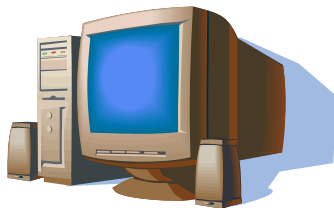




**Monthly Unpaid Caregiver E Bulletin
NL Caregivers Out of Isolation Program
December 2011**

Resources on the NET

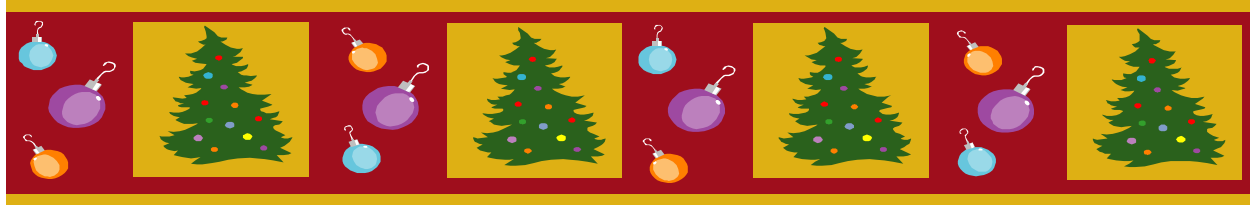


The Canadian Caregiver Coalition is the national voice for the needs and interests of family caregivers. It is a bilingual, not-for-profit organization made up of caregivers, caregiver support groups, national stakeholder organizations and researchers. It also provides leadership in identifying and responding to the needs of caregivers in Canada.

Visit the website to see what they are working on, including a national caregiver strategy. www.ccc-ccan.ca

VON Canada has a wonderful portal for caregivers called “Caregiver Connect”. This is a wonderful spot to find useful tools and resources.

Please visit them at: www.caregiver-connect.ca



A Resource For You



The Alzheimer Society of Newfoundland and Labrador provides monthly support group sessions for families.

For more information please visit:

Provincial Office

St. John's
Tel: (709)576-0608

Toll-free: 1-877-776-0608
E-mail: alzheimersociety@nf.aibn.com
Web: www.alzheimernl.org

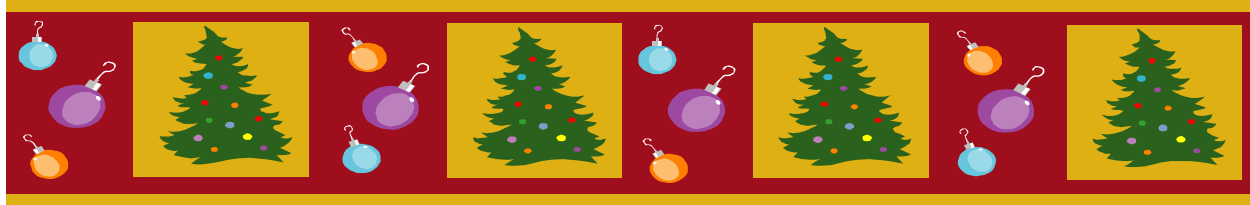
Regional office

Corner Brook
Tel: (709) 639-3311
Fax: (709) 639-3316
E-mail: alzxcb@thezone.net

Dementia Support for Families

The Geriatric Psychiatry Day Hospital staff at the Miller Centre will be offering an **Early Diagnosis of Dementia Support Group**. It will consist of one and a half hour weekly sessions for an eight week period. For further information and start date, please contact 709-777-6149.

The Geriatric Psychiatry Day Hospital Staff at the Miller Center offers a **Caregiver Education Support Group** twice a year. It consists of one and a half hour sessions for a seven week period. For further information and start date, please contact 709-777-6149.



Financial Planning



Royal Bank of Canada RBC- has recently come up with a Caregiver Planner to assist you with some of the difficult financial questions you may have when becoming an informal caregiver. Royal Bank helps Canadians assess the costs of the caring period in 'RBC Your Caregiving Planner', a new online tool to help caregivers better prepare for the impacts that changes in their loved ones' health condition will have on the level of care required.

Visit their Website for additional information <https://services.rbc.com/caregiver/en/>

Newsorthy



Going Home

A FAMILY CAREGIVER'S GUIDE TO TRANSITIONING FROM HOSPITAL TO HOME

NOW AVAILABLE!

