

## May Is Caregiver Awareness Month

During the month of May, Caregivers Nova Scotia Association (CNS) recognize caregivers across the province for the unpaid support they provide to family and friends.

Never has recognition been more important than this year. COVID 19 has put tremendous pressure, stress and risk on everyone. We are inundated each day with news about the number of people infected, the businesses that are closing and losing money, the numbers of unemployed, and sadly, the number of deaths.

However, one constant through all of this is the devotion and care provided each and every day by the unpaid family and friend caregivers in our province and across the country. Statistics show that 1 in 3 Nova Scotians identify as an unpaid caregiver.

These unsung heroes continue to go about their days, during this pandemic, with little to no acknowledgement and most definitely no stimulus package. Where are the funds to help offset the lack of home care or respite care? With less respite care being provided caregivers are now forced to either bring along their care recipient with them when they go shopping for necessities or stay at home and rely on scant services for home delivery. If they do have to bring their care recipient along it potentially exposes this person as well as the caregiver to possible infection.

How are caregivers to gain access to those they care for living alone in apartment buildings where they are no longer permitted to enter due to visitor restrictions? There are so many stories that have gone unnoticed because this resilient population just do what they have to do without additional support from any level of government regardless of party stripe.

When will those who have the power to help step up to address their needs and concerns? The home first policies adopted by governments are great and most people want to remain at home for as long as is humanly possible, but at what cost and whose expense? We are all aware of the crisis in our long-term care facilities caused by the coronavirus but there is also a crisis looming in the homes of unpaid family and friend caregivers, some of whom are struggling to cope.

At CNS, we strive to support and advocate for caregivers, as well as provide information and resources. We realize the contribution caregivers are making in our province and want to recognize the impacts.

Join us this May 2020 in recognizing and supporting unpaid caregivers. Find us on Facebook (@CaregiversNS) and Twitter (@CaregiversNS) for daily updates.

**AGM**  
**Our Annual General Meeting**  
**will be held Saturday, June 27**  
**11:00 am**

This meeting will take place virtually.  
Please call 902.421.7390  
for more information  
and to register.



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