

Caring For Caregivers

A handbook for caregivers



**Grenfell Regional Health Services
Health Promotion**

Table of Contents

Subject	Page
For the Caregiver	
A Caregiver's Bill of Rights	1
The Care-Receiver's Perspective	3
Caring for a Partner	5
Caring for a Parent	8
Being a Caregiver in a Rural Setting	10
Ten Commandments for Caregivers	12
The 3 Be's of Caregiving	13
What about your Emotions	15
The Causes of Stress	18
What about Caregiver Burnout	20
What are the Kinds of Caregiver Stress?	22
Care-Recipients and Abuse	24
The Growth Cycle – Healing	26
Activities for Managing Stress	27
Relaxation Techniques	30
Caregivers Need Support	32
My Support Network	34
Developing an Emergency Plan	35
My Emergency Plan	37
My Resources	39
References	43



“Resiliency is the art of learning to repeatedly refuse to do anything else other than rise again after any and all setbacks!”

- Brian G. Jett

“You have it easily in your power to increase the sum total of this world’s happiness now. How? By giving a few words of sincere appreciation to someone who is lonely or discouraged. Perhaps you will forget tomorrow the kind words you say today, but the recipient may cherish them over a lifetime.”

- Dale Carnegie

For the Caregiver

This booklet has been written and compiled to acknowledge you the caregiver, and to provide some helpful information about informal caregiving.

Your role as a caregiver is very important to the individual receiving care. It is a rewarding and satisfying experience, but it is also important to note that it can be challenging or frustrating.

People are sometimes expected to just step into a caregiver role when someone they care about becomes ill due to a disease, a chronic illness or an age-related condition. This can be a stressful transition. It is necessary to recognize that this has a large impact on both the caregiver and care-receiver's lifestyle.

The expectations that are placed on the caregiver are often demanding and it is important to always remember the number one rule of caregiving: *look after yourself*. Failure to do so, will not only affect your health, but it will impact the care-receiver's quality of life as well.

Those who consistently tend to their own needs are better able to provide care to their partner, parent or friend and therefore, is a more effective caregiver. Refer to this handbook often and should you have questions about caregiving, please contact your local health professionals.

Karla Loder
Regional Health Educator (2002)

A Caregiver's Bill of Rights

I have the right:

- To take care of my own health, spirit and relationships.
- To seek help from others even though my care-receiver may object.
- To accessible and culturally appropriate services to aid in caring for my care-receiver.
- To get angry, and express other difficult feelings occasionally.
- To accept help that is offered to me by others.
- To receive consideration, affection, forgiveness and acceptance for what I achieve as a caregiver.
- To take pride in what I accomplish and to applaud the courage it has sometimes taken to meet the needs of my relative, partner or friend.
- To protect my individuality and the right to make a life for myself that will sustain me in the time when my care-receiver no longer needs my full time help.
- To expect and demand increased awareness and support to find resources to aid me in caring for my relative, partner or friend.

- To receive appreciation and emotional support for my decision to accept the challenge of providing care.
- To expect family and friends to participate in the care for my relative, partner or friend.
 - *Author Unknown*

The Care-Receiver's Perspective

Like you, the person you are caring for is experiencing a wide range of emotions due to the changes and losses he/she is experiencing. In order to understand these emotions fully, you need to know what they may be.

As a normal adjustment to new health concerns, the person you are caring for may experience:

- A sense of losing control over their life because of their condition; in an effort to try to maintain control, they may resist your attempts to care for them. This is a common reaction to the loss of independence;
- Sadness from a changed self image;
- Fear of becoming dependent and a burden to the family;
- Fear that old friends will distance themselves;
- Denial of the condition or its lasting effects;
- Fear of becoming isolated from the world, since they may be no longer able to get around as easily as they once did.

With time and support, your partner, parent or friend will adjust to their new situation. If they are able, encourage them to get involved with something outside the home or perhaps adopt a hobby. This can provide an outlet for their emotions and can help them feel less alone or helpless.

(Reprinted with permission from Community Care Access Centre Simcoe County, Caregiver Survival Guide)

Caring for a Partner

Caring for a partner can be hard on any relationship. You may have to cope with the loss of their companionship, wage-earning capacity, sexual contact and your future plans. At the same time, you may feel less important, since all the attention is focused on your partner and the full responsibility for managing the household, child care and finances may now lie squarely on your shoulders.

