



Caregiver Newsletter Outaouais

CAREGIVER HELPLINE: 1 855 8 LAPPUI (852-7784)

WWW.LAPPUIOUTAOUAIS.ORG

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WHO WE ARE

Since 2009, L'Appui, which includes the national office and the 18 regional Appuis, has endeavoured to support caregivers of senior relatives. In addition to implementing the Caregiver Support service, we work with organizations across the province to develop various projects that help improve the quality of life of caregivers.

DID YOU KNOW?

March is Nutrition Month, Social Service Month and Pharmacist Awareness Month. In addition to focusing on nutrition this month, we have decided to feature these other two professional groups as well, since they are both valuable resources for caregivers.

MEDICATION MANAGEMENT: A COMPLICATED REALITY



Managing medication is a complicated role that often falls to the caregiver. This can involve going to the pharmacy, reminding the person receiving care when to take medications and even managing side effects or interactions.

With the help of a pharmacist, we gathered some general tips for helping you in this aspect of your caregiving role. [Continued on page 2](#)

MESSAGE FROM L'APPUI OUTAOUAIS



Hello everyone,

L'Appui Outaouais provides many services the *Centre des aînés de Gatineau* provides a support program for vulnerable seniors with the primary objective of breaking their isolation. Do not hesitate to contact us for more information. Happy reading!

Medication management: a complicated reality

Whether you are looking to save time, make managing medications easier or prevent medications from being forgotten, here are some tips that could help you :

- Always have on hand a **current list of your loved one's medications**, including natural health products.
- Most pharmacies offer a **delivery** service, which is often free of charge for seniors. You could also save time by using **online or telephone renewal** services.
- To make medications easier to identify, you can request to have medication labels **printed in large font**.
- Prepare a **list of questions** that you want to ask the physician or pharmacist about your loved one's medication.
- To prevent forgetting a dose or taking the wrong dose, the Dispill medication system might be a solution. This is a **disposable pill dispenser**, prepared by the pharmacist, in which each dose of medication is individually sealed.
- If your loved one takes medication that is not in pill form (pumps, patches, creams), **place it near the pill dispenser** to help your loved one remember it.
- If you work outside the home or you are absent during the day, you can program an **alarm on your cell phone** (or an alarm clock or your computer) at the times when medication should be taken. A simple phone call to remind the person you care for that it is medication time will reassure you.
- If your loved one has a large quantity of medications, it might be a good idea to check with the pharmacist to see if the **medication regimen can be simplified**. However, **never make any changes to medication** without first talking to a pharmacist or physician.
- If you suspect your loved one is **taking too much or too little** of the medication, talk to the pharmacist about it. The pharmacist will be able to assess the situation and suggest some individual solutions.
- Some medications may affect behaviour and increase confusion. It is important for you to **know the potential side effects** of medications. If you give medications to a loved one with Alzheimer's disease, inform your physician or your pharmacist of any unexpected change in this respect.



The pharmacist is the medication expert. A pharmacist is an accessible professional who is available to support you and answer your questions about your loved one's medication. The pharmacist can give you tips on managing and administering medications or individual advice based on your loved one's situation.

For more information on medications and administering them to a loved one, do not hesitate to contact your pharmacist.

In collaboration with Marie Arsenault, pharmacist.



Our **Care Highlights** of the month

Each month, our team shares some care highlights with you. Our discoveries, including websites, books or even documentaries, will inform you and entertain you.



BOOK

Is your loved one facing issues such as loss of appetite, forgetting to eat or having difficulty chewing? The book *Bien manger en ayant la maladie d'Alzheimer* [eating well with Alzheimer's disease] was developed by specialists in elder nutrition to help caregivers provide better support and understand the dietary changes that may occur among people with Alzheimer's disease.

Shatenstein, B. et al. *Bien manger en ayant la maladie d'Alzheimer, conseils alimentaires offerts aux proches aidants de personnes atteintes*. Institut universitaire de gériatrie de Montréal (IUGM). To order the book, please contact the IUGM bookstore at 514-340-2800, ext.3262, or by email at librairie.iugm@ssss.gouv.qc.ca.



TELEVISION

L'Appui Montréalie worked on the production of *Regard sur les proches aidants*, a wonderful six-part series on caregivers produced by Cogeco. Each episode includes an introduction to the subject, a caregiver's story and advice from an expert. Some of the themes covered include male caregivers, finances and work-family balance.

www.tvcogeco.com | Key "Regard sur les proches aidants" into the site's *Search* field.



