

The Beacon

Winter 2022

Volume #15, Issue 2



In This Issue

Together For Fun!.....	2
They Want To 'Go Home'.....	2
Resources at Caregivers NS.....	3
Frauds and Scams.....	4
Gender Expression.....	5
Up The 10.....	6
Caregivers Winter Wellness.....	7
Mistakes With Private Care.....	8

Board of Directors

Executive Officers

Patricia Murray
- Chair

Mary Elizabeth MacLellan
- Vice-Chair

Anne Corbin
- Treasurer & Secretary

Crystal Taylor

Members at Large

Donna Dill

Sherri Mitchell

Paula Blackmore

Kelli MacDonald

Catherine Morley

Ruvi Nora Mugara

Sacha Nadeau



3433 Dutch Village Road
Halifax, NS B3N 2S7

Tel. 902.421.7390

Toll-free 1.877.488.7390

Info@CaregiversNS.org

www.CaregiversNS.org



Thank you to the
Department of Seniors
and Long-term Care
for their support

The Caregivers Team



Caregivers Nova Scotia staff: Leanne Taylor, Support Coordinator, Northern Region; Catherine Parent, Support Coordinator, Eastern HRM; Therese Henman-Phillips, Support Coordinator, Capital Region; Jennine Wilson, Support Coordinator, Valley Region; Maggie Roach-Ganaway, Support Coordinator, Cape Breton; JoAnne Connors, Support Coordinator, Capital Region and Jenny Theriault, Executive Director. Not pictured: Nicole Byers, Support Coordinator, Western Region and Brenda Sangster, Office Administrator.

For the past two years as our organization has navigated the pandemic and just as our in-person support groups transitioned to virtual support, so too, did our staff meetings. With staff across the province we are only able to meet in person twice each year, but even this was put on hold. In October, for the first time in two years, the staff gathered in person in our Halifax office for three days of learning, sharing, and team building.

All staff began training in dementia capable care led by team member, JoAnne Connors. New staff had a chance to learn more about our workshops, with training from team member Maggie Roach-Ganaway. Staff participated in group work on our CNS operational plan, discussions around Home Care in Nova Scotia, and spent time sharing updates from all the regions. It was a great experience and I was grateful to have the staff on site to learn and share and to strive to be the best we can at supporting caregivers across the province.

As we head into the holiday season, a new year, and the winter months, on behalf of all staff and the Caregivers Nova Scotia board we want to wish all caregivers the very best and warmest wishes for peace, good health, and time for rest.

Jenny Theriault
Executive Director

WE WISH YOU A PEACEFUL, SAFE, *and* JOYOUS
HOLIDAY SEASON *and* ALL THE BEST *in* 2022!





By Therese Henman-Phillips, Caregiver Support Coordinator, Capital Region

Caregivers Nova Scotia is excited to share and promote the “Together for Fun/Ensemble Pour le Plaisir” Program. Previously implemented successfully in Quebec, the program is being developed and implemented here in Nova Scotia. I have had the opportunity to connect with Taylor MacKay, a research assistant associated with the program to follow its development across our province.

In a recent interview for this newsletter, Taylor shared that the “Together for Fun/Ensemble Pour le Plaisir” Program is an approach designed for caregivers and their care recipients, who have mild to moderate cognitive impairment, to share pleasant moments together by participating in simple and enjoyable recreational activities guided by trained facilitators. The goal is to optimize the health and well-being of care recipients and improve their quality of life in an appropriate recreational setting. The program will be delivered in both English and French depending on the need, and they anticipate having the program up and running in January 2022 in various communities across the province.

They understand that caregivers have challenging lives and they want to be as flexible as possible in how the program is run. If they can assist with barriers to participation, they will explore solutions. They are also open to both virtual and in person programming depending on the need. In its purest form, the program was designed to occur over six weeks with one hour involving an activity, a short break and then followed by a caregiver support group. The care recipient would continue to be supervised at this time while the caregiver participates in the support aspect, providing a mini respite period.

