

CARESTRATEGIES INCORPORATED

**Finding Solutions
Together**

June, 2007

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Objectives

- Identify ourselves as family caregivers for aging parents, a partner or spouse, children with special needs, other family members or friends;
- Recognize the added pressure that we feel because of the knowledge and experience we have as people working in health care;
- Value our roles as family caregivers and make use of the resources available to us.

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STATISTICS

In Nova Scotia:

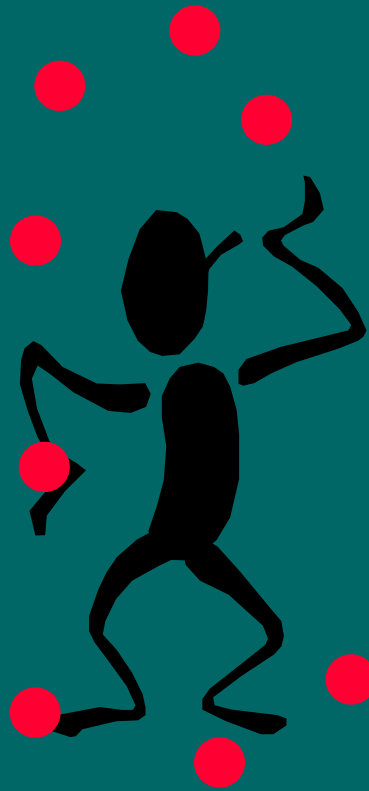
- 1 in 3 (36%) adults provides care to another individual of any age
- 65% of caregivers between 19- 64 are employed, 47% are employed full time
- 29% of those over 45 care for someone over 65; the Canadian average is 20%.

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Did you see yourself ?

Did you see someone you know?

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FAMILY CAREGIVING AFFECTS...

- Your Physical Well-being
- Your Social Well-being
- Your Emotional Well-being
- Your Economic Well-being

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**THE ADDED PRESSURE OF WORKING IN
HEALTH CARE**

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10 Strategies for Self-Care

- Knowledge is power.
- Recognize the signs of stress.
- Know your respite options.

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10 Strategies for Self-Care

- Give yourself a break.
- When someone says “Call me if you need some help” – CALL!
- Share the load with others.

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10 Strategies for Self-Care

- **Rekindle or nourish relationships and friendships.**
- **Balance your family life, your work life and your caregiving responsibilities.**

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10 Strategies for Self-Care

- **Keep or find your sense of humour.**
- **BREATHE !!!**

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SMALL STEPS...

- Information
- Support
- Respite

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RESOURCES

- **CDHA EAP: 1-800-461-5558 / www.fgiworldmembers.com
username: nsaho; password: nsaho101**
- **NS Continuing Care: 1-800-225-7225 / www.gov.ns.ca/health/ccs
Home Care
Long Term Care
Respite
Adult Protection**

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RESOURCES

- **Seniors' Secretariat: Seniors' Information Line**
1-800-670-0065 (toll-free)
(902) 424-0065 (Metro area)
www.gov.ns.ca/scs
- **2007 Programs For Seniors: Annual Publication**
www.gov.ns.ca/scs/programs.asp

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RESOURCES

- **VON: Seniors' Info Line**
(902) 454-5755 / seniorinfo@vonhalifax.ns.ca
- **Caregivers Nova Scotia: Information and Support Groups**
(902) 421-7390 / www.caregiversns.org
- **IWK: Telephone Book under specific disorder**
- **Your Employment Benefits Package**

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RESOURCES

- **Mental Health Services: (902) 473-2492**
- **Seniors Mental Health Services: (902) 464-6054**
- **Adult Day Programs:**
 - Northwood: (902) 454-3347**
 - VON Breakaway: (902) 453-5800 ext 231**
 - Oakwood: (902) 469-2794 ext 199**
 - The Birches: (902) 889-3474**

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Additional Resources

Employee Care
Coordinators,
Occupational Health,
Capital Health

Resources

- Talk with your supervisor/manager
- EAP
- Compassionate Care Benefit
- Human Resources
- Occupational Health

Supervisor/Manager

- Talk with your supervisor/manager

Employee Assistance Program (EAP)

- Your EAP is more than just counseling
- EAP Document – Worklife Solutions and Well Being
<http://cdhaintra.cdha.nshealth.ca/departmentservices/humanresources/ochealth/eap/servicesAvailableWithEAP.pdf>
- Who is eligible for EAP?

Compassionate Care Benefits

- Employment Insurance (EI) Compassionate Care Benefits
- http://www1.servicecanada.gc.ca/en/ei/types/compassionate_care.shtml
- Toll-Free: 1 800 206-7218

Capital Health Employee Benefits

- Do you have questions about what benefits are available to you?
- Call 473-5757

Occupational Health

- **Dartmouth General** Phone (902) 465-8455
- **Queen Elizabeth II Health Sciences Centre**
 - **HI Site** - (902) 473-4773
 - **VG Site** - (902) 473-8416
- **Cobequid Community Health Centre** – (902) 464-3186
- **Eastern Shore Memorial Hospital** – (902) 885-2554
- **Hants Community Hospital** - (902) 798-8351
- **Musquodoboit Valley Memorial Hospital** - (902) 384-2220
- **Public Health** – (902) 481-5800
- **Twin Oaks** - (902) 889-2200

Questions?