

# CAREGIVERS NEED TO REDUCE THEIR STRESS AND TAKE CARE OF THEMSELVES

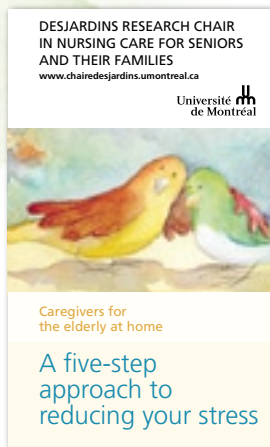
It is a well-known fact that caring for an aging parent, whether at home or in a nursing home, is challenging and often very stressful for families. Caregivers have to juggle work, their own healthcare needs and their caregiving responsibilities. Research conducted by the team of the Desjardins Research Chair in Nursing Care for Seniors and their Families and several healthcare institutions in Quebec, including the Institut universitaire de gériatrie de Montréal, has led to the development of two support programs for caregivers.

One program is designed to help caregivers deal with the stress that comes with caring for an elderly parent at home. The other aims to help families deal with seniors in nursing homes.

These two publications were produced with the technical and financial support of Desjardins Financial Security, in collaboration with the national office of the Victorian Order of Nurses for Canada (VON Canada) and the Institut universitaire de gériatrie de Montréal, who distributes the brochures.

All training requests related to these programs should be addressed to the Desjardins Research Chair team ([www.chairedesjardins.umontreal.ca](http://www.chairedesjardins.umontreal.ca)).

## CAREGIVERS FOR THE ELDERLY AT HOME A FIVE-STEP APPROACH TO REDUCING YOUR STRESS



This brochure is part of a training kit from the stress management intervention program for caregivers at home, which is being offered in some Quebec health and social services centres. The kit includes a workbook for caregivers and a guide for healthcare professionals.

The brochure uses the situation of one caregiver to provide strategies for preventing burnout, including a step-by-step problem-solving approach and strategies to cope with different situations.

The brochure is available in English and French and can be provided free of charge to caregivers by healthcare professionals.

To order this brochure:  
In Quebec:  
[www.aidant.ca](http://www.aidant.ca)  
Elsewhere in Canada:  
[www.von.ca](http://www.von.ca)

## TAKING CARE OF MYSELF! AN INTERVENTION PROGRAM FOR FAMILIES OF SENIORS IN NURSING HOMES



This brochure is based on "Taking Care of Myself!", a group intervention program that has been evaluated in over 25 residential and long-term care facilities.

Many caregivers feel guilt when faced with the decision to place an aging parent in a nursing home. They are also faced with sources of stress, including having to adapt to the new living environment, the shift in their role as caregiver and adjusting to life after placement.

This brochure, available free of charge and in English and French, provides practical support tools to families who are going through these changes.

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