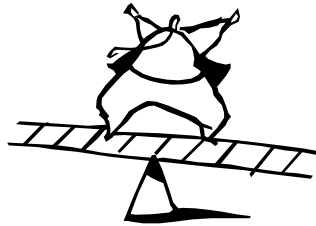


What can you do to cope?

Accept help from family, friends and professionals so that you can take a break from one another. This will give you more time to talk and do things together that are not related to caregiving. Allow yourself to feel all of your emotions – the good ones and the difficult ones, and share these with each other. Understanding what it is like for the other person will open the lines of communication.

Caregiving does not mean parenting. Encourage your partner to continue to do as much for himself/herself as possible. This will result in increased confidence, feelings of self-worth, and an improved sense of control over their environment. It will also decrease the number of tasks you must do.

Seek counseling if you are having difficulty resolving your concerns. It may assist both of you to effectively deal with your emotions and concerns. Ask your family doctor for a referral to a counselor.



Role Imbalance

In many relationships, two people share the various responsibilities. If one-half of the team is down, the other half must shoulder more of the burden – in addition to caring for an ill person.

For some, the new or added responsibilities are related mostly to household chores. For others, becoming the head of the household and shouldering all the financial responsibilities is the greater challenge. This can be very overwhelming, especially if you also have to deal with job demands or your own health problems.

The key is not to try to do it all by yourself. Accept help – seek support! Both of you will experience a period of adjustment. Adding caregiving duties to your role will have an obvious impact on your relationship. Allow your partner to offer you support from time to time. It will give them pleasure to know they have been able to help or comfort you. This will allow for more balance in your relationship.

(Reprinted with permission from Community Care Access Centre Simcoe County, Caregiver's Survival Guide)

Caring for a Parent

Today, there is an emphasis to help people maintain their independence in their own home for as long as they can. When the ability of a parent to take care of himself or herself diminishes, family members are suddenly faced with the task of coordinating and providing hands-on care and support.

The adult child will recognize that denial, stubbornness, complaining and other behaviors are defensive reactions to the changes and losses their parent is experiencing and not the care they are receiving. It is important to learn not to react to the behavior, but to think about the reasons behind them.

Regardless of who provides care, resentment can arise between siblings when the primary caregiver does not feel they receive adequate support from other family members. Many of these caregivers can feel angry, abandoned and unappreciated by their family.

Why is the responsibility sometimes left to one person?

- A parent wants only one particular child to care for them.
- Family members who contribute financially may feel they have given enough.
- You may not be assertive enough in demanding help from other members of the family.
- You may be unwilling to give up control and share the task even when exhausted by it.
- Family members who live far away are unable to help with daily caregiving tasks.

- Some family members refuse to cooperate or ignore the situation altogether.
- Siblings who work outside the home may feel that the family member who does not is the only one with enough free time to assume the responsibility.
- Family members who have young children may feel that those without children have more time to provide care.
- Most medical teams request one person be appointed as the family spokesperson.



What can you do to cope?

- Communicate your parent's progress to your family frequently. Explain to them and your parent the things that you may be experiencing difficulty with and why. Try to work on a plan that allows managing of your parent's care to be more than one person's responsibility.
- If you feel you are unable to arrange these discussions because you are too upset or exhausted, then speak with a health professional that can perhaps take the role as the mediator.

(Reprinted with permission from Community Care Access Centre Simcoe County, Caregiver's Survival Guide)

Being a Caregiver in a Rural Setting



Caregiving in a rural community may be a challenge.

Due to smaller populations, the use of services in rural communities is limited or less than larger city centers, and therefore, funding to obtain or keep services can be difficult.

What can you do to cope?

- Talk to a health professional to determine what services are available. Ask about in-home support, nursing services, caregiving literature, etc.
- Check with your church, community groups or local service clubs to learn about possible volunteer and support services.
- One great advantage to living in a rural community is the closeness that often exists between people. This can be a valuable resource.
- Stay in touch with friends, family and neighbors even if it is only for brief chats or visits.

- Get out to community events as often as you can. Both you and your care-receiver (if they are well enough to attend) will benefit from a change of scenery and socializing.
- Talk to your health professionals such as home care nurses and/or workers to link up with another caregiver. Having a telephone-support or even a support group is a good way to avoid loneliness or to alleviate stress.

