

Canadian Family Caregivers Guide

A Guide To Supporting Loved Ones And Yourself



! More than eight million Canadians are family caregivers who are devoted to caring for elderly parents. Apart from family members, neighbors, friends, and any other significant people also provide care.

Cultivating Caregiver Resilience



Financial Resources And Programs

Recognizing Your Care

Tax credits for caregivers are available through government programs.

Support During Leave

El is available during your leave for sick relative.

Respite Care Program

Short term relief, so you can rest or travel.

Home Care Services

At home assistance for your loved one, so you can focus on your own well being.



Prioritize Well Being



Breaks, yoga, mindful reset.

Establish Gentle Limits



Balance, define capabilities.



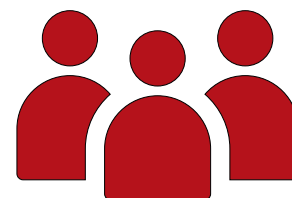
Support Checklist

Follow this checklist to remember important details of personal caregiving.

- Helping With Nourishing Meals And Snacks
- Companionship And Reassurance
- Personal Hygiene Assistance
- Mobility Support
- Cognitive Engagement (Games, Puzzles)
- Rest Management
- Coordinating Appointments And Errands
- Financial And Legal Management
- Enhancing Home Safety (Handrails, Grab Bars)
- Implementing Assistive Technology
- Resource Planning For Future Needs



Community Support



Share stories, connect locally.

The information provided in this guide is for educational and general informational purposes only and should not be construed as professional medical, financial, or legal advice. Always consult with a qualified healthcare provider, licensed financial advisor, or legal professional for advice and guidance tailored to your specific family situation and location.