


**Nobody understands an unpaid caregiver like another unpaid caregiver**

**We run 21 monthly peer support groups for caregivers across the province**

**1.877.488.7390 | CaregiversNS.org  
#CGAAware2017**



**Recognizing that you are an  
unpaid caregiver is important  
to your  
physical and mental health**

“Caregiver’s Nova Scotia **monthly support group** has helped me immensely over the past three years. **It is my ‘safe haven.’”**

# Caregiver TeleGroup Support

**A bi-weekly telephone-based support group for caregivers who:**

- Cannot leave their loved one
- Have mobility issues
- Do not have access to transportation

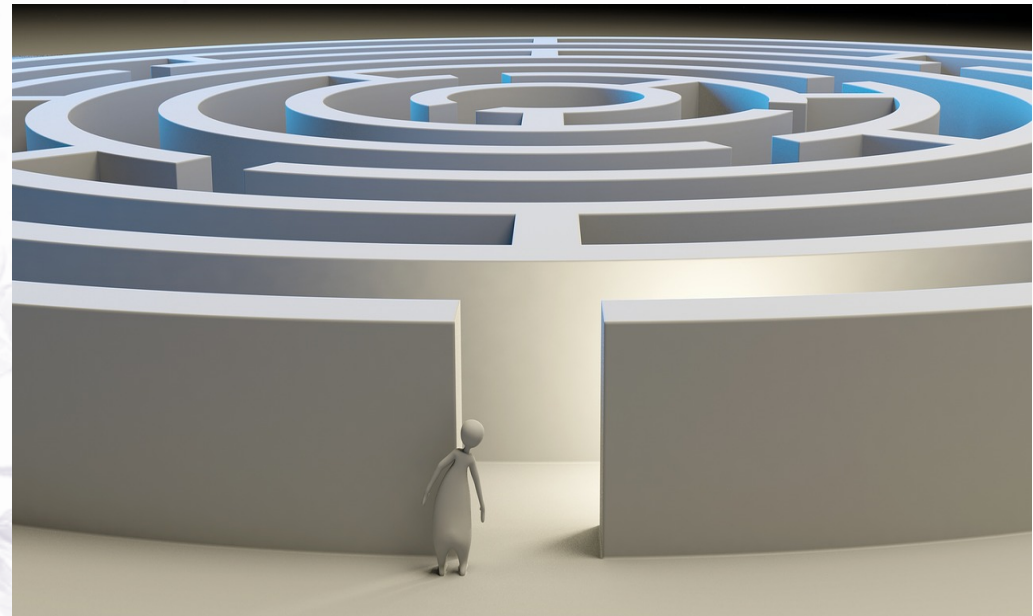


“Caregiver’s Nova Scotia’s **monthly support group** helps me realize I am doing a few things right. **I gain confidence** from the support of others.”

“At Caregiver’s Nova Scotia’s support group meetings, we come as **strangers** but leave as **family**.”

**Government  
Programs & Benefits  
for caregivers?**

**We can help you  
find them.**



## Free educational workshops

### Caregiver Stress Management

- helps identify stressors in your caregiving role; offers coping exercises and activities.



## Free educational workshops

### Brushing Up on Mouth Care

- reinforces good oral care; also focuses on loved ones who have dementia or who are palliative.

## Free educational workshops

### Safe Medicines for Seniors & Caregivers

- helps identify areas where mistakes can be made as we manage a loved one's medication; includes a guest pharmacist.

## Free educational workshops

### Advance Care Planning for Caregivers

- learn how to write your own plan for future acute and end-of-life care and determine who will speak for you when you cannot speak for yourself.

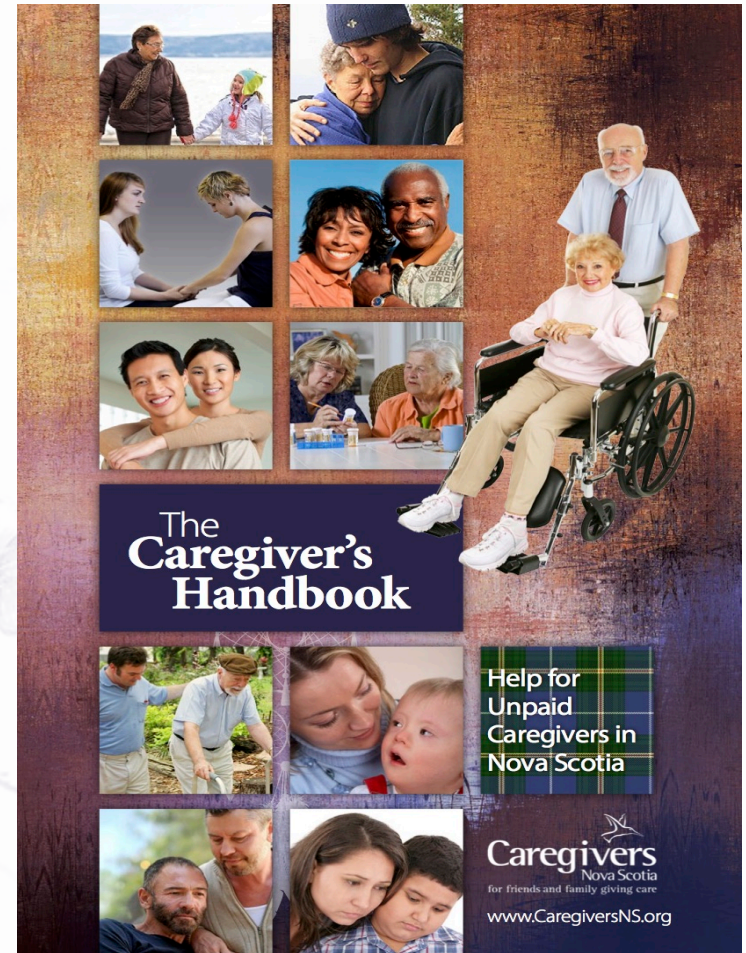


Caregivers  
Nova Scotia

for friends and family giving care

***The Caregiver's  
Handbook is FREE.***

**Download it from our  
website or contact us  
to get your copy.**




CaregiversNS.org

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## Do you need respite?

- Facility-based respite through Continuing Care
- Adult Day Programs
- Autism NS respite database
- 2017 Nova Scotia Respite Guide



If you care for someone with  
a life-limiting illness, our  
**Caregiver Tele-Connect**  
Program can help.

**Are you giving care to a loved one  
who has a life-limiting illness?**


Caregivers Nova Scotia is introducing

## **Caregiver Tele-Connect**

CTC is a 4-week facilitated telephone support group for people giving care to a loved one who has a life-limiting illness. This may include cancer, heart disease, COPD, kidney or liver disease, dementia or other neurodegenerative diseases.

This initiative can help you discuss your concerns about caregiving and share with others on a similar journey, prepare for transitions in the road ahead, and discover useful resources.

For more information,  
please contact  
1.877.488.7390 or  
Info@CaregiversNS.org



Funded by the Nova Scotia  
Department of Health and Wellness

**Caregivers**  
Nova Scotia  
for friends and family giving care



Caregivers Nova Scotia **advocates**  
on behalf of unpaid caregivers to  
ensure their **voices are heard**

**Nova Scotia's Public Libraries** have  
resources & programming that can  
benefit caregivers & their loved ones

**Nova Scotia**  
**PUBLIC**  
**LIBRARIES**