If the group wishes to meet more frequently than once a week, that is possible or if they wish to go beyond the six weeks, there is funding for the program to exceed the designated weeks. They are looking forward to the commencement of the program here in NS and are currently looking for interested caregivers and their care recipients to register. They are asking for a commitment to the program from caregivers and, if willing, would ask participants of the program to complete questionnaires/surveys on their experience that may assist them in their ongoing research. They very much want to have feedback on your experiences in the program so improvements can be made.

If there are facilitators, both English and French, who are also interested in being involved in the delivery of the program, they are open to hearing from you as well. An honorarium is provided to facilitators who commit to the delivery of the program.

Caregivers Nova Scotia is wishing Taylor and her team every success as they move forward. Caregivers interested in participating in the program, or who might have further questions, can reach out to Taylor and her team directly at 506-227-2213 or by email at Taylor.Mckay@dal.ca

When They Want To ‘Go Home’

By JoAnne Connors, Caregiver Support Coordinator, Capital Region

Hearing someone say, “I want to go home” repeatedly is something dementia caregivers often deal with. It can be frustrating to hear, especially when they’re already home.

When someone has dementia, their ability to use logic may be compromised. Explaining to them that they’re already home, or that they can’t go back to a previous home, can be both confusing and distressing. This can lead to an elevated level of anxiety for them. Because the person with dementia may not be able to process information quickly or effectively, they fill in gaps in their memory, to make sense of their situation. They are trying to orient themselves, with diminished reasoning skills. Instead of arguing, or telling them “the truth”, which can be disorienting and cause anxiety and distress behaviours, you can try these strategies in responding, which can calm and comfort them. The goal is to reassure and help them to reduce their fear and anxiety.

What are distress behaviours

A person living with dementia will have difficulty processing information and expressing their needs and feelings, verbally. As their dementia progresses, they become more reliant on expressing themselves through behaviour. Their processing time for taking in information and responding will also take longer. The kindest thing to do is to meet them where they are, cognitively, and focus on providing them with comfort and reassurance, responding to the emotions behind their request. The goal is to reduce their anxiety or fear so they can let go of the repetitive loop they’re stuck in. Helping them to be calm also gives you a chance to check for discomfort, pain or a physical need that may be causing the distress behaviour.

Here are three strategies to respond to their request to “go home,” or other repetitive loops. These suggestions will allow you to tailor your strategies to the person’s personality, preferences and history. The three strategies are Validate, Redirect and Distract.

Validate their feelings

Sometimes saying “I want to go home” is how your loved one tells you that they’re tense, anxious, scared or in need of extra comfort. By responding in a calm and positive manner, you will validate their needs and feelings. This helps them feel understood and supported. If you remain calm, this often helps them calm down as well. If they like hugs, give them a hug. Some folks use a soothing blanket, a therapy doll or stuffed animal when they get upset or confused. Getting to their eye level and reassuring them in a calm voice is also helpful.

Redirect

After reassuring them and validating their feelings, you can subtly redirect their attention. The redirection should lead into pleasant and distracting activities that take their minds away from wanting “to go home.” For example, when they ask to go home, you can say something like, “Yes we will be going home soon. I have something to do first. Would you like to help me?” That way, you are not arguing with them, thus keeping the situation calm.

CONT’D ON NEXT PAGE

Resources at www.caregiversns.org

By Brenda Sangster, Office Administrator

Many of the calls we receive are questions about finding resources. Although we are happy to help by answering these calls, we understand that not all caregivers can call for information during office hours. Our website is an excellent tool for finding many local resources and can be accessed 24/7.

We arrange the information under broad headings that will help you find exactly what you are looking for, or that will inspire you to explore. From our homepage, select “Resources” from the top menu bar, a light blue menu will appear on the right-hand side, select “Home Care and Other Services”, then select the region you are from. This will take you to a new page listing a range of resources. Select any category to jump down to that section or peruse this page to see all the resources available for that region.

Some of the resource categories are listed below.

Home Care Providers - a list of agencies we are aware of in each region that offer a wide range of services such as personal care, nursing support, respite, palliative care, companionship, housekeeping, help with groceries, accompany clients to appointments, and more.

Companion/Personal Support/Errands - services may include companionship, meal preparation, light housekeeping, errands, laundry and more. This section also includes a link to a list of private home care providers for each region.

