



May is Caregiver Awareness Month

In recognition of family members and friends
who give unpaid care to a loved one.

**Join the
conversation.**

#CGAware2017






**Family & Friend Caregivers
give unpaid care.**

**Care providers, like your home care
worker, doctor or nurse, are paid for
their services.**

Do you give unpaid care to a family member or friend due to:

- frailty or advanced age ?
- a chronic illness ?
- a mental illness ?
- a disability ?

You are not alone!



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

1 in 3 Nova Scotians...

mother father
wife daughter parent husband nephew niece
in-law son neighbour friend
cousin

is giving some form
of unpaid care to
a loved one.

“Family members and friends
provide **10 times** as many hours
of care as paid care providers
do...”

Dr. Janet Fast, Professor
Department of Human Ecology, University of Alberta

The **unpaid care** provided by
family and friends
is worth more than **\$66 billion.**

Dr. Janet Fast, Professor
Department of Human Ecology, University of Alberta

Fact: Family/friend caregivers take time off or quit work due to caregiving responsibilities

Result: \$1.3 billion is lost in workplace productivity **each year.**



Unpaid caregivers **save** the
Nova Scotia healthcare system more
than **\$1 billion** each year.

CaregiversNS.org

1.877.488.7390

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**Family and friend caregiving
gives to everyone.**

CaregiversNS.org

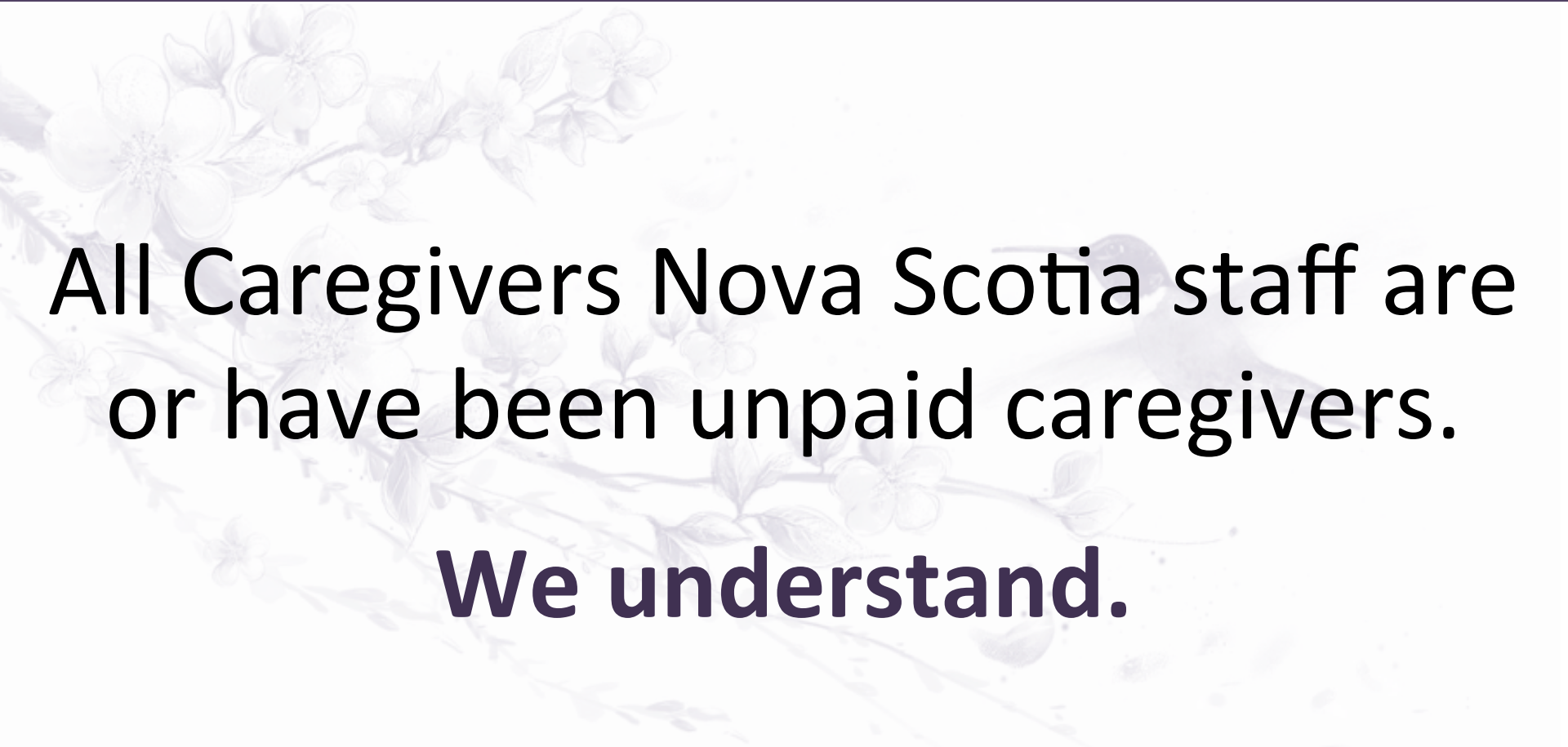
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**Are you one of the 300,000
Nova Scotians looking after a
loved one?**

We are here to help.



All Caregivers Nova Scotia staff are
or have been unpaid caregivers.

We understand.