(Adapted from Community Care Access Centre Simcoe County, Caregiver's Survival Guide)

10 Commandments For Caregivers

- Don't let your parent, partner, or friend overshadow your life. Be both loving and firm. Help your care-receiver remain in charge of his/her life.
 - Help your care-receiver do as much as possible for his/herself.
 - Don't feel guilty for not doing everything and acknowledge that you cannot do everything.
 - Try to understand what it means to be ill or to get old and lose independence.
 - Value the time that you spend with your partner, parent or friend.
 - Help your care-receiver appreciate what he/she can still do for him/ herself as well as accept help if it is needed.
 - Keep a sense of humor although your day may have been frustrating or challenging.
 - Make your partner, parent, or friend feel good about him/herself.
 - Don't let yourself become burned out. Be good to yourself and remember to take care of your own needs too.
- **Author Unknown**

The 3 Be's of Caregiving

Be Prepared...

- What does the future hold for your care recipient? What will his or her care needs be? What community services are available to provide the needed care? If in-home will not meet the care needs, which housing options (assisted living facilities, nursing homes) will?
- What can your care recipient afford in terms of care? If budget restrictions are a concern, what other community programs or services (Provincial or Federal) can offset the cost of care?
- What information or training do you need to be a qualified, effective caregiver? Where can you gather the information or learn the caregiving techniques.

Be Honest...

- What are your limits as a caregiver? Can family members, friends or community services fill those voids? If not, what other options are available?
- How long can you afford (emotionally, financially, physically) to provide care?

Be Well...

- What interests and hobbies are important to you? How can you maintain these?

- How can you integrate a fitness program into your routine?
- How can you maintain a regular support system?
- How can you release all those negative emotions of caregiving in a healthy way?
- How can you better express your feelings and your beliefs so that family members and friends understand your goals as a family caregiver?
- In what areas do you need help? How can you get the help you need?
- In what ways can you bring joy and laughter into your life (and your care recipient's) on a regular basis?

(Reprinted with permission from Caregiving.com)

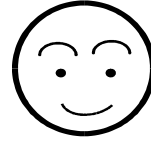
What About Your Emotions?

As a caregiver, you may be experiencing a wide range of emotions. To help ease you into this transition, it is important that you recognize and deal with them effectively.



You May Experience:

- Depression and resentment due to a strain of finances, social activities, freedom, privacy, etc.
- Anger and frustration with the illness that has altered the lifestyle of both you and your care-receiver.
- Anger and frustration with your family or friends who may not agree with what you should be doing for the care-receiver.
- Feelings of being alone and a sense of uncertainty about being a caregiver.
- Guilt for feeling angry or resentful since you are healthy when your care-receiver's health is compromised by an illness or disability, or for not living up to the expectations of the care-receiver, family or friends.



You May Feel:

- Good about the contribution that you are making. You also acknowledge that you are doing the best you can and do not hold onto feelings of guilt.
- Pride in all that you have accomplished. If you have never recognized your accomplishments, make a list, and refer to it often.
- An improved ability to reach out and be sensitive to other's needs, especially other caregivers.
- A renewed strength while watching your family and friends rally around the care-receiver to help with his or her needs.
- Pleasure in playing a role in maintaining your parent, friend's or partner's quality of life.
- Gratitude for having developed a closer relationship with the care-receiver.

As mentioned above, your feelings can be complicated and sometimes overwhelming. The first step in dealing with each emotion is to allow yourself to express your full range of feelings. They are all valid. Denying them may lead to negative outcomes such as anxiety or depression.

Caregivers need to express their feelings in a safe environment, where they will not be judged. Only by acknowledging and expressing feelings openly can we begin to deal with them in a healthy manner.

(Reprinted with permission from Community Care Access Centre Simcoe County Caregiver's Survival Guide)

The Causes of Stress



Many types of a challenge for pinpointing the *cause* difficult, since it may vary with each individual's caregiving experience. It is important that all caregivers recognize and become aware of these potential stressors. Ask yourself the following questions.

- Are you experiencing multiple demands on your time, energy, or money? What are they?
- Do you feel that your responsibilities conflict? Which ones?
- Is there a difference in expectations between your family, your boss, your parent/partner/ friend or yourself? What are they?
- Do you feel a lack of understanding about the older person's mental or physical condition?
- Do you have difficulty meeting your care-receiver's physical or emotional needs?
- Are you pressured by financial decisions and lack of resources?
- Do you feel a loss of freedom, a sense of being 'trapped'?

- Is there disagreement among family members?
- Do you feel that other family members have negative attitudes that you have trouble contending with?
- Does the older person place unrealistic demands and expectations on you?
- Is there a lack of open communication?
- Is there an observable deterioration in your family member that is difficult to watch?
- Are there other problems with children, marriage, employment or health? What are they?

