

Caregiver Newsletter

Outaouais

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DID YOU KNOW?

Lereseauaidant.ca is an online learning platform designed specifically for caregivers.

No matter where you live in Quebec, you can attend the webinars that are regularly held on this platform.

Recordings of past events are grouped together in a themed library. Finances, end of life, mental health, etc., you will find advice from the experts on a wide variety of topics!

TAX CREDITS FOR CAREGIVERS OF SENIORS



If you haven't already done so, you will soon start thinking about filing your 2017 income tax return.

As a caregiver of a senior and depending on your situation, you may benefit – directly or indirectly – from various federal and provincial tax credits.

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A WORD FROM L'Appui Outaouais

During this month of love, why not take a moment to express your love to the most important person: YOU! In fact, the caregiver role demands a great deal of love, and it is important to set aside time for yourself to replenish this love, to take care of yourself! The services available to caregivers can provide you with support. Visit l'Appui Outaouais' website regularly at www.lappuioutaouais.org or contact us through Caregiver Support at 1-855-852-7784.

WHAT TAX CREDITS ARE CAREGIVERS OF SENIORS ENTITLED TO?

FEDERAL GOVERNMENT | CANADA REVENUE AGENCY (CRA)

Canada caregiver credit

If you take care of a person with a physical or mental infirmity, you may be entitled to apply for one or more of the following amounts: amount for spouse or common-law partner, amount for an eligible dependant or Canada caregiver credit.

To be eligible, the person must be 18 years or older and dependant on you due to a physical or mental infirmity. Henceforth, you no longer need to live with the dependant to apply for the Canada caregiver credit. Visit the *Consolidation of Caregiver Credits* page of the CRA website to explore in detail the changes happening this year.

Disability amount

Your loved one could apply for this non-refundable tax credit (amount that would reduce tax payable) if eligible for the Disability Tax Credit (DTC). For more information, refer to the *Disability-Related Information guide* provided by the CRA.

PROVINCIAL GOVERNMENT | REVENU QUÉBEC

Tax Credit for Caregivers

This is a refundable tax credit with three components:

- Tax credit for caregivers of a spouse;
- Tax credit for caregivers housing an eligible relative (other than a spouse);
- Tax credit for caregivers cohabiting with an eligible relative (other than a spouse).

For the conditions and to find out more about this tax credit, visit the dedicated page on the Revenu Québec website.

Amount for severe and prolonged impairment in mental or physical functions

Your loved one could claim this non-refundable tax credit (amount that would reduce tax payable) if, during a year, he or she had a severe or prolonged impairment in mental or physical functions. This impairment must be certified by a health professional.

Generally speaking, to be considered severe and prolonged, your loved one's impairment must...

- ... have lasted – or be expected to last at least – 12 consecutive months;
- ... have significantly limited your ability to perform a basic activity of daily living (seeing, speaking, hearing, walking, eliminating, feeding or dressing yourself, or functioning in everyday life because you do not have the necessary mental functions).

Other tax measures

Other tax measures are available, for example: tax credit for home-support services for seniors, tax credit for independent living for seniors, recognition of volunteer respite services, tax credit for respite of caregivers, amount for dependants or tax credit for medical expenses.

For more information, visit the Tax Credits and Tax Credits for Seniors and Informal Caregivers pages on the Revenu Québec website.

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

Sources: Revenu Québec (www.revenuquebec.ca/en/) and Canada Revenue Agency websites (www.cra-arc.gc.ca/)

Revised on January 16, 2018 by the Tax Department of Petrie Raymond, Chartered Professional Accountants – LLP

APPUI NEWS FLASH



For Valentine's Day, l'Appui encourages Quebecers to show their support and love for the caregivers around them!

Many virtual cards, small gestures of support and commitment avenues are available on our website at www.lappui.org/Autour-des-proches-aidants [in French].

May this Valentine's Day be filled with love and tender moments! ■

ARE YOU FAMILIAR WITH VOIX ET SOLIDARITÉ ?

Voix et solidarité des aidants naturels de la Vallée-de-la-Gatineau is community organization that has been operating in the Gatineau Valley since 2012.

Our mission is to bring together caregivers of seniors, to ensure their well-being and the preservation of their interests, while organizing activities that help improve the quality of life of our members and non-members alike.

Here are some of the services we offer:

- Supervised respite provided by qualified staff in the home of vulnerable persons 65 years and older at a reduced cost;
 - Answers to all your caregiver-related questions;
 - Psychosocial support and active listening in person or by phone;
 - Information on the services and resources available to support you;
 - Training to acquire new knowledge that may be useful to you in your role as a caregiver;
 - Coffee-talks and workshops organized in the various municipalities of the Vallée-de-la-Gatineau;
 - Supervised respite service at a reduced cost for persons 18 years and over with a physical or mental challenge or on the autism spectrum.
- Do you have difficulty getting about or finding someone to look after your loved one? We can come to your home.
- Do you want to stay informed of all the Voix et solidarité activities? Two options: become a member (membership is free) or follow us on our Facebook page, Voix et solidarité with the logo.