Downsizing/Decluttering/House Cleaning - help with any type of cleaning, such as spring cleaning, moving in or out, decluttering, and more. Contact one of these agencies to see if they can help you.

Grocery Delivery/Shopping Services - agencies that can help with

shopping and food delivery, groceries, medicine, and more.

Food Banks - organizations in your area that can provide food or furniture.

Meal Programs/Prepared Meal Delivery - several organizations that offer meals on wheels, frozen favourites, etc.

Mobile Services - blood collection, dental hygiene, foot care, hair stylists, physiotherapy/massage therapy, etc. that will visit in your own home.

Personal Alert Services/Home Health Equipment - devices and sensors to help you or your loved one remain independent.

Respite Care - contact information for those who can help with overnight care, pairing with activities, social outings, companionship care, etc.

Transportation - help with transportation to and from medical appointments, help with flights, etc.

Other Support Services - list of Private Facilities in each region, list of private care providers, information on accessibility in your community, mediators who help caregivers and families with difficult conversations, grief counselling, lawn care, snow removal, and so much more.

If you do not have access to the internet, or are not able to find a resource you are looking for, and want to talk to someone, we are available Monday to Friday from 9:00 am - 4:30 pm. Call us at 1.877.488.7390 to see what services are available in your area.

WHEN THEY WANT TO ‘GO HOME’ CONT’D FROM PREVIOUS PAGE

Distract

Once you have redirected their attention, you can bring their focus to other activities that they enjoy in their current environment. You can casually shift to pointing out things that they like, offer a snack or drink, or go for a walk outside. Later, you can shift to another activity that is part of their daily routine. You could even encourage them to share their thoughts about memories of home, look at photos, and distract them.

Being able to redirect and distract are effective dementia care techniques. It is a skill that will improve over time and these new muscles you are developing will serve you well as your care recipient’s dementia progresses. Don’t feel discouraged if your first attempts don’t work perfectly. Like any muscle, you must practice working it to make it stronger.

What if they cannot get out of the “Wanting to go home” loop? At times, a person with dementia will refuse to let go of the idea of “going home”, no matter how much you try to soothe or redirect

them. At this point, you may want to agree to take them home and go for a brief car ride. See how long it takes before you can redirect them without protest. Perhaps you can stop for a treat, or run errands to distract and redirect. If it is not possible to go for a car ride, even going through the actions of what you’d normally do to go out, may be soothing. Meanwhile, these activities give you a chance to distract and redirect.

Remember that what worked once as a strategy, may not work a second time. Do your best to stay calm and be creative. Validating, redirecting and distracting become easier with practice.

And finally, remember that the person with dementia is doing their best, and that all behaviour is communication. Our role as a dementia caregiver is to look for patterns when we observe our care recipient struggling with distress behaviours or thought loops. Is there anything in the environment that is triggering, or something within them, such as a sensory issue or illness, that is causing their anxiety? A calm, soothing approach is a good strategy when trying to minimize distress behaviours and thought loops.

Frauds and Scams

by Leanne Taylor, Caregiver Support Coordinator, Northern Region

During the pandemic the virtual world has become more of a necessity for communication, shopping, learning, and more. This means that scammers have been busy. I'd like to share some of the cybercrime and online scams that have been reported.

Gift Card/Business Email

Compromise This scam involves a criminal either gaining access to an email account, or creating a nearly identical email account. The criminal will then email the victim, pretending to be someone they know asking them to purchase gift cards. Once the gift cards are purchased, they ask for pictures of the redemption codes. Similar scams will involve sending money to an account that is different from their normal account. Anyone requesting funds in the form of a gift card is likely trying to scam you.

Remote Access Scams Involves victims receiving a pop-up window on their computer advising them that their computer is infected with a virus and to contact the number in the window. When the number is called, they pretend to be either an employee of a company (such as Microsoft), a bank representative or law enforcement. They then will ask the victim to download software, this gives the scammer remote access into the victim's computer. Once remote access is obtained, the scammer can potentially install malware, steal personal documents, and access bank accounts. These types of pop-ups are always a scam. If you are unsure, you can contact the supposed company/agency at their legitimate business number that can be found by using an internet search engine. Never allow anyone access to your computer unless you are sure the person has a valid reason to access your computer. If you suspect your computer has been compromised, the safest thing to do would be to seek out a reputable computer repair business.

