

Newsletter for

January-February 2016



# FAMILY CAREGIVERS



**WE HELP YOU BUILD MORE RESILIENCE,  
WHILE YOU TAKE CARE OF YOUR LOVED ONE.**

**First things first**, the members of our team at Les Aidants Naturels du Haut-Saint-Laurent want to wish you a great 2016, a New Year filled with new resolutions and empowering goals, a New Year that will be synonymous with serenity, fulfillment and prosperity.

As a reminder, we are here for you, at your side, in good times and in the most difficult of times.

Our mission is to listen to and support you through these moments, no matter what the circumstance, so you can prevent physical, mental and emotional exhaustion.

## Reading

- Is being a family caregiver rewarding or demanding?
- Recognize the signs of stress before exhaustion sets in!
- Caregiver tax credits

## In Quebec...

There are almost 370 000 people that provide unpaid care and support during 5 or more hours per week to an elderly.

Source : Rapport annuel 2013-2014, Société de gestion pour le soutien aux proches aidants



## We are family caregivers

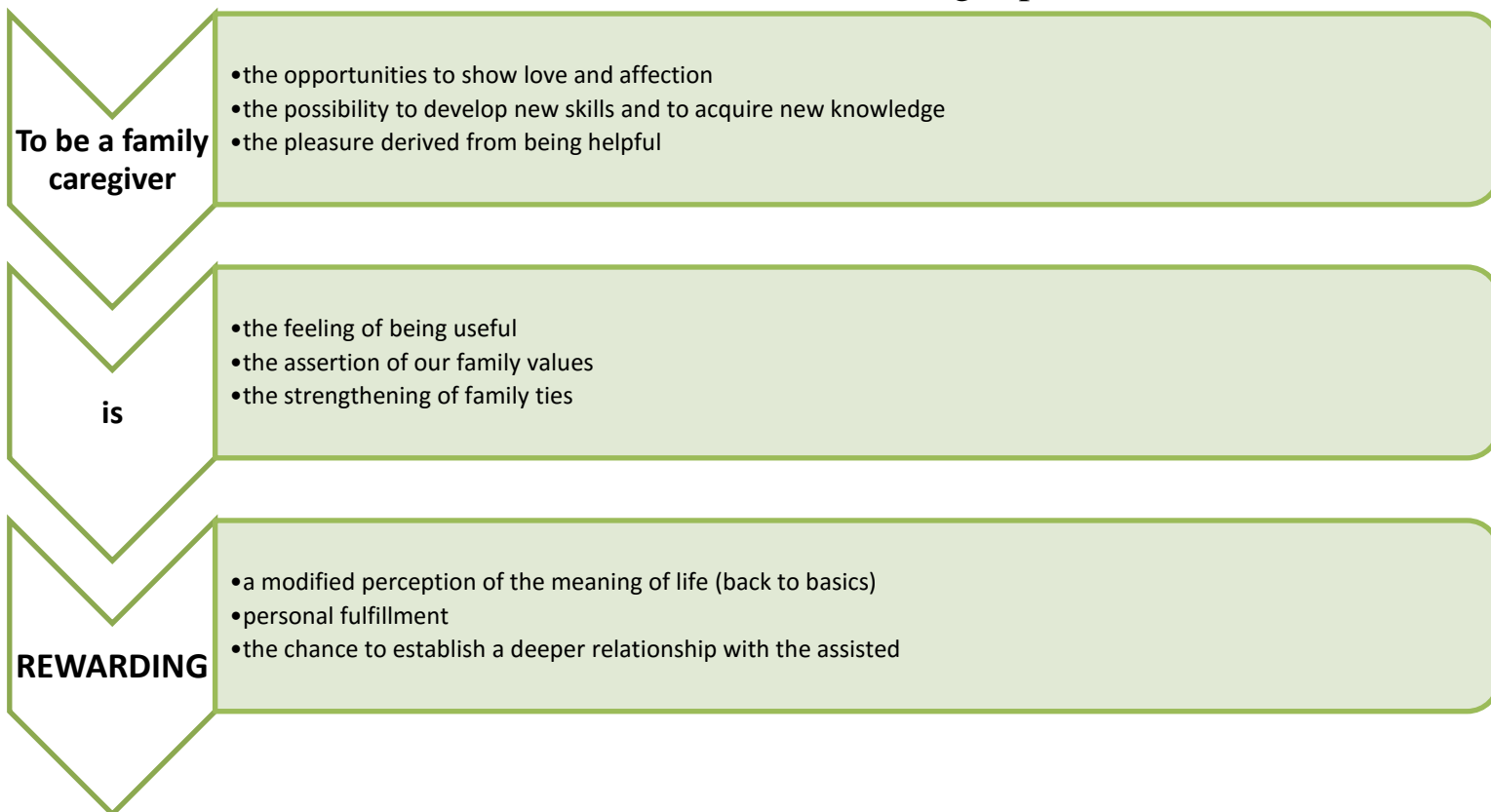
*All family caregivers have important things in common: either our loved one is in loss of autonomy or is completely non-autonomous. We provide care and support without being paid. Initially, we do not realize our role; after all, we are only helping those close to us or a family member to overcome everyday challenges. However, over time, we begin to realize we've been a family caregiver from the start while providing needed support.*

