

## The Caregiver Project

Education, inspiration,  
and support for caregivers

### Caregiver Support

Caregiving can be a challenging and overwhelming experience- but you are not alone. March of Dimes Canada's Caregiver Project connects you with community resource and other caregivers to support you as you navigate your new role.

Caregiving changes everything. We're here with reliable information and a network of peers who know what you're going through.

Remember: you deserve support, too.

### Join us online!

Caregiving is a full-time commitment that doesn't leave you much time for yourself. That's why we've made our programs more convenient and accessible by going online. You can join us live at the scheduled time or tune in when it's convenient from anywhere in Canada.

### Here's what we offer:

#### Guest Speaker Webinars

These informative webinars feature professionals and caregiving experts sharing their knowledge on relevant topics. From advocacy to communication, our webinars offer a quick, convenient way to access information you can use every day.

*This program is a collaboration between March of Dimes Canada and the Ontario Trillium Foundation.*

#### Caregiver Connection Group

Join our community of caregivers to talk about the challenges and rewards of caregiving. These guided discussions offer a chance to share experiences and information, or just talk, in a supportive space. Join us at the scheduled time and participate, or tune in later when it's convenient for you.

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#### Virtual Peer Support

No one understands quite like somebody who has lived the same experience. Our Peer Support program pairs caregivers with peers who are also experienced in caregiving and can offer practical advice and support by one-on-one phone or a video chat.

Contact Raney Jansma at [rjansma@marchofdimes.ca](mailto:rjansma@marchofdimes.ca) or 705-794-2097 for more details about this program.

On our website you will also find a selection of pre-recorded versions of Caregiver Support Sessions. These sessions provide tools to meet the unique needs of caregivers with the aim of reducing stress, learning new coping and problem-solving skills.

For more details on all these programs, visit [www.afterstroke.ca/caregivers](http://www.afterstroke.ca/caregivers)

### 5 Tips to Avoid Caregiver Burnout

- 1 Take care of yourself emotionally and physically
- 2 Make time for yourself
- 3 Know your limits
- 4 Join a support group or talk to other caregivers
- 5 Ask for Help

## STRESS MANAGEMENT & SELF-CARE FOR THE CAREGIVER



### 1. Balance your life

Work and play need to be intertwined.

### 2. Allow yourself to “DO NOTHING”

Take a break to refresh yourself. There’s no need to feel guilty about taking some time for yourself. Those who are relying on your care will ultimately thank you for doing so.

### 3. Get enough sleep/rest

It can be difficult when your sleep is disrupted by care demands, but try to rest/nap when possible.

### 4. Redirect some energy

Keep tabs on how you are feeling. Try physical exercise or tackling a new project or hobby.

### 5. Talk to someone you trust

Confiding in a friend can help you see a situation in a new light.

### 6. Reflect on your attitude

Learn to accept what you cannot change and discover new dreams.

### 7. Get away from it all

This can be as simple as going into another room to enjoy a cup of tea or going for a walk.

### 8. Have regular check-ups

Your health is a critical factor in your ability to provide care.

### 9. Become aware and access community resources

March of Dimes Canada warmline can help you access resources in your community.

### 10. Set realistic expectations

Superheroes only exist in comic books and movies. Be kind to yourself. Breathe and slow down.

It is essential to recognize that we can control our thoughts, feelings and actions/reactions. Therefore we can control the impact of stress even when we cannot control the stressor. Stress management does not imply avoiding stress; rather it implies making choices.

*Hansen, P. (1989). The Joy of Stress. Islington, Ontario: Hansen Stress Management Organization.*

## Resources for Caregivers

### The Ontario Caregiver Organization

Provides caregivers with a one-stop resource for information and support.

Ontario Caregiver Helpline  
**1-833-416-2273 (CARE)**

### Home & Community Care healthcareathome.ca

Works with people of all ages to ensure they can make informed choices about their care, where and when they need it most.

### The Caregiver Exchange caregiverexchange.ca

Helps caregivers find supportive resources throughout Ontario.

## For more information

To join us online for Guest Speaker Webinars, Caregiver Connection Group, or Virtual Peer Support, please visit our website: **www.afterstroke.ca/caregivers**

Call our toll free warmline for region-specific resources, information and support:

**Toll-Free Warmline: 1-888-540-6666**

**Runs Monday to Friday**  
from 9 a.m. to 4:30 p.m. EST



**After Stroke**



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