

Are you an unpaid caregiver?

Caregiver is a person who gives unpaid care to someone, either at home or in a facility, who has a physical or mental health condition, is chronically ill, frail or elderly. Caregivers may be family members (spouses, children, parents, siblings, extended family) or friends.

Are you an unpaid caregiver?

If you check **any** of the items below, you are a caregiver

- ☐ I help with personal care, such as bathing, dressing and/or toileting
- ☐ I help with house cleaning, laundry, meal prep
- ☐ I help with transportation, shopping and/or finances
- ☐ I have taken time away from work, my interests, family or friends to help
- ☐ I continue to visit someone in long-term care or an assisted living facility.



Want to learn more?

Visit us at caregiversns.org or follow us on Facebook.

Don't let our hummingbird fly solo! Pass this info sheet along to someone who might need it.

The care you provide is important. Here's how we can help.

We provide **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 just a phone call away. Call us **toll-free at 1.877.488.7390** or:

Capital	902.421.7390	Info@CaregiversNS.org
Eastern HRM	902.817.9268	Outreach@CaregiversNS.org
Cape Breton	902.595.0128	CapeBreton@CaregiversNS.org
Northern & Eastern Mainland	902.229.8464	Northern@CaregiversNS.org
Valley	902.680.8706	Valley@CaregiversNS.org
South Shore	902.514.1281	SouthShore@CaregiversNS.org