For more information, contact Nancy Boudrias,
Caregiver Counsellor for Vallée-de-la-Gatineau
147 Desjardins Blvd., Maniwaki, QC J9E 2C9
819-441-1001 or, toll-free, 1-855-448-1818



TERMINATE THE LEASE OF A LOVED ONE

Caregiver support counsellors

Do you sometimes wonder about what will happen to the lease if one of your loved ones has to move permanently into a public or private long-term care centre? It may be a long-term care and residential centre (CHSLD), an intermediate resource (RI) or a private residence for seniors that provides nursing care or personal assistance. To help make your task easier, here are the three steps to follow for your loved one to move out of his or her current dwelling within the rules and without concern.

1) First, send the property owner a written notice (by registered mail or through a bailiff) indicating the reason why the lease needs to be terminated and the departure date. Remember to note the date of mailing on the notice and sign it. This must be written in the language in which the lease was originally written. It is recommended that you use the *resiliation of lease due to admission of the lessee to a long-term care centre* notice template provided on the Government of Quebec website, which includes all the information required. Remember to keep a copy of the notice as well as proof of receipt.

2) Attach to this written notice:

- An attestation from the appropriate authority, confirming your loved one's need to be relocated. In this case, the appropriate authority is the residence that will be taking in your loved one;
- A certificate from a health and social services professional who works in a CLSC, CHSLD, hospital centre or private office. This certificate proves that your loved one indeed meets the eligibility criteria.

Remember to keep a copy of these documents.

3) Continue to pay your lease until the end of the notice period.

 This period is:

- **two months**, if the lease is 12 months or more;
- **one month**, if the lease is less than 12 months or for an unspecified period.

Finally, the lease can be terminated earlier if an agreement is reached between the tenant and owner.

We hope this information sheds some light on and eases the process of moving your loved one!

This information comes from the Government of Quebec (www4.gouv.qc.ca/EN) and Éducaloi.qc.ca websites.

“AND IF LOSING ONE'S MIND BRINGS HEARTS CLOSER TOGETHER...”

A Caregiver's Story

Discover the inspiring story of Ghislaine Bourque, caregiver and author of *Et si perdre la fête rapprochait les cœurs... [If losing one's mind brings hearts closer together...]*. She tells us how, over the course of seven years, she cared for her mother who had Dementia with Lewy Bodies (DLB) and how she tamed this disease to maintain contact with this “new mom.”

« One year after the diagnosis, we had to place my mom in a long-term care facility because she lost the use of her legs very early on. Her entire body had become rigid and it required two people to move her.

I felt distraught and helpless having to watch her suffer physically and emotionally. I did not know how to support her in her descent into hell.

My granddaughter who was two-and-a-half years old visited her great-grandmother; it was wonderful to watch them together! I felt their complicity and their love for one another. And I said to myself that if little Lori-Anne could be so close to her “grandma Rosée” without her giving her anything tangible, this child must feel her being, the soul of my mother. I held onto hope. One day, I would become as skilled as her at experiencing the essence of my mom, without reference to her waning intellect or reasoning.

I was patient, gentle and kind with my mom. But, what to say when she begged me to get her out of there, how to react when she ordered me to get the hell out of there, what to do when she cried, because her daughter never came to visit her anymore? Yet, I was by her side every day!

“AND IF LOSING ONE'S MIND BRINGS HEARTS CLOSER TOGETHER...”

A Caregiver's Story – cont.

Since my mom did not have Alzheimer's disease, I didn't want to call the **Alzheimer Society**. Finally, on the verge of suffocating (I was recovering from pneumonia), I resigned myself to knocking on this door. The counsellor told me that organization supported all types of cognitive disorders. Phew! All of a sudden, I felt relieved: finally, I was in the right place to receive help! I received the information I needed to communicate with my mom in another way. I had to **capture the emotion** conveyed by her incoherent words and her disconcerting behaviour to connect with her in her universe. Thanks to this new perspective, I developed a language adapted to my confused mom to provide her with better care and support through this cruel disease. When a path lead nowhere, I changed my strategy. I was often innovative!

During her last two years of life, mom no longer spoke and no longer recognized me. She had become an inanimate body. By continuing to listen, I managed to **decode her ways of communicating** and I took action based on my intuition, often staying with her longer to comfort in her being. I watched over her and I returned to the basics: love her unconditionally with all my strength without killing myself in the process.

I learned **to respect myself to continue** being able to give her a quality presence full of love and respect. As Sylvie Petitpas says, “[...] to give yourself, you first have to belong to yourself.” On days when I did not feel like I was in the right space, I asked my husband to take over to feed her and provide her with a loving presence.



“Through her dementia, my mom permitted me to experience life at its most intimate. I experienced the extraordinary connection of hearts, without any filter or social pretense. It is a great privilege to be able to live so close to the essence of a loved one!”