(Source: Veteran Affairs Canada)

What about Caregiver Burnout?

Providing care for an individual can be extremely demanding. Take the following test below to rate yourself. You may be at risk of experiencing caregiver burnout.



True (T)

False (F)

- ___ I always feel fatigued and lacking energy.
- ___ I don't sleep well and I wake up consistently throughout the night.
- ___ I usually feel ill.
- ___ I have gained/lost weight unintentionally or my weight fluctuates.
- ___ I have headaches and muscle aches often.
- ___ I feel sad or depressed most of the time.
- ___ I never consider my own health needs.
- ___ I haven't spent time with friends and family in awhile.
- ___ I have given up hobbies and activities that I once enjoyed.

- ___ I tend to exaggerate small daily nuisances and feel as if they are problems.
- ___ I cry easily and/or frequently.
- ___ I have a quick temper that is uncharacteristic of my personality.

If you consider any of the above statement to be *true*, you could be experiencing caregiver burnout or you may be at risk. Perhaps it's time to ask for help.

(Adapted from The Caregiver's Handbook, San Diego County Mental Health Services)

What are the Kinds of Caregiver Stress?

Physical

Providing physical care to an impaired individual can cause physical stress. General homemaking and housekeeping activities such as cleaning, laundry, shopping, and meal preparation require energy and can be tiring, particularly when added to existing responsibilities in one's own home.

Financial

The care of an individual has many financial dimensions. For those services that cannot be provided by you, the caregiver (medical, pharmaceutical, therapeutic, etc.), decisions have to be made concerning costs. When money is limited, many families assist with the cost of care, causing financial burdens on all family members.

Environmental

The proper home setting has to be carefully chosen. If the care-receiver wants to remain in his/her own home, modifications will have to be made to safe guard the area. If the individual cannot stay in their own home, alternative arrangements must be sought such as a nursing home, senior apartments, etc. Also, both you and the care-receiver's living patterns will also change.

Social

Providing personal care for up to 24 hours a day can cause social stress. You may feel isolated from your friends, family and a social life. You may also find that you are too exhausted to go out. What can result is a build-up of anger and resentment toward the very person receiving care.

Emotional

When caregivers experience a great deal of stress for an extended period of time, emotional stress can become apparent. The person providing care may cry frequently, express anger in a way that is uncharacteristic of him or her or become extremely agitated at small, daily nuisances.

(Reprinted with permission from The Caregiver's Handbook, San Diego County Mental Health Services)

Care-Recipients & Abuse

Who are the potential abusers?

Friends, spouses, children, hired homemakers, landlords or caregivers... anyone who has some control or power over the individual's care and well-being.

What are the types of care-receiver abuse?

Physical Abuse

Pushing, shaking, hitting, withholding or over-medicating, using restraints, or any other treatment causing injury or physical discomfort.

Indicators: Unexplained injuries, depression, and obvious changes in behavior such as sleeping a lot.

Financial Exploitation

Dishonest use of a vulnerable person's money or assets, theft, selling of property/valuables, fraud or withholding money.

Indicators: Unexplained difference between income and standard of living and possessions disappearing.

Psychological or Emotional Abuse

Any verbal or non-verbal behavior which demonstrates disrespect and diminishes dignity and self-worth such as: humiliation, withholding affection, treating adults like children, threats or intimidation, manipulation, etc.

Indicators: Socially withdrawn, decreased self-esteem appears nervous when abuser is around; care-receiver may feel unable to exert control over situations.

Verbal Abuse

Communication which is perceived by the person as demeaning or insulting in the form of sarcasm, swearing, teasing, racial comments, inappropriate tone of voice, etc.

Neglect

Denied basic necessities of life (food, shelter and clean/appropriate clothes for the season), denied medical attention, denied social contact, abandonment, leaving an individual in unsafe or isolated places.

Indicators: Weight loss, confusion, pressure sores, dirty clothes/environment, unkempt appearance, poor health, and loneliness.

**Taken in part from Protocols for Abuse of the Vulnerable Adult, Simcoe York District Health Council, February 1999.*

(Reprinted with permission from Community Care Access Centre County, Caregiver's Survival Guide)

The Growth Cycle – Healing

You and the person you are caring for may be experiencing many changes as a result of the health concerns he/she is facing. Some of these losses you share, while others are specific to each of you. The way in which you work through your emotions is a very individual process that takes time.

In order to understand each other's moods and behavior, it is important to realize where each of you are on the cycle of emotions shown below. This cycle represents the normal and healthy range of emotions that people go through when they experience any form of loss.