Loan Scam Several instances of this scam have been reported in Nova Scotia. Typically, the victim applies for a loan at a non-



traditional financial institution (often out-of-country). The criminals will ask for some or all the loan interest upfront. Once the victim sends the money the criminal ceases all communication without providing the loan. Research and unbiased reviews should be done for any financial transactions online. It is suggested that people stay away from, or at least be very cautious of, non-traditional businesses offering loans where traditional financial institutions won't, with rates that seem too good to be true, or unusual loan conditions.

Intimate Image/Romance Scams

Throughout the pandemic more people have transitioned to online relationships, oftentimes

with people from outside their community or country, whom they've never met in person. There are scams taking place because of this, people are being scammed out of money, sometimes large amounts or being threatened that someone will share an intimate image to family or friends if they do not receive payment. With romance scams, the victim believes they have met someone online who they can have a relationship with, the scammer takes the time to build trust, they communicate by phone or online but are never available for face-to-face interactions. Once the scammer has built a relationship with the victim they will ask for loans often giving heartbreaking stories why they need money to help them, and the victim will send money, but unfortunately this person does not exist. The victim does not get back the money they have sent.

Unfortunately, there are many more scams and frauds that are happening, and the scams above are happening here in Nova Scotia. If you believe you or anyone you know has fallen prey to any online scams or frauds, contact your local police or RCMP detachment or call crime stoppers toll free 1-800-222-8477.

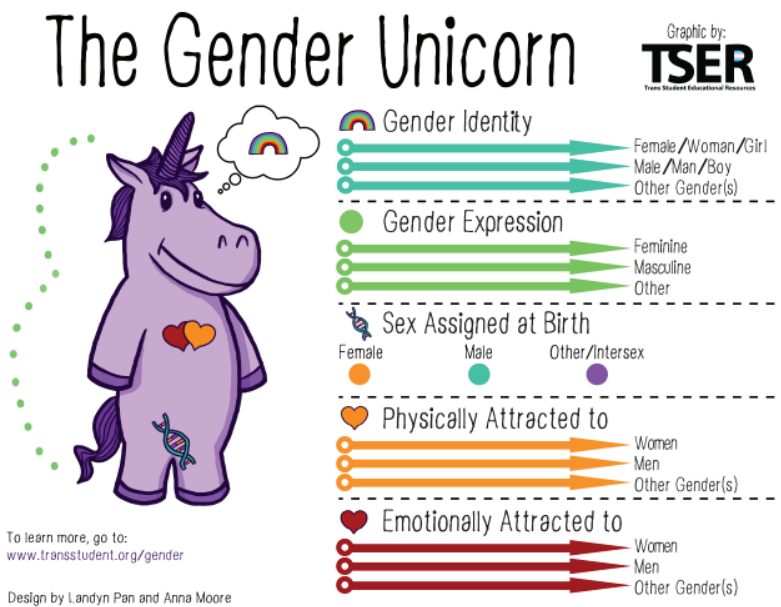
Take Care of one another and above all stay safe!

Caregiver Support Groups

Many of our Support Groups across the province have transitioned back to in-person meetings, and those that are still happening virtually will be transitioning soon in the new year. We have a new Hybrid Support Group (telephone + virtual) starting in January. This will be open to any caregiver in NS not able, or wanting, to attend in-person groups. It will take place on the third Thursday of the month at 6:30 pm, facilitated by Caregiver Support Coordinator, Catherine Parent. Contact us at 1.877.488.7390 to learn more.

Gender Expression and Pronouns

by Nicole Byers, Caregiver Support Coordinator, Western Region



are many ways that a person can identify their gender and this is not an exhaustive list!

Gender expression is how a person expresses their gender identity to the external world. People may express their gender with clothes, hair, make up, body language, and voice. Gender expression occurs on a spectrum with femininity and masculinity on either end of that spectrum. A person's gender expression may change, just like their gender identity.