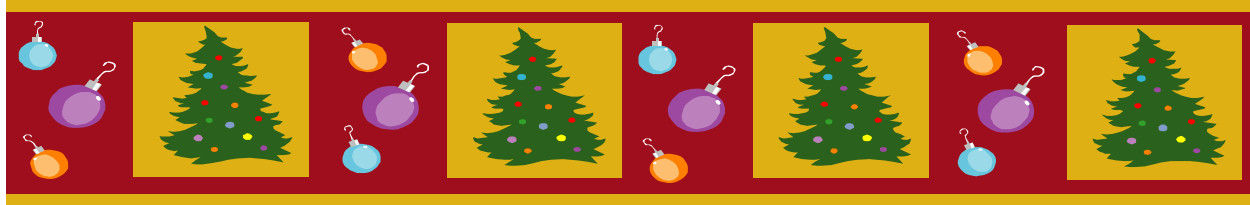
After months of peer review and market testing, Going Home is a reality. This guide is written to help family caregivers manage a smooth transition from hospital to home for their loved one. The Guide is available at no charge, through the Toronto Central CCAC and Toronto area hospitals. Future editions will reach out to other areas of Ontario and then nationally.

For more information on Going Home, or for a free promotional copy, please contact:
Stuart Teather

steather@thefamilycaregiver.com

905.833.6200 Ex. 23

800.209.4810 Ex. 23

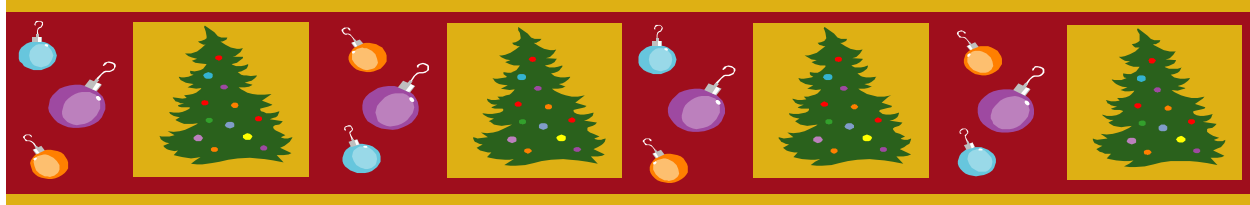


Loss and the Holiday Season

For many people, the holiday season is a special time of year marked by celebrations and gatherings with family and friends. For those struggling with the death of a loved one, the holidays may be a difficult time full of painful reminders that emphasize their sense of loss. A sense of loss can also occur before a person has actually died. As in the case of a person with Alzheimer's Disease, and they are not the person they once were.

Often, friends and family members of those affected by a loss are unsure how to act or what to say to support their grieving loved one during the holidays. Below are some tips that may help in supporting a loved one or friend with their grieving process during the holiday season.

1. Be supportive of the way the person chooses to handle the holidays. Some may wish to follow traditions; others may choose to avoid customs of the past and do something new. It's okay to do things differently.
2. Offer to help the person with decorating or holiday baking. Both tasks can be overwhelming for someone who is grieving.
3. Offer to help with holiday shopping. Share catalogs or online shopping sites that may be helpful.
4. Invite the person to join you or your family during the holidays. You might invite them to join you for a religious service or at a holiday meal where they are a guest.
5. Ask the person if he or she is interested in volunteering with you during the holidays.
6. Doing something for someone else, such as helping at a soup kitchen working with children, may help your loved one feel better about the holidays.
7. Donate a gift or money in memory of the person's loved one. Remind the person that his or her loved one is not forgotten.
8. Never tell someone that he or she should be "over it." Instead, give the person hope that, eventually, he or she will enjoy the holidays again.



9. Remind the person you are thinking of him or her and the loved one who died. Cards, phone calls and visits are great ways to stay in touch.
10. In general, the best way to help those who are grieving during the holidays is to let them know you care and that their loved one is not forgotten.

(Adapted from the Website Magazine of Alternative Medicine)

Bereavement Support

The Seniors Resource Centre of NL will be offering a 6 week Bereavement Support Group beginning in mid-January. **Please contact the centre for further information at 737-2333 or email info@seniorsresource.ca**

- Each group is led by a professional experienced in helping people deal with loss
- Size of group varies - 8 persons maximum
- The group will be approximately six weeks in duration
- Sessions are conducted on Wednesdays from 2:30-4 p.m.
- All group sessions are held at the Seniors Resource Centre NL St. John's Office located at 280 Torbay Road.