

## Caregiver resources

### @YourSide Caregiver Support

@YourSide® Caregiver Support is a computer-based (CD-Rom) e-learning program for caregivers. Some of the key features include comprehensive caregiving information, tools and tips for taking care of your loved one, your family and yourself. This supports enhanced communication with the care recipient's health care team.

### Information and instructional publications

Sponsored by the SEHC Foundation and written by author Harry van Bommel, the following books are available to support caregivers:

- **Caring for Loved Ones at Home**
- **Family Hospice Care: Pre-Planning & Care Guide**



### Helpful links

Ontario Ministry of Health and Long-Term Care

<http://www.health.gov.on.ca>

Community Care Access Centres

<http://www.ccac-ont.ca/>

Federal Compassionate Care Benefits (Employment Insurance)

[http://hrdc.gc.ca/en/ei/types/compassionate\\_care.shtml](http://hrdc.gc.ca/en/ei/types/compassionate_care.shtml)

## For more information

### About Saint Elizabeth Health Care

At Saint Elizabeth Health Care, we're taking health care in a new direction. By combining the expertise of our nurses, therapists and home support teams with the latest thinking and communications technology, we're bringing new health care ideas, innovative services and knowledge to people when, how and where they choose. Care to be amazed!

### About Saint Elizabeth Health Care Foundation

Building on a solid foundation, Saint Elizabeth Health Care established a separate charitable not-for-profit foundation in 1997. Inspired by the mission of Saint Elizabeth Health Care, the Foundation is dedicated to raising funds for the advancement of knowledge and charitable initiatives in home and community health care.



For more information, please contact the foundation:

Tel: 905.940.9655 ext. 6516

Email: [caregiver@saintelizabeth.com](mailto:caregiver@saintelizabeth.com)

[www.saintelizabeth.com](http://www.saintelizabeth.com)

## Getting the help you need



## Support & Resources for Caregivers

INFORMATION IN SUPPORT OF CAREGIVERS BROUGHT TO YOU BY:



[www.saintelizabeth.com](http://www.saintelizabeth.com)

## About the program

Caregiving is a growing issue. Currently, more than 2.8 million Canadians (one in four aged 45 and over, and one in seven aged 25 and over) are caregivers to people with physical or mental limitations as well as chronic health conditions.

The *Caregiver Support Program* provides caregivers with the practical skills and supports necessary to more effectively manage the home care needs of their loved ones.

### The program offers:

- caregiver relief services (respite care) free of charge to those most in need
- counselling and support for the caregiver, care recipient and/or other family members
- health care education that emphasizes health and stress management, prevention, holistic care and caregiving instruction.
- e-learning for caregivers and care recipients through the @YourSide® Caregiver Support CD-Rom
- publications and resources for caregivers



### Benefits to caregivers:

- Services free of charge
- Easy access to helpful resources
- Superb health care education for caregivers and care recipients through the @YourSide® Caregiver Support CD-Rom
- Counselling and support



The outcome is one that's truly beneficial to all. Families are empowered with greater confidence and control. They're able to make the best choices, and provide the most appropriate care for their loved ones. And, they feel cared for themselves. To us, that's care to imagine.



### Testimonials

*"[The caregiver program] has been a godsend to me in helping with my mother's care. I work full-time and go to school part-time,*

*and this would not have been possible without the extra time allowed by your generous support. I would like to thank the staff of Saint Elizabeth Health Care, who come into my home and help with my mother's care. They are the best and I don't know what I would do without them."*

*"I can speak from experience of the many ways that the Saint Elizabeth Health Care respite service has enabled me to survive. As a result of this support, I now have more time to attend to my own needs and those of my family."*

*"I can speak from experience of the many ways that the Saint Elizabeth Health Care respite service has enabled me to survive."*



### Why does the SEHC Foundation provide a Caregiver Support Program?

The *Caregiver Support Program* helps to alleviate pressure on the caregiver by providing them with essential tools, resources, expertise and respite (relief) care.

### How is the SEHC Foundation Caregiver Support Program funded?

This initiative is funded entirely by charitable donations received from individuals, families, corporations and organizations in the community. This charitable support is crucial as it enables us to offer the program to participants completely free of charge.