Gender dysphoria is a sense of unease or displeasure that a person may experience when their sex and their gender identity do not match. Gender dysphoria is very real and can lead to depression, anxiety, self-harm, and taking one's own life.

Sexual orientation is separate from a person's sex and gender. Sexual orientation refers to a person's physical, romantic, and/or emotional attraction to others. Some terms that are used to describe sexual orientation include: asexual, bisexual, gay,

heterosexual, homosexual, lesbian, pansexual, queer, questioning, and straight. A person's physical, romantic, and/or emotional attractions may change throughout their life.

Now that we have learned some of the language we use to talk about gender and sexuality, I want to talk about gender and the use of pronouns. As a person whose sex aligns with their gender (I am a cisgender woman), I am comfortable with others using she/her/hers pronouns when they reference me. However, if a person's sex does not align with their gender (someone who identifies as transgender or non-binary), they may choose pronouns that will affirm their gender identity. Having others use chosen pronouns when referring to someone who identifies as transgender or non-binary can reduce the amount of gender dysphoria they feel. Using someone's chosen pronouns also demonstrates that you respect that person's gender identity.

If your sex does align with your gender, you can demonstrate that you are a safe person by including your pronouns in your email signature, after your name in Zoom meetings, when you introduce yourself to new people, etc. This is how one can demonstrate that they are an ally to genderqueer individuals and it normalizes the act of making your pronouns explicitly known.

Have you noticed lately more and more people are including their pronouns in email signatures and in their names on Zoom calls? Maybe you've seen it, but didn't know what it meant. If that is the case, you are not alone. Let's take a few moments to familiarize ourselves with some of the terms regarding gender and sexuality.

Sex is a label that is assigned to an individual at birth based on their physiological characteristics; it is broken down into three categories: male, female, or intersex. Sometimes sex is referred to as assigned male at birth (AMAB) and assigned female at birth (AFAB).

Sometimes people use sex and gender interchangeably, but they are different. Gender is a social construct that occurs on a spectrum. A person's gender is based on their individual expression and interpretation of gender. Many people think of gender as being male or female; this is known as the gender binary, however there are many ways in which a person can identify and express their gender.

Gender identity is how a person identifies their gender. A person's gender can be the same or different than their sex. Here are some examples of gender identities: agender, cisgender, gender fluid, gender non-conforming, genderqueer, non-binary, transgender, or two spirit. As you can see, there

Virtual Support Group for Francophone Caregivers

We are excited to announce the introduction of a province-wide Support Group that will be offered virtually for francophone caregivers. This support group will begin in the new year and will be facilitated by Caregiver Support Coordinator, JoAnne Connors. For more information or to register call us at 1.877.488.7390.

Up The 10

By Jennine Wilson, Caregiver Support Coordinator, Valley Region

Mindfulness can help alleviate stress, improve sleep, and lower blood pressure. You might be saying that sounds good to me so how does one get started.

I attended a mindfulness training a number of years ago where a story was shared about stickers on power corporation line workers' helmets saying "Up the 10". The gist is 90% of the time our thoughts are in the past or the future, 10% of the time our thoughts are in the present. "Up the 10" stickers are to remind line workers to stay present while working to be as safe as possible. This was a great take away for me that fit.

I now say this to myself often, especially while walking, driving and doing simple tasks. When I notice my thoughts wandering to the past or future, I say "up the 10" to myself. I take a breath noticing the inhale and exhale, I notice where I am, relaxed in my body, and where I am not. I notice what my eyes have landed on and what sounds I hear. It reminds me to be present.

I also bring my attention to my feet, feeling the ground under me when I am standing in queues, helping me to be present in the moment I am in. Another strategy is to use my finger on one hand to go up and down the fingers on my other hand, inhaling on the up and exhaling on the down. The touch and breath help me be present.

There is more than one way to practice mindfulness and the more you do it the more automatic it becomes. Being present helps me be non-judgemental about how I feel in the moment and helps me respond rather than react even in difficult moments. The more I practice the more I notice when my thoughts wander and when my shoulders are in my ears. It helps me slow down, relax, and be aware.

