

**Nobody understands a caregiver
like another caregiver.**

We facilitate **25 monthly peer Support
Groups** for caregivers across the province.

“At the [caregiver support group] we
can let our true feelings **come alive.**
Others understand us and don’t judge.”
– CNS Caregiver

“At the caregiver support group I always **learn** something. People **share ideas** and I’ve taken them home and **they’ve helped me** a lot.” – CNS Caregiver

The **right supports** help make it possible for caregivers and their care recipients to remain at home.

Visit our [Transitions in Adult Care](#) on our website for resources to help you **live safely at home**.





Have you heard of:
The Caregiver Benefit ?
The Supportive Care Program ?
Home Care ?
The Canada Caregiver Credit ?



We can help you find them.

Do you need respite?

Here are some options we can help you explore:

- Facility-based respite through Continuing Care
- Adult Day Programs
- Autism NS respite database
- Supportive Care program funding
- Nova Scotia Respite Guide

Frailty is a diagnosis.



Image credit:
Canadian Frailty
Network

Visit our [website](#) for information on frailty and how to recognize frailty in your loved one.

We offer **free educational workshops**
across the province, including:

Caregiver Stress Management

- helps identify stressors in your caregiving role; offers coping exercises and activities.

Free educational workshops

Brushing Up on Mouth Care

- Learn how oral health affects overall health; proper brushing techniques, oral health products, and low-cost solutions to try at home

Free educational workshops

Safe Medicines for Seniors & Caregivers

- helps identify areas where mistakes can be made as we manage a loved one's medication; includes a guest pharmacist.

Free educational workshops

Advance Care Planning for Caregivers: Getting Started

- learn how to write your own plan for future personal, acute, and end-of-life care and determine who will speak for you when you cannot speak for yourself.

Are you looking for information on:

- **Downsizing**
- **Renovating to age in place**
- **Low-income seniors housing**
- **Private-pay housing options**
- **Long-term care**

You'll find all of this and more on our website in
[**Transitions in Adult Care**](#)

Efficiency Nova Scotia offers free energy assessments and home upgrades to eligible homeowners.

Visit: www.energycns.ca
to find out how you and your loved one can stay comfortable and save money all year round.



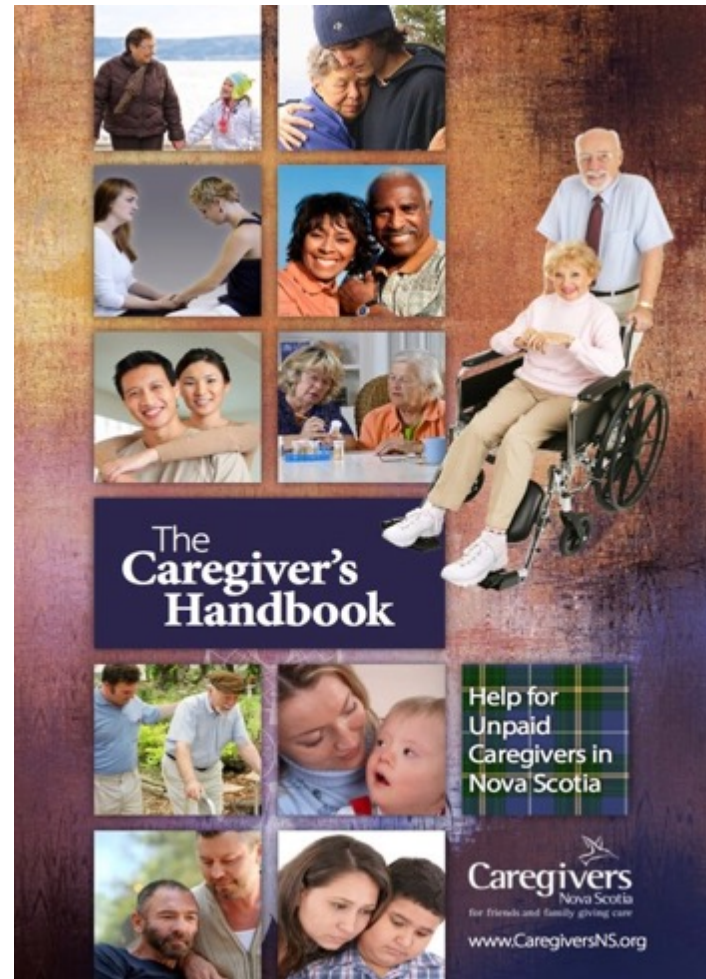
ADMINISTERED IN PARTNERSHIP WITH



*Contact us to get your
free copy of*

The Caregiver's Handbook

It's our premiere resource!



#CaregiverAware2019

CaregiversNS.org

1.877.488.7390

Caregivers Nova Scotia is here to help.



Please contact us.

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