

CNS launches Transitions in Adult Care

By Angus Campbell

May is Caregiver Awareness Month in Nova Scotia. One in three Nova Scotians is giving some form of unpaid care, 5% above the national average. Family and friend caregivers provide 75% of care given at home, and they save the Canadian healthcare system \$66 billion per year. The healthcare system could not exist without family and friend caregivers.

Transitions are changes from one state to another. As we age, these transitions often involve losses in wellness, ability, and independence.

Caregivers Nova Scotia (CNS) receives many enquiries regarding aging and living at home safely. With funding from the Nova Scotia Department of Seniors, CNS is launching a Transitions in Adult Care module on its website. It addresses topics such as *What to Look for When Changes are Happening*; *Starting a Difficult Conversation*; *Is It Time for a Move*; and, *Crisis Care and Planning*.

Information is also presented regarding Home Care, Respite Care, Falls Prevention, In-Home Monitoring, along with helpful Caregiver Tips. Some topics include links to Related Research to help explain their relevance.

There is a lot to be learned about caregiving and caregivers. During the month of May Caregivers Nova Scotia is raising awareness with information for and about caregivers and their contributions to our province. Please visit www.CaregiversNS.org for daily updates.

Throughout the province, many Nova Scotia Public Libraries will also have information on caregiver resources available for loan.

If you or family or friends use social media, please follow Caregivers Nova Scotia on Twitter or on Facebook. A special “I Am #CGAware2018” Facebook frame is available for supporters to show that they are Caregiver Aware. Join the social media conversation at #CGAware2018.

Unpaid family and friend caregivers play a significant role in the lives of Nova Scotians. During Caregiver Awareness Month it is important that we both recognize caregivers and support them with on-going programs and services that assist them keeping a loved one at home, where most want to be.

Come visit www.CaregiversNS.org and the new Transitions in Adult Care module. We welcome your feedback as we continuously update the website.

Caregivers Nova Scotia can be reached at 902.421.7390 or toll-free at 1.877.488.7390.

Angus Campbell is the Executive Director of Caregivers Nova Scotia Association. He sits on the Board of Directors of the Canadian Frailty Network and of the Nova Scotia Hospice Palliative Care Association.