A Harvard Health article states "Some experts believe that mindfulness works, in part, by helping people to accept their experiences – including painful emotions-rather than react to them with aversion and avoidance."

This is their guidance on "Learning to stay in the present." A less formal approach to mindfulness can also help you to stay in the present and fully participate in your life. You can choose any task or moment to practice informal mindfulness, whether you are eating, showering, walking, touching a partner, or playing with a child or grandchild.

Attending to these points will help:

- Start by bringing your attention to the sensations in your body.
- Breathe in through your nose, allowing the air downward into your lower belly. Let your abdomen expand fully.
- Now breathe out through your mouth
- Notice the sensations of each inhalation and exhalation
- Proceed with the task at hand slowly and with full deliberation
- Engage your senses fully. Notice each sight, touch, and



sound so that you savor every sensation.

- When you notice that your mind has wandered from the task at hand, gently bring your attention back to the sensations of the moment.

Family/friend Caregivers' are essential and their worlds are full of planning, decision making, thinking three steps ahead, appointments, many necessary tasks, exhaustion and incremental losses. All of that can make it hard work to stay present, but we need to be gentle with ourselves and be non-judgemental about our emotions. My hope is the simplistic practice of something like "up the 10" will help people be present more often, helping us to capture the little moments we are grateful for. What will you try on to see if it is a fit for you?

Information adapted from
<https://www.helpguide.org/harvard/benefits-of-mindfulness.htm>
and <https://www.helpguide.org/>

Caregiver Winter Wellness

By Catherine Parent, Caregiver Support Coordinator, Eastern HRM



As the cooler temperatures arrive and the winter season approaches, now may be the perfect time to take a moment to pause and ponder. A reflection on wellness for the winter months, let's say. Let's get even more specific and take a look at caregiver winter wellness, starting with the basics.

The health and wellness of individuals is frequently discussed, even more so as we continue through the ongoing pandemic. Wellness is finding a healthy balance of moments and activities that lead to a fuller, more satisfying life. Wellness can add quality years to our lives. There are seven

main dimensions of wellness which include physical, emotional, intellectual, social, spiritual, environmental, and occupational. The question is... how do we (specifically caregivers) maintain wellness throughout the winter months? As a caregiver, free time is frequently in short supply. One idea is to designate time weekly, solely for a self-care activity or two. Being good to yourself can enhance the kindness and compassion that you have for others. Many caregivers are experts at multitasking. When thinking about all the dimensions of wellness, aim for a balance that works best for you. The winter season can increase isolation, anxiety, stress and loneliness, while decreasing socialization. Therefore, it is even more important to focus on finding a wellness balance.

Consider the analogy of food preservation. Many folks preserve food as a means of food security wellness through the winter. Food is preserved in mason jars and placed in a pantry for current and future use. If we were to take this practice and substitute each mason jar's content with a dimension of wellness, are we refilling and replenishing our mason jars as required? Especially as a caregiver?

Food for thought: as a caregiver, are you providing yourself with mental health and wellness self-check in points? How are you doing? What can you incorporate or delete to maintain good mental health through the winter months? What can you do to decrease the stresses and minimize the snowball effect within your role of caregiving? What are you doing to care for yourself? Are you gifting yourself time to replenish your well-being? Are you aware that socialization could add to your caregiver support network?



The following is a list of activities that can positively influence caregiver winter wellness. Incorporating a few of these activities may help winter fly by.

- Form a "Covid Pod" of friends for coffee time.
- Attend a monthly Caregiver Peer Support Group.
- Create a "Grateful" word jar...aiming at a minimum of 5 words per week.
- Participate in a neighbourhood holiday carol sing event.
- Participate in an exercise program (online, in-person, or virtually).
- Engage in a winter walk-about and be present in nature (park, trail, or mall).
- Attend a caregiver workshop... It's a great place to connect with others!
- Declutter a small space within your home. Letting go of things opens up spaces within yourself and your environment.
- Have a movie night. Set the stage with cozy blankets, snacks, and friends.
- Make an inspirational collection of items or phrases, and maybe gift this forward
- Sign up for a class; a cooking, craft, or spiritual event.
- Participate in a webinar of interest.
- Attend a winter field trip, event, or outing. Let someone else do the driving and spark up a conversation and stimulate your mind!
- Volunteer and share one of your skills with another caregiver you know or a neighbour. A buddy system can be beneficial.
- Nourish your soul by actively incorporating mini-respite moments for 20 minutes per day; all at once or spread out throughout the day, either way works well!

