

# 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.**

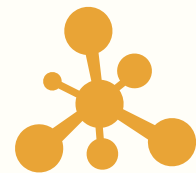


## **D** Multiple common DENOMINATORS

### 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
- Share your reality
- Be recognized for assuming a new challenging caregiver role

Partnership: Argenteuil's Local Committee of Caregivers,  
Julie Gravel, Guylaine Charlot et Karine Rossignol



## **N**UMEROUS 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



## **I**NHERENT **D**ISPOSITION

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 mutual affection and control issues

PROCHES AIDANTS MRC THÉRÈSE-DE BLAINVILLE  
*Your well-being matters to us!*



**PALLIA VIE**  
450 431-3331 pallia-vie.ca

- Accompaniment for people suffering from cancer or a degenerative disease, as well as for their loved ones
- Support services for grieving individuals

**CIT LAURENTIDES**  
450 433-4000 citl.qc.ca

- Adapted transportation
- Taxibus Transport (via the municipalities of the MRC)

**L'ANTR'AIDANT**  
579-888-0211 lantraidant.com

- 7 days a week reception line: information, support and referrals to resources
- Psychosocial support and individual/group coaching
- Permanent and open support groups - virtual and face-to-face
- Workshops, conferences and training for caregivers

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

- In-home help (personal care and assistance)
- Temporary equipment loan
- 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
  - Respite and support
  - Conferences for caregivers, health professionals and students in the health field
  - Psychosocial intervention with follow-up, training, respite and stimulating interventions in the home.

**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

**4KORNERS**  
1 888 974-3940 4korners.org

- Services offered in English
- Caregiver support group
- Information sessions
- Referrals and accompaniment to resources

**BALUCHON ALZHEIMER**  
514 762-2667 baluchonalzheimer.com

- Respite and home support service for families with a loved one suffering from Alzheimer's disease

**CENTRE D'ACTION BÉNÉVOLE SOLANGE BEAUCHAMP**  
450 430-5056 #228 cab-solange-beauchamp.com

- Individualized psychosocial support
- Referrals and accompaniment to resources
- Monthly support groups
- Training, conferences and themed workshops
- Caregiver recognition activity

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

- Disease information
- Telephone helpline
- Support groups for caregivers
- Individual and family meetings
- Respite-Accompaniment-Stimulation at home
- Respite-help
- Training workshops for caregivers
- Professional training and conferences
- Documentation

**COOP AIDE CHEZ SOI**  
450 979-2372 info@acsbl.org

- Respite: presence/supervision, for caregivers of seniors
- Domestic help: housekeeping, laundry, meal preparation, shopping, seasonal cleaning, personal care.

**MAISON ALOIS ALZHEIMER**  
450 660-6225 maisonalois.org

- Daily Respite Services
- Individual Psychosocial Support
- Information on the disease
- Referral towards other helpful resources
- Theme nights for individuals and their caregivers
- Yoga for caregivers, with respite



## Proches aidants MRC Thérèse-De Blainville

Active since 2009, this committee's mission is to support, raise awareness and provide information. The partners work together to ensure a better response to the needs of caregivers of seniors in the MRC of Thérèse-De Blainville.

**THE ELDER MISTREATMENT HELPLINE (LAAA)**  
1 888 489-2287

**COMITÉ DES USAGERS THÉRÈSE-DE BLAINVILLE (CISSS DES LAURENTIDES)**  
450 433-2777, ext. 65144

**CENTRE D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES (CAAP) DES LAURENTIDES**  
450 565-9111 or 1 888 841-8414