

## ARE YOU AN UNPAID CAREGIVER?

Caregivers give essential support and care to parents, spouses, children, friends or other family members. Caregivers may assist someone, at home or in a care facility, who has a physical or mental health condition, is chronically ill, frail, or elderly.

If you can check any of the items in the list below, you are a caregiver.

- I help with personal care such as bathing, dressing, or toileting.
- I help with housecleaning, laundry, or preparing meals.
- I help with transportation, shopping, or finances.
- I have taken time away from work, my interests, family or friends to help.
- I continue to visit someone in a long-term care or an assisted living facility.



## THE CARE YOU GIVE IS IMPORTANT.

We offer **FREE** programs and services such as support groups, educational workshops, and confidential one-on-one support, all led by skilled Caregiver Support Coordinators.

We are here to help you! Please contact us toll-free at 1.877.488.7390 **OR**

Capital District	902.421.7390	Info@CaregiversNS.org
Cape Breton Region	902.371.3883	CapeBreton@CaregiversNS.org
Northern & Eastern Mainland	902.324.2273	Northern@CaregiversNS.org
Western Region	902.521.5592	Western@CaregiversNS.org

You can also visit our website [www.CaregiversNS.org](http://www.CaregiversNS.org) & follow us:



Don't let our hummingbird fly solo!  
Please **pass this info sheet along** to someone who may need it.