For additional resources for health and wellness, many programs and services are offered through community networks and organizations such as Community Links (<https://nscommunitylinks.ca>), Community Health Teams (www.nshealth.ca), Community Health Boards (www.communityhealthboards.ns.ca), and Well-Being and Resource Hubs (https://www.facebook.com/WellbeingHUBs/?ref=py_c) (<https://novascotia.cmha.ca>) throughout the province.



On a final note when considering caregiver winter wellness, remember to check and restock your home and vehicle

emergency kits and monitor weather conditions.

Have a happy and safe start to your winter wellness!

Some information in this article was adapted from https://www.comforcare.ca/blog/6-Socially-Distanced-Winter-Activities-for-Seniors_AE159.html

Avoiding Mistakes When Hiring Private Care Providers

By Maggie Roach-Ganaway, Caregiver Support Coordinator, Cape Breton

With more and more caregivers looking to hire private care providers, it's important to make sure to hire the right one for your loved one. Whether it is with a private agency or private individual there are a few things you will have to keep in mind to make sure you get the right fit for everyone.

The first step is to find a care provider. If you are looking to hire an agency there are few different places to try: contact 211, the phonebook, google, or our Caregivers NS website that has a list of the local agencies in your area. If you are looking to hire an individual care provider, it may be a little more difficult to find, but not impossible. You may first want to ask friends and other family members if they know of someone who does this kind of work. Advertising in the local paper, an online job site, posting at a local Community College that offers training for care providers, talking to a Social Worker or Continuing Care Coordinator, or your regional Caregivers NS Support Coordinator, as they may have a list of individuals that do this work, are all good options for finding individual care providers in your community. Just remember it will be up to you to do background checks and any vetting to make sure they are a good fit for you and your loved one.

Once you have some names, the next thing you will have to do is an interview, and this is the most important part of finding the right fit. If you are looking to hire an agency you may want to check out their website first to see what services they offer and their rates and hours. When you talk with them, have a list of questions ready to ask them. If you're not sure what you should ask there is a list of 20 questions available on our website that you can find here: https://caregiversns.org/images/uploads/tiac/Twenty_Questions_to_Ask_Potential_Care_Providers.pdf

Hiring an individual will require a little more work on your part, as you can't just let anyone into your home. Do your

homework. Some of the things you should remember are:

1. Ask for a resume which should include at least three references and a criminal record check.
2. Write out a list of questions. You may want to include things like what experience they have, what is their training or licensing, how long they have been doing this kind of work, personality questions, special skills, what hours do they cover and their hourly rate are just a few.
3. Outline your expectations with them from the start. Think about things like cell phone use, transportation requirements, flexibility, inclement weather, and housework.
4. You may want to ask them about their expectations for the job to make sure you are on the same page.
5. After the interview, be sure to call the references provided and have a list of questions ready to ask them as well.

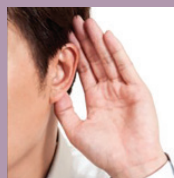
The final thing I would like to mention is that not everyone has the resources to cover the cost of private care, but there may be ways to get the funding you need to get the help you require. Continuing Care and Community Services have some programs that provide funding for this, and your Caregivers NS Support Coordinator can help direct you to the program that may work for you and walk you through the process, so don't hesitate to call.

Not everyone will qualify for programs, but it is a good starting place. Some private insurance plans will provide funds to cover private care as well, so always check your policy.

This may seem like a daunting task at first, but remember it will make your life and life for your loved one that much better.



If you would like to receive a colour copy of our newsletter by email, please subscribe by going to our website at www.CaregiversNS.org and sign up at the bottom of any page.



Got Feedback?

We're listening. Give opinions and provide feedback on services, newsletter, programs, ... everything CNS.

Please contact us.

1.877.488.7390 or www.CaregiversNS.org