You and the person you are caring for may or may not be at the same stage on this cycle. The speed at which you move from one stage to the next is different for everyone. These stages do not always follow each other in order. More than one stage may be experienced at a time and finally, it is common to move back and forth between stages.

(Reprinted with permission from Community Care Access Centre County, Caregiver's Survival Guide)

Activities for Managing Stress

Caring for another individual is challenging and is a large responsibility. Caregivers can experience symptoms of stress that may be relieved by simply participating in activities that they have an interest in. By creating fun and enjoyable things to do, the caregiver is also considering his or her needs as well.



Journal Entries

Keep a daily or weekly journal and write about your experiences or challenges. This may serve as an outlet for some of your feelings and concerns.



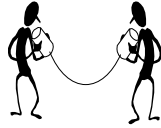
Exercise

Your physical health is very important and it may be difficult to stay active. Try walking, bicycling, swimming, or perhaps skiing. Exercise can keep you physically and mentally fit.



Music

Listening to music can be uplifting. Choose your favorite artist, turn up the music and sit down for a while. You will feel relaxed and rejuvenated.



Talking/Support Group

Talking with another caregiver(s) can be very helpful since you may have the same concerns or share similar experiences. Caregivers in the same community or area can even schedule a weekly meeting to discuss issues, to socialize or to network.



Hobbies

Personal interest activities provide a good opportunity to designate time just for you. Painting, woodworking, crafts or sewing are some examples. Choose a hobby that you have been interested in trying.



Movie Night

A good comedy may be just what you need to brighten your day. Choose at least one night a week to watch a movie and make popcorn. Invite a friend or two.



Eat at a Restaurant

Try eating at a restaurant once or twice a month. Invite a friend to come along or make it a family outing. A different environment can prove to be a refreshing change.



Reading

Join a book club or choose a novel that may reflect your interests. If you don't normally read, give it a try. It may be an activity that you find relaxing.



Sporting Events

Sports can relieve symptoms of stress. Whether you're a participant or a spectator, it's a fun way to spend a couple of hours and there are numerous events to choose from.

Relaxation Techniques



- ***Deep Breathing***

Deep breathing is one of the easiest stress management techniques to learn and the best thing about it is, it can be done anywhere! When we become stressed, one of our body's automatic reactions is shallow, rapid breathing, which can increase our stress response. Taking deep, slow breaths is an antidote to stress and is one way we can 'turn-off' our stress reaction and 'turn-on' the relaxation response. Deep breathing is the foundation of many other relaxation exercises.

Directions

- Get into a comfortable position, either sitting or lying down.
- Put one hand on your stomach, just below your rib cage.
- Slowly breathe in through your nose. Your stomach should feel like it's rising and expanding outward.
- Exhale slowly through your mouth, emptying your lungs completely and letting your stomach fall.
- Repeat several times until you feel relaxed.
- Practice several times a day.

- ***Progressive Muscle Relaxation***

Our muscles respond to thoughts of perceived threats with tension, which is one of the most common stress symptoms. Too much tension can cause stiffness and may result in headaches, stiff necks and backaches. One way to relieve this tension is through Progressive Muscle Relaxation (PMR). It involves tensing, then relaxing the body muscles from head to toe. *Since PMR can increase blood pressure, people with hypertension should not use this technique.*



Directions

- Wear loose, comfortable clothing. Sit or lie down somewhere comfortable.
- Begin with your facial muscles and frown hard for 5-10 seconds, and then relax all your muscles.
- Work other facial muscles by clenching your jaw, tightly closing your eyes and raising your eyebrows for 5-10 seconds. Feel the tension in these muscles and then release.

Then move on to other muscle groups, raise your shoulders, tighten your arms, your chest, your back, legs, etc. – until you have tensed and relaxed your whole body.

(Reprinted with the permission of the University of Pittsburgh, Health Education Office)

Caregivers Need Support



You can gain support by linking with other caregivers. This may be done in the form of support groups or by having a telephone-buddy. Sharing your experiences with others is the best way to fight the feelings that you are the only person in the world with these problems. Having someone with whom you share information and support can significantly improve your ability to cope with your responsibilities.

Peer support can be an excellent way to:

- Learn about your loved one's condition;
- Alleviate your aloneness;
- Give you an opportunity to focus on yourself;
- Brainstorm solutions to your problems;
- Relieve stress;
- Give you hope as you listen to how others have coped in similar situations;
- Give you the opportunity to laugh about your circumstances with others who understand and are not judgmental;
- Gain first hand information about community resources;

- Give you the opportunity to cry or talk with someone who understands that you have your own needs, and therefore will not make you feel guilty about your feelings;
- Give you the opportunity to help another with your suggestions and ideas.

