



Caregivers

Nova Scotia

for friends and family giving care

*“So glad you are there.
I don’t know how I would have
gotten through this without you.”*

– CNS caregiver client

Caregivers Nova Scotia is a non-profit organization providing **FREE** programs, services, information, and advocacy for unpaid, friend and family caregivers.

Telephone: 902.421.7390

Toll-free: 1.877.488.7390

www.CaregiversNS.org



Caregivers Nova Scotia Association
3433 Dutch Village Road
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Registered Charity No. 87932 1420 RR0002

Our Programs & Services

Phone & Email Support – Need to talk about your caregiving challenges with someone who is objective, non-judgmental, and will honour your privacy? Our support lines are open Monday to Friday, 9:00 am – 4:30 pm. All our staff are, or have been, caregivers.

Healthcare Navigation & Information
Accessing the healthcare system, government programs, and community supports can be confusing. We can help you prioritize your needs, identify your options, and find answers to your questions.

Peer Support Groups – We offer free, confidential Caregiver Support Groups throughout Nova Scotia. Our meetings focus on **you** and how you are coping with your caregiving role. No one understands a caregiver like another caregiver.

Educational Workshops – We provide free workshops on a variety of topics including:

- Caregiver Stress Management
- Safe Medicines for Seniors & Caregivers
- Brushing Up on Mouth Care
- Advance Care Planning for Caregivers:
Getting Started

Resources – Visit our website for our **Where to Begin** guide, **The Caregiver's Handbook**, and **Transitions in Adult Care** – a support tool that includes information for living safely at home, moving to other housing, crisis care, and more. Call us if you do not have internet access.