By living **in the present moment** when I was with my mom, I was able to stop having her in my head when I was not by her side. I could continue my life with a clear and calm mind as soon as I left the CHSLD. Since I was with her every day, by living in full consciousness with my bereft “new mom,” I had the time to mourn all of her losses, one by one. When she died, I felt enormous relief. Finally, my dear mom was no longer suffering. I do not feel guilty or have regrets: I did everything I could do for the woman who gave me life. >>



If you would like to know more about everything I experienced as a caregiver and **the tools I used** to soften this phase of life, for both my mom and me, please visit my website [in French]: www.ghislainebourque.ca. There you will discover *Et si perdre la tête rapprochait les cœurs...*, a landmark book that shines the light where many people no longer see it!

Ghislaine Bourque

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?**

CAREGIVER SUPPORT
1 855 852-7784
LISTENING-INFORMATION-REFERRALS
LAPPUI.ORG



Ville de Gatineau area

Société Alzheimer de l'Outaouais québécois (SAOQ)

Day and respite centre

Every week, Monday to Friday | 9 a.m. to 3 p.m.

Location: Société Alzheimer, 440 Maloney Blvd. West, Gatineau

Cost: \$15 per day (meal, coffee and snack included)

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

Centre d'Entraide aux Aînés (CEA)

Sharing group for caregivers

February 14, 2018 | 1 p.m. to 3 p.m.

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

Support group for caregivers

Thursdays, February 15 to March 22, 2018 | 1:30 p.m. to 3:30 p.m.

Location: 196 Notre Dame Street, Gatineau

Description: 6 themes, 6 weeks

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

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

Support group for caregivers

Thursdays, February 8 and 22, 2018 | 9:30 a.m. to 11:30 a.m.

Note: The workshop that was scheduled for February 1 has been postponed until February 8.

Location: 390 De Buckingham Ave. (in the basement)

Cost: free

Talk "Prévenir pour diminuer les risques de développer le diabète" [in French]

February 28, 2018 | 10 a.m. to 11:30 a.m. (doors open at 9:30 a.m.)

Location: Centre communautaire de Buckingham – 181 Joseph Street, Gatineau (Buckingham sector)

Cost: free

Note: This activity is the result of a collaboration with the Centre d'entraide aux aînés (CEA) and Martin Payer, pharmacist and president of Diabétiques de l'Outaouais.

Information and reservations: Julie Mercier, 819-281-4343, Ext. 102,
coordoactivitescaga@videotron.ca

Des Collines RCM

Table autonome des aînés des Collines (TAAC)

Coffee-Talk for caregivers

February 15, 2018 | 1:30 p.m. to 3:30 p.m.

Location: CLSC de Masham, 9 Passe-Partout Road

Cost: free

Coffee-Talk for caregivers

February 13, 2018 | 1 p.m. to 3 p.m.

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

Cost: free

Talk “Rebondir avec force et courage” [in French]

February 2, 2018 | 1:30 p.m. to 3:30 p.m.

Location: Room C at L'Ange-Gardien town hall

Cost: free

Note: Talk presented by Lucie Morin, certified professional coach

Training “Prenez soin de vous” [in French]

February 22, 2018 | 1:30 p.m. to 3:30 p.m.

Location: La Pêche (Transcollines: 5 Principale Street West)

Cost: free

Note: training offered with the collaboration of the Société Alzheimer de l'Outaouais

Information and reservations: Josué Jude Carrier, 819-457-9191, Ext. 242, or

sosprochesaidants@gmail.com

Papineau RCM

Comité régional 3^E âge Papineau

Support group for caregivers

February 1 and 15, 2018 | 1:30 p.m. to 3:30 p.m.

Theme: *Authentic communication*

Location: 134 Principale Street, Saint-André-Avellin

Cost: free

Support group for caregivers

March 1, 2018 | 1:30 p.m. to 3:30 p.m.

Location: 134 Principale Street, Saint-André-Avellin

Cost: free

Support group for caregivers

February 13, 2018 | 6:30 p.m. to 8:30 p.m.

Theme: Taxation and tax credits for caregivers

Location: 277 Papineau Street, Papineauville

Cost: free

Support group for caregivers

February 27, 2018 | 6:30 p.m. to 8:30 p.m.

Theme: How to cope with difficult behaviour

Location: 277 Papineau Street, Papineauville

Cost: free

Information and reservations: 819-983-1565 or <http://cr3a.org/contact-us.php>

Société Alzheimer de l'Outaouais québécois (SAOQ)

Training workshops on Alzheimer's for caregivers [in French]

Every Friday, February 2 to April 6, 2018 | 1 p.m. to 4 p.m.

Location: 134 Principale Street, Saint-André-Avellin

Cost: \$35 per person

Description: These workshops are designed to help you better understand Alzheimer's disease and the support services available, communicate more effectively with the person you are caring for and remember to look after yourself during your caregiving journey.

Information and reservations: Mélanie Marcotte, 819-777-4232, Ext. 222, or mmarcotte@saoq.org

Vallée-de-la-Gatineau RCM

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

Coffee-Talk for caregivers

February 22, 2018 | 9:30 a.m. to 11:30 a.m.

Location: Foyer Père Guinard (Théodora room), 177 des Oblats Street, 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: \$5 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: \$5 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