(Reprinted with the permission of Community Care Access Centre, Simcoe County, Caregiver's Survival Guide)

Peer support you can access:



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

MY SUPPORT NETWORK



Friends & Family

1. _____
2. _____
3. _____

Respite Care

1. _____
2. _____
3. _____

Community Services & Other Contacts

1. _____
2. _____
3. _____

Developing an Emergency Plan



An emergency plan is a back-up plan that takes effect if you are unable to care for your partner, parent, or friend. There are a number of reasons why this may be needed:

- You become ill;
- Other responsibilities demand your immediate attention;
- You recognize that you really need a break from your caregiving activities;
- There is a personal emergency;
- You are having difficulty managing the physical, financial, or emotional needs of the care-receiver.
- You are unable to get to the care-receiver due to unforeseen circumstances such as car trouble or a snowstorm.

Your back-up plan will help you think about what you can do when unexpected situations arise. A well thought out plan will decrease your level of stress and put the care-receiver more at ease. Perhaps more importantly, a plan will give you the opportunity to consider smaller details that you might not have time to think of later.

Develop your plan with your parent, partner, or friend and then discuss it with your emergency contacts and supports. Your plan should be kept in a visible location where it will be easy to find in an emergency. *Please note: An emergency plan form is provided for you on the next two pages.*

My Emergency Plan

Name of Family Doctor:

Name of Home Care Nurse/Worker(s):

Emergency Contacts and Supports:

<i>Name</i>	<i>Relationship</i>	<i>Phone #</i>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>

MY RESOURCES

If you would like to know more, check out some of these support services and organizations.



Newfoundland & Labrador

- **Canadian Red Cross**
709.754.0461/66
- **Continuing Care Department**
709.729.3657
- **Department of Health**
709.729.5021
- **Senior's Resource Centre**
1.800.563.5599

Other Organizations

- **Canada Pension Plan**
1.800.277.9914
- **Canadian Medic Alert Foundation**
1.800.267.7215
- **Caregiver Support Line**
1.888.283.8806
- **Alzheimer Society of Canada**
1.800.616.8816

- **Arthritis Society of Canada**
416.979.7228

- **Asthma Society of Canada**
1.800.787.3880



- **Canadian Cancer Society**
1.800.884.1058

- **Canadian Council of the Blind**
613.567.0311

- **Canadian Diabetes Association**
416.363.3373

- **Canadian Hearing Society**
1.800.465.4327

- **Canadian Mental Health Association**
416.789.7957

- **Canadian Palliative Care Association**
1.800.668.2785

- **Cancer Information Service**
1.888.939.3333

- **Heart and Stroke Foundation**
1.888.473-4636

- **North American Chronic Pain Association of Canada**
1.800.616.7246
- **Osteoporosis Society of Canada 1.800.463.6842**
- **Parkinson Foundation of Canada 1.800.565.3000**

Internet Websites



- ***Alzheimer Canada:***
<http://www.alzheimer.ca>
- ***Canadian Diabetes Association:***
<http://www.diabetes.ca>
- ***Caregiver Resources:***
<http://www.pw2.netcom/~lehdoll/index.html>
- ***Health Canada: Aging and Seniors:***
<http://www.hc-sc.gc.ca>
- ***Heart and Stroke Foundation of Canada:***
<http://www.hsf.ca>

- ***MS Society of Canada:***
<http://www.mssoc.ca>
- ***Parkinson Foundation of Canada:***
<http://www.parkinson.ca>
- ***Senior Link:***
<http://www.infoamp.net/~senior>
- ***Veterans Affairs Canada:***
<http://www.vac-acc.gc.ca>

References

Caregiving.com. In The three be's of caregiving. {On-line}. Available: <http://www.caregiving.com>.

Community care access center Simcoe County. In Caregiver's survival guide. {On-line}. Available: <http://www.ccacsc.on.ca>.

San Diego County Mental Health Services. In The caregiver handbook. {On-line}. Available: <http://www.acsu.buffalo.edu/~drstall/hndbk0.html>.

University of Pittsburgh, Health Education Department. In Relaxation techniques. {On-line}. Available: <http://www.pitt.edu/~studhlth>.

Veteran Affairs Canada. {On-line}. Available: <http://www.vac-acc.gc.ca>.

My NOTES