Nobody understands an unpaid caregiver like another unpaid caregiver

Learn about Caregiver Nova Scotia's
21 monthly peer support groups for
caregivers

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“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

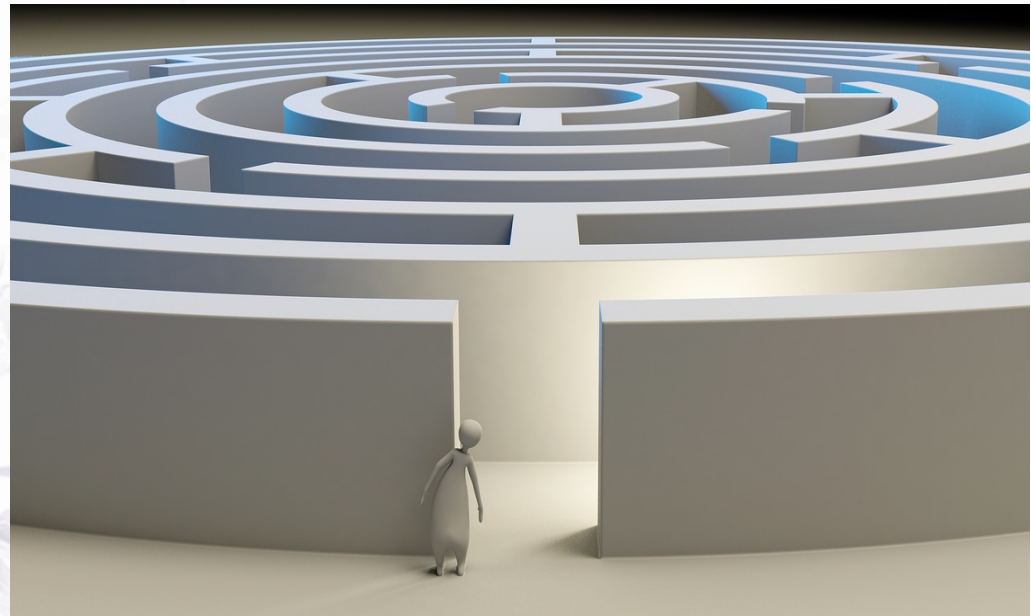


“Caregiver’s Nova Scotia’s **monthly support group** helps me realize I am doing a few things right. **I gain confidence** from the support of others.”

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

**Government
Programs & Benefits
for
unpaid caregivers?**

**We can help you
find them.**



90% of Canadians say
it's important to age at
home

The **right supports** for
unpaid caregivers
makes this possible



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

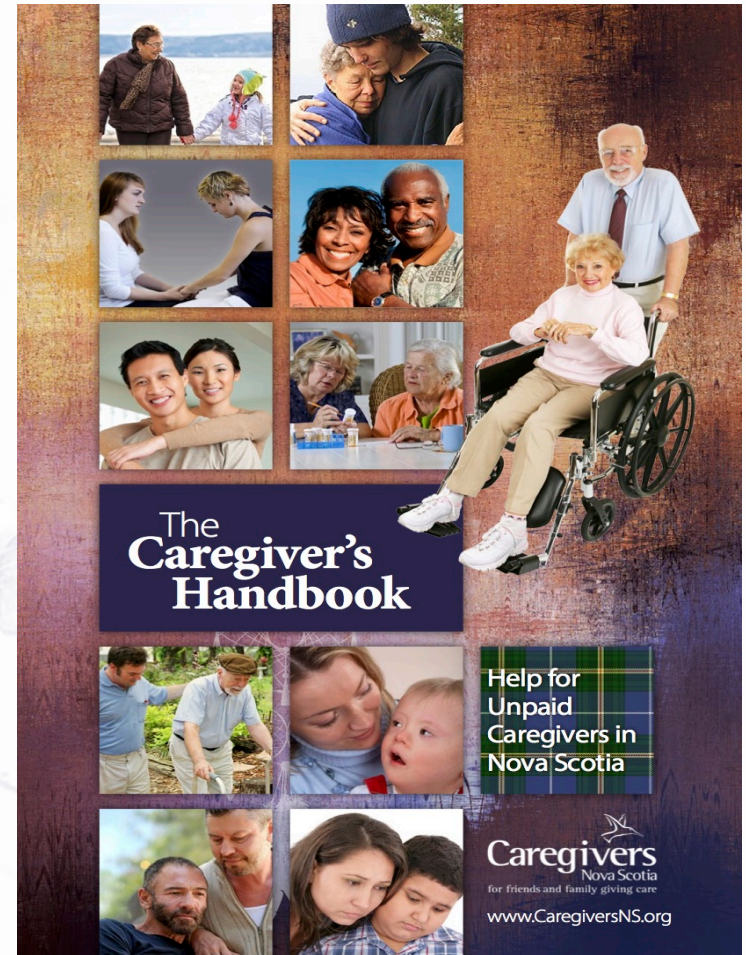
- helps identify areas where mistakes can be made as we manage a loved one's medication; includes a guest pharmacist.

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.

Ask your librarian how
to get your copy of
*The Caregiver's
Handbook*



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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



Family and friend caregivers spend
\$100 to \$300/month on expenses
directly related to caregiving



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**

CaregiversNS.org

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

Nova Scotia
PUBLIC
LIBRARIES