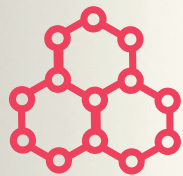


# DNA OF A CAREGIVER CARING FOR AN OLDER PERSON OR SOMEONE WITH A GERIATRIC PROFILE

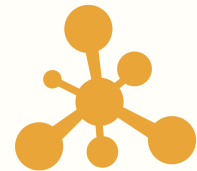
DNA: CHARACTERISTICS OR QUALITIES  
OF SOMEONE REGARDED AS UNIQUE  
AND UNCHANGEABLE.



## Multiple common DENOMINATORS

### NEEDS

- Be informed
- Be heard in a non-judgemental manner
- Update knowledge regularly
- Adapt communication mode
- Be aware of appropriate resources
- Develop a support network
- Develop a support network
- Be recognized for assuming a new challenging caregiver role



## NUMEROUS LOSSES

- A beloved parent
- A dearly loved spouse
- Previous relationship with care receiver
- Long-awaited retirement
- Pursuit of previous activities and pastimes
- Reciprocity in spousal relationship
- Independence and free time.



## INHERENT DISPOSITION

Attitude toward illness or losses related  
to aging process

- Tolerance for ambiguity
- Openness or resistance to seeking help
- Premises of relationship with care receiver: communication mode, conflict resolution approach, expression of affection and control issues

MRC DES LAURENTIDES CAREGIVERS  
*Your well-being matters to us!*





**PALLIACCO**  
1 855 717-9646 palliaco.org

- Improving the quality of life of people with cancer, at the end of life, caregivers and people in mourning
- Support services, accompaniment and in-home respite care

**ALZHEIMER SOCIETY LAURENTIDES**  
1 800 978-7881 alzheimerlaurentides.com

- Telephone helpline
- Disease information and documentation
- Individual and family meetings
- Support groups for caregivers
- Oasis activity center for people with the disease
- Respite-Accompaniment-Stimulation at home
- Respite-help
- Training workshops for caregivers
- Conferences for the public and professional training

**FADOQ – RÉGION DES LAURENTIDES**  
1 877 429-5858 fadoq.ca/laurentides

- Different informational activities
- Defense of the collective rights of the 50+
- Culture, leisure and physical activities among the 50+

**CISSS DES LAURENTIDES**  
1 833 217-5362 santelaurentides.gouv.qc.ca  
Info social : 811

- In-home help (personal care and assistance)
- Temporary equipment loan
- Group for caregivers
- Respite
- Psychosocial support
- Allowance to obtain help and respite
- Physiotherapy and ergotherapy
- Nursing and medical care
- Palliative services

**GROUPE RELÈVE POUR PERSONNES APHASIQUES/AVC LAURENTIDES**  
1 866 974-1888 grpa.ca

- Stimulation workshops, follow-up and support for people having suffered aphasia and/or stroke victims
- Psychosocial follow-up, training and respite for caregivers
- Conferences

**CONCERT ACTION SOUTIEN AUTONOMIE DES LAURENTIDES (CASA)**  
• Brings together organizations (community, public / para-public) to respond to the needs of seniors and people with loss of autonomy to allow them to live at home as long as possible.  
• Consult the directory "SERVICES TO SENIORS" on the MRC des Laurentides website:  
[https://en.mrc-laurentides.qc.ca/wp-content/uploads/2020/03/10496\\_Bottin\\_Repertoire\\_Ainees\\_ANG.pdf](https://en.mrc-laurentides.qc.ca/wp-content/uploads/2020/03/10496_Bottin_Repertoire_Ainees_ANG.pdf)

**4KORNERS**  
1 888 974-3940 4korners.org  
• Services offered in English  
• Individual and group support  
• Group workshops and information sessions  
• Referrals and accompaniment to resources

**L'APPUI LAURENTIDES POUR LES PROCHES AIDANTS D'AÎNÉS**  
SERVICE INFO-AIDANT 1 855 852-7784 lappui.org/laurentides  
• Telephone helpline - Listening - Information - Referrals  
• Development of information, training, psychosocial support and respite services

