French)

October 10, 2017 | 7 p.m. to 9 p.m.

Location: Campus 3, 176 Notre-Dame Street, Gatineau

Information and reservations: Centre d'entraide aux aînés, 819-771-6609 or centredentraideauxaines@videotron.ca

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

Support group for caregivers (In French)

October 19, 2017 | 9:30 a.m. to 11:30 a.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 cooractivitescaga@videotron.ca

Parkinson Outaouais

Support group for caregivers

October 16, 2017 | 1:30 p.m. to 3:30 p.m.

Location: Chartwell Domaine des Trembles, 250, boulevard St-Raymond, Gatineau

Cost: Free

Information and reservations: Contact Elaine Poulin at 819-986-5771 or by email at perceptionsclassiques@outlook.com before october 10.

Les Collines RCM

Table autonome des aînés des Collines (TAAC)

Coffee Talk for caregivers

October 12, 2017 | 1:30 p.m. to 3:30 p.m.

Location: CLSC de Masham, 9 Passe-Partout Road

Cost: Free

Coffee Talk for caregivers

October 10, 2017 | 1 p.m. to 3 p.m.

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

Cost: Free

Workshop: Learn how to sleep naturally again

October 13, 2017 | 1:30 p.m. to 3:30 p.m.

Location: Town Hall (room C), 1177 Hwy 315, L'Ange-Gardien

Cost: Free

Reservations: Space is limited. Registration required by October 6, 2017

Training: Prevent depression, anxiety and compassion fatigue and build resilience

November 1, 8, 15 and 22, 2017 | 1:30 p.m. to 3:30 p.m.

Location: Town Hall (room C), 1177 Hwy 315, L'Ange-Gardien

Cost: \$20 for the four workshops

Reservations: Register before October 26. Space is limited.

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 workshops | 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^E âge Papineau

Coffee Talk for caregivers (in French)

October 5, 2017 | 1:30 p.m. to 3:30 p.m.

Location: 134 Principale Street, Saint-André-Avellin

Cost: Free

Support group for caregivers (in French)

October 19, 2017 | 1:30 p.m. to 3:30 p.m.

Location: 134 Principale Street, Saint-André-Avellin

Cost: Free

Coffee Talk for caregivers (in French)

October 3, 2017 | 7 p.m. to 9 p.m.

Location: 277 Papineau Street, Papineauville

Cost: Free

Support group for caregivers (in French)

October 17, 2017 | 7 p.m. to 9 p.m.

Location: 277 Papineau Street, Papineauville

Cost: Free

Training program: Prevent anxiety, depression and compassion fatigue

October 24, November 7 and 21, December 5, 2017 | 7 p.m. to 9 p.m.

Location: Ancienne Mairie de Papineauville (277 Principale Street, door on the right)

Cost: Free

Registration: You must register before October 15, 2017.

Information and reservations: 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 for caregivers (Maniwaki)

October 12, 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 voix.solidarite.VG@hotmail.com

Société Alzheimer de l'Outaouais québécois (SAOQ)

Day and respite centre (Maniwaki)

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

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

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

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

Pontiac RCM

Société Alzheimer de l'Outaouais québécois (SAOQ)

Day and respite centre (Shawville)

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

Location: CLSC de Shawville, 290 Marion Street, Shawville

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

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 EMAIL : _____

I NO LONGER WISH TO RECEIVE THE CARGIVER NEWSLETTER OUTAOUAIS