

NOW YOU ARE A CAREGIVER

YOU ARE NOT ALONE

This resource kit has been developed to acknowledge your role as a caregiver and to provide help for you in your caregiving role. Your role as a caregiver is important to the well-being of your loved one. You may find the caregiving experience very rewarding and satisfying. It can also be challenging and frustrating. The adjustment into the role of caregiver is often rocky and abrupt. Many people do not learn about being a caregiver until they are left with no choice.

Caregivers are strong, courageous people and are expected to take on new and challenging responsibilities when the person they care about becomes ill and relies on them for support. It is important to recognize the value of the role that has been undertaken and the impact this will have on a loved one's care and comfort. Sometimes, acknowledging this can be difficult as much attention is directed towards the person who is ill or in need.

The needs of the person you are caring for take up most of your thoughts. But, as a caregiver, you must be made aware of the number one rule of caregiving – you need to look after yourself. Otherwise the quality of the care that you are capable of giving, your relationship with the person you are caring for and the quality of your own life may suffer greatly.

Those who make a point of attending to their own needs in addition to the needs of others will be happier and healthier. You will also be a more effective caregiver.



THIS KIT IS DESIGNED TO:

- Provide practical information about caregiving.
- Educate caregivers about community resources.
- Support caregivers in dealing with difficult situations.
- Help caregivers navigate the system.
- Encourage caregivers to care for themselves.
- Reach caregivers in remote communities and throughout the E.K.

WE CAN HELP



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