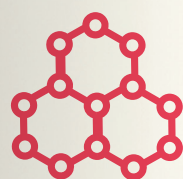


DNA OF A CAREGIVER CARING FOR AN OLDER PERSON OR SOMEONE WITH A GERIATRIC PROFILE

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



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



INHERENT Disposition

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

Partnership: Argenteuil's Local Committee of Caregivers,
Julie Gravel, Guyline Charlot et Karine Rossignol

MRC PAYS-D'EN-HAUT CAREGIVERS

Your well-being matters to us!



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

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

CISSS DES LAURENTIDES

450-227-1571 Info social : 811

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

PARKINSON QUÉBEC CŒUR DES LAURENTIDES

450-630-4122 parkinsoncoeurdeslaurentides.ca

- Information and referral services
- Activities and conferences
- Support groups and exercise programs

L'APPUI LAURENTIDES FOR CAREGIVERS OF THE ELDERLY

1-855-852-7784 lappui.org

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

L'ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT

450-229-9020 entraidebenevolepdh.com

- Accompaniment, transportation
- Meals on wheels for weary caregivers
- Early morning telephone contacts and friendly visits
- Blood pressure and glycaemia readings

BALUCHON ALZHEIMER

514-762-2667 baluchonalzheimer.com

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

PALLIACCO

1-855-717-9646 palliaco.org

- Support services, accompaniment and in-home respite care
- Enhancement of quality of life for dying person, caregivers and those in mourning

SUPPORT GROUP FOR PEOPLE SUFFERING FROM APHASIA/AVC LAURENTIDES

1-866-974-1888 grpa.ca

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

COOP SORE, NOT-FOR-PROFIT ORGANIZATION, RESPITE, AND WELL-BEING

450-224-2657 coopsore.ca

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
- Summer camp respite: 3 days and 2 nights for caregivers and care receivers
- Bilingual services

COOP MARTEAU ET PLUMEAU

450-229-6677 marteau-plumeau.com

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



Caregiver Committee, Table des Aînés MRC Pays-d'en-Haut

Thanks to the exceptional consultation and collaboration among our health and social services providers, this committee can fulfill its mission: "Seek to improve the quality of life for caregivers of elderly persons by offering and facilitating access to existing services throughout our region."



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



4 KORNERS

1-888-974-3940 4kornerscenter.org

- Services offered in English
- Group workshops
- SOS Exhausted
- Information sessions
- Referral and accompaniment to find appropriate resources