Source : Guide de Survie, Le défi d'être proche-aidant.

Regroupement proches-aidants Rouyn-Noranda

## • Is being a family caregiver rewarding or demanding?

Being a caregiver can be a gratifying and fulfilling human experience. Many rewarding aspects are attached to it:



## To be a family caregiver is demanding...

Although this experience could be beneficial in many ways, being a family caregiver requires great dedication. It is better to be aware of the impact of the challenging position inherent in this role.

In 2006, **70%**

• of family caregivers said that their situation was difficult or stressful

In 2005, **76%**

• of family caregivers thought they did not have enough time for themselves

## *When it becomes difficult ...*

### **The demands**

The role of a caregiver adds more responsibilities which in turn increase the demand to fulfill the needs in our personal, social, family and our professional life. Before long, maintaining a balance between these responsibilities starts to become difficult.

Moreover, we are not necessarily prepared to become a caregiver, especially if the tasks and responsibilities add up over the months and even years.

Without realizing it, **signs of stress** can emerge and grow.

#### **DENIAL**

«It's just a bad period. Everything will get back to normal soon.»

#### **ANGER**

«If he asks me that question one more time, I will scream.»

#### **SOCIAL ISOLATION**

« I do not even answer the phone anymore.»

#### **SECLUSION**

«My family is putting pressure on me to take care of him. They don't realize what I'm going through!»

#### **EXHAUSTION**

«I feel useless and drained. I cannot get back on my feet.»

#### **EMOTIONAL REACTIONS**

«I started to cry this morning just because there was no milk for my coffee.»

#### **ANXIETY**

«I worry .. what will happen if I can no longer take care of him.»

#### **DEPRESSION**

«I don't want to bother anyone, so I just stay home and cry. I don't know why.»

#### **HEALTH PROBLEMS**

«Since this spring, I have a continuous cold or the flu. It seems I cannot get rid of it.»

# COUNSELLORS ARE AVAILABLE TO LISTEN TO YOU AND TO SUPPORT YOU



## OUR SERVICES

- Between caregivers Cozy Brunch (monthly)
- Training: Caregiving Without Burnout
- Between Caregivers workshops
- Support Group for those in mourning

TO FIND OUT MORE ABOUT OUR ACTIVITIES, CONSULT OR ASK FOR OUR 2016 WINTER CALENDAR

*Did you know!* For more information, please contact us.

### TAX CREDIT FOR CAREGIVERS OF A SPOUSE

Admissible tax credit of up to \$925.- for those whose spouse is 70 years old or over and has a severe and prolonged mental or physical impairment that prevents him from living alone, according to a doctor's certificate

### TAX CREDIT FOR CAREGIVERS HOUSING AN ELIGIBLE RELATIVE

The tax credit may be up to \$1,154 for each eligible relative. Conditions and requirements apply.

### TAX CREDIT FOR RESPITE OF CAREGIVERS

The tax credit is equal to 30% of the expenses incurred in the year for specialized respite services. You can claim up to \$5,200 in eligible expenses, for a maximum tax credit of \$1,560 per year.

**NEW** : Compassionate care benefits are now available for 26 weeks.

For more information: <http://www.servicecanada.gc.ca/eng>