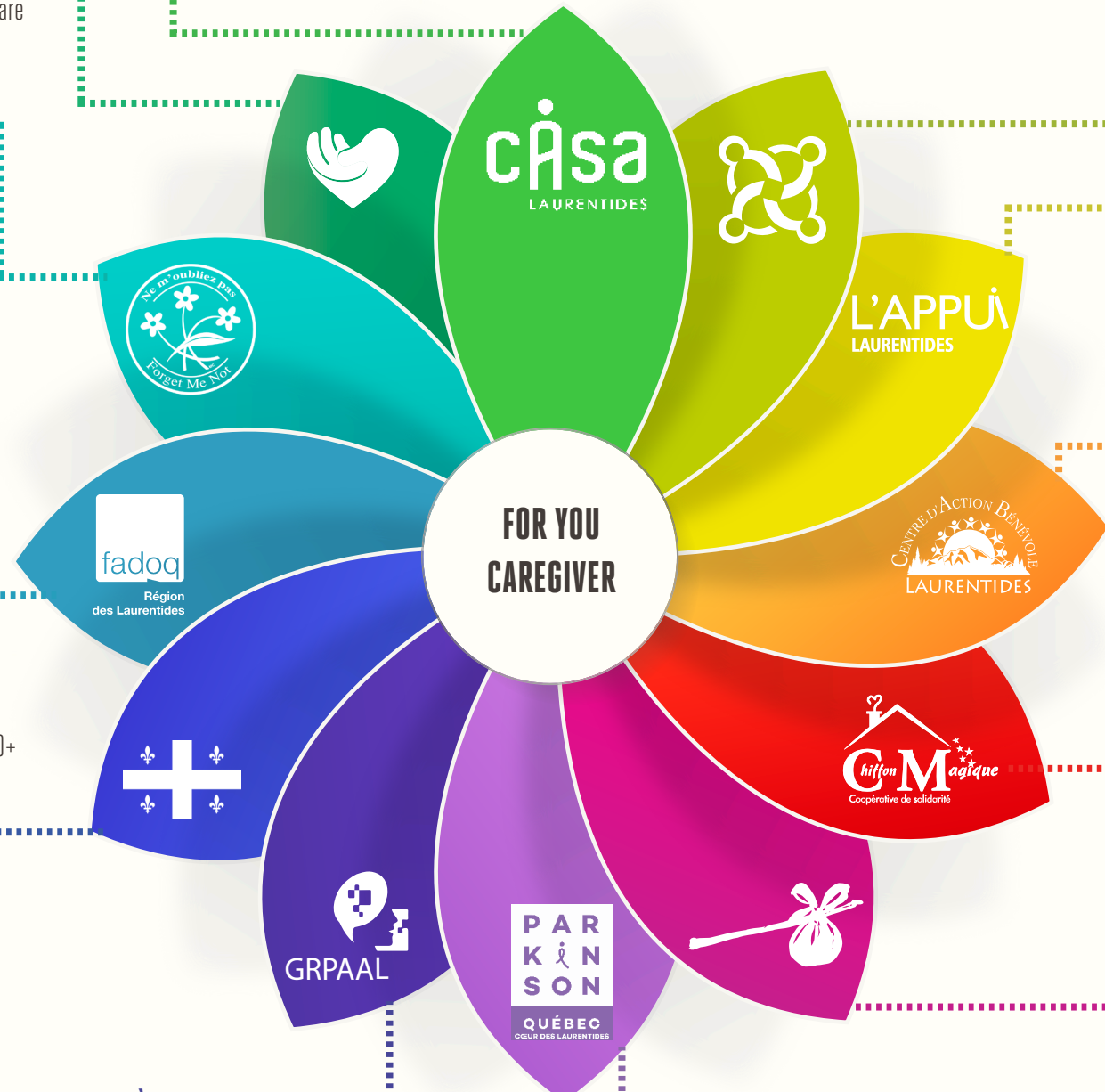
**CENTRE D'ACTION BÉNÉVOLE LAURENTIDES (CABL)**  
819 326-0819 ou 819 425-8433 cab-laurentides.org  
• Individual psychosocial support  
• Art-Therapy group workshops  
• Medical accompaniment - transportation  
• Meals-On-Wheels, frozen meals  
• Help with government forms

**COOP CHIFFON MAGIQUE**  
819 425-7484 1 877 611-7484 coopchiffonmagique.org  
• Domestic help (housekeeping, meal preparation, shopping)  
• Personal care services

**BALUCHON ALZHEIMER**  
514 762-2667 baluchonalzheimer.com  
• Respite and home support service for families with a loved one suffering from Alzheimer's disease

**PARKINSON QUÉBEC**  
1 800 720-1307 parkinsonquebec.ca  
• Reception, information and support for people living with Parkinson's disease, and their caregivers  
• Support and referrals to resources, according to needs  
• Programming of activities offered to the community

THE ELDER MISTREATMENT HELPLINE (LAAA)	1 888 489-2287
USERS' COMMITTEE DES SOMMETS (CISSS DES LAURENTIDES)	1 855 766-6387, poste 34334
CENTRE D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES (CAAP) DES LAURENTIDES	450 565-9111 ou 1 888 841-8414
CENTRE PRÉVENTION SUICIDE FAUBOURG (SUICIDE HELPLINE)	1 866 APPELLE (277-3553)



**L'APPUI** POUR LES PROCHES AIDANTS D'AÎNÉS  
LAURENTIDES

**YOU CARE FOR THEM,  
WE CARE FOR YOU.**



**CAREGIVER SUPPORT**  
1 855 852-7784  
LISTENING-INFORMATION-REFERRALS

**TRANSPORT ADAPTÉ ET COLLECTIF DES LAURENTIDES**  
TaCL transportlaurentides.ca  
PARATRANSIT : 1 800 717-9737

- Door-to-door public transit service for handicapped people
- L'INTER : 1 877 604-3377**
- Public transit (bus and taxibus) between Labelle and St-Jérôme (29 municipalities)

**PRÉVOYANCE ENVERS LES AÎNÉS DES LAURENTIDES**  
1 844 551-6032 prevoyanceaineslaurentides.org

- Listening, support, comfort and accompaniment during vulnerable situations
- **PAIR program** : Daily automated call service to ensure safety (free)
- Referral and accompaniment to resources

