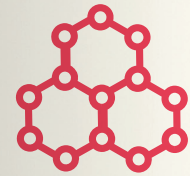


DNA OF A CAREGIVER

DNA: CHARACTERISTICS OR QUALITIES OF SOMEONE REGARDED AS UNIQUE AND UNCHANGEABLE.

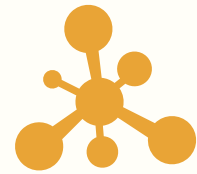


Multiple common DENOMINATORS

NEEDS

- Be informed
- Be heard in a non-judgemental manner
- Update knowledge regularly
- Adapt communication mode
- Be aware of appropriate resources
- Develop a support network
- Share your reality
- Be recognized for assuming a new challenging caregiver role

Partnership: Argenteuil's Local Committee of Caregivers, Julie Gravel, Guylaine Charlot and Karine Rossignol



NUMEROUS LOSSES

- A beloved parent
- A dearly loved spouse
- Previous relationship with care receiver
- Long-awaited retirement
- Pursuit of previous activities and pastimes
- Reciprocity in spousal relationship
- Independence and free time



Attitude

Attitude toward illness or losses related to aging process

- Tolerance for ambiguity
- Openness or resistance to seeking help
- Premises of relationship with care receiver: communication mode, conflict resolution approach, expression of mutual affection and control issues

MRC PAYS-D'EN-HAUT CAREGIVERS
Your well-being matters to us!



September 2023



4KORNERS

1 888 974-3940 4korners.org

- Services offered in English
- Individual and group support
- Group activities and information sessions
- Resources, referrals and support accessing health and social services



ALZHEIMER SOCIETY LAURENTIDES

1 800-978-7881 alzheimerlaurentides.com

- Respite services
- Telephone helpline
- Support and information meetings for caregivers
- Individual and family meetings
- Training and conferences



L'ANTR'AIDANT

579 888-0211 lantraidant.com

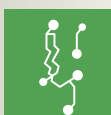
- Ongoing weekly support groups
- Personal accompaniment and support
- Knowledge-sharing, empowerment, coaching



L'APPUI LAURENTIDES FOR CAREGIVERS

1 855 852-7784 lappui.org

- Telephone helpline and referral service
- Ongoing development of information service, training programs, psychosocial support and respite care services



AVC APHASIE LAURENTIDES

1 866 974-1888 grpa.ca

- Telephone support service, accompaniment
- Support group
- Workshops designed to stimulate people suffering from aphasia and stroke victims



BALUCHON RÉPIT LONG TERME À DOMICILE

514 762-2667 baluchonrepit.com

- 24-hour in-home respite care services, from 4 to 14 days
- Support for caregivers



CISSS DES LAURENTIDES

1 833 217-5362 Info social : 811, option 2

santelaurentides.gouv.qc.ca

- Reception, information and referral
- Psychosocial support
- In-home health care and services
- Planned respite care coordination
- Medical equipment loans



COOPÉRATIVE DE SOLIDARITÉ AIDE CHEZ SOI DES PAYS D'EN HAUT

450 229-6677 marteau-plumeau.com

- Caretaking
- Light housekeeping services
- Regular meal preparation (no grocery shopping)
- Heavy housekeeping tasks
- Seasonal chores



L'ENTRAIDE BÉNÉVOLE DES PAYS-D'EN HAUT

450 229-9020 entraidebenevolepdh.com

- Accompaniment and medical transport
- Meals on wheels
- Daily telephone contacts
- Friendly and calls visits
- Pool club for men



LOCAL AND INTER-CITY PARATRANSIT SERVICES IN THE LAURENTIANS

transportlaurentides.ca

- Paratransit services: 1 800 717-9737
- The Inter (bus and taxi service): 1 877 604-3377



LA MAISON DES PARENTS D'ENFANTS HANDICAPÉS DES LAURENTIDES

450 431-7428 www.lmdp.org

- Services for parents and siblings of a person with disabilities
- Individual and support group
- Psychosocial follow-up
- Art-therapy, workshops
- Moment for self activities and family activities



MAISON ALOÏS

450 660-6225 maisonalois.org

- Support for adults living with dementia and their caregivers
- Respite stimulation services in day center, at home (4h block), or by videoconference (2 blocks x 1h)
- Individual and group psychosocial support (day, evening, weekends on demand)



PALLIACCO

1 855 717-9646 palliaco.org

- Services to improve the quality of life of those affected by cancer, at end of life, their caregivers and those in mourning
- Support, accompaniment and respite care at home
- Services for children, adolescents and their families
- One-on-one support and support groups



PALLIA-VIE

450 431-3331 pallia-vie.ca

- Accompaniment for someone suffering from cancer or a degenerative disease, as well as for caregivers
- Support services for grieving individuals



RÉPIT BIEN ÊTRE, RESPITE AND WELL-BEING

450 224-2657 repit.bienetre@gmail.com

- Group respite and stimulation workshops for care receivers
- In-home respite: day, evening, night, weekend
- Social respite: outings, communal meals and
- Activities for caregivers and care receivers
- Bilingual services