TELECONFERENCE

How do you explain Alzheimer's disease to a child? On March 31 at 12 noon, The Caregiver Network is providing a free one-hour teleconference entitled "Let's Talk About Alzheimer's with Kids and Teenagers." During the teleconference, Ms. Teresa Anuza will provide strategies for doing this.

www.thecaregivernetwork.ca | Channels | Alzheimer's Disease and Dementia



CENTRE DES AÎNÉS
DE GATINEAU

The *Programme d'aide aux aînés vulnérables et à risque d'exclusion*

[support program for vulnerable seniors at risk of exclusion] (PAVRE) strives to identify Gatineau seniors living in difficult circumstances and inform them of the services available.

Objectives

- Break the isolation and loneliness of seniors by fostering independence and creativity.
- Increase well-being and the feeling of belonging.
- Explore the phenomenon of isolation and understand it better.

Services provided

- Meet with people identified to better understand their needs.
- Provide information and recommendations to these people about the resources and services provided by local organizations.
- Guide and support these people in their efforts to obtain services.

Encourage these people to call us and support them in their efforts. You will be doing them a great service!

819 663 3305, ext. 206 or 819 210-1676

pavre@ainesdegatineau.ca

There for you!

Caregiver support counsellors

The caregiver support counsellors are also psychosocial workers. They can provide you with quality, professional and confidential service, in particular listening to and understanding what you are experiencing, supporting you in difficult times, guiding you throughout your journey or helping you find your solution.

Psychosocial workers work with people experiencing social problems. They can work in various settings (public, community, private) and with various clients (seniors, adults, youth). They help people overcome difficult situations such as loneliness or isolation, the death of a loved one, illness, family conflict, etc. They can also support you through various processes. Their job is to take the necessary steps so you can benefit from the appropriate resources to overcome your difficulties.

It is not always easy to ask for help, but please know that psychosocial workers are your allies. Whether at the CLSC, hospital or in a community organization, do not hesitate to contact them.



« Listening to and providing hope and guidance to caregivers creates special human encounters. »

– Dominic,

Estrie

They are my partners in care

By H el ene Blanchette, pharmacist

I meet caregivers every day in my work. They provide all kinds of support to some of my patients with various conditions. They are spouses, children, brothers, sisters, friends. They are young, or not so young, in good health or with problems of their own that they too often push aside so they can continue with their ever so important duties.

They are my sources of information, my allies, my partners in care. It is through them that I take care of my patients. They are the ones I teach how to use an AeroChamber, which medications can be crushed, how to prevent certain side effects of a newly prescribed medication. They are the voice of my patients. They must be seen as full participants in the care team.

As the days go by, I notice their fatigue, their insecurities, their fears, their weariness—many problems for which I cannot always offer solutions. They have doubts about their role and sometimes they do not even consider themselves caregivers. I can clearly see that they also need help before they become emotionally and physically exhausted.



The Appui chapters in the various regions provide a regional advisory service to caregivers of seniors, a service that covers everything from listening to assessment to monitoring of caregivers' needs, as well as referring them to the local services that they require. This is an essential resource, available in each of our regions and that our patients and their caregivers can use to maintain their quality of life and stay in their homes while preserving their dignity.

An account given as part of an article entitled “*Les proches aidants : ces partenaires silencieux qui ont besoin d'un Appui*” [caregivers: silent partners who need support], *Interaction*, winter 2015, *Ordre des pharmaciens du Qu ebec*.

Do you care for an elderly person?

If you need information, psychological support
or respite, lean on us.

We'll point you to the right resources.

CAREGIVER SUPPORT

1 855 8 LAPPUI

1 855 852-7784

Listening - Information - Referrals

Schedule of events

APRIL/MAY

Seminar: *Proche-aidant : besoin d'outils pour réduire le stress?* [caregiver: need tools to reduce stress?]

Centre d'entraide aux aînés (in partnership with *Centre des aînés de Gatineau*)

April 7 | 9 a.m. to 10:30 a.m.

Centre des aînés de Gatineau

196 rue Notre Dame, Gatineau

Information: Marie-Ange Richer at 819 771-6609, ext. 26

Seminar: *Les proches aidants et l'estime de soi* [caregivers and self-esteem]

Centre d'entraide aux aînés (in partnership with CORPO)

April 20 | 9:30 a.m. to 11 a.m.

Cabane en bois ronds, Salle Petit-café

331 Boulevard de la Cité-des-Jeunes, Gatineau

Information: Marie-Ange Richer at 819 771-6609, ext. 26

Seminar: *Prévenir pour diminuer nos risques de développer la maladie d'Alzheimer* [prevention to reduce our risks of developing Alzheimer's disease]

Centre d'entraide aux aînés (in partnership with *Centre d'action bénévole Accès*)

SOS proche aidants

May 16 | 6:45 p.m. to 8:30 p.m.

Résidence Le Monastère, Salle des pionniers, 161 rue Principale, Aylmer

Information: Marie-Ange Richer at 819 771-6609, ext. 26

Income Tax Clinic

To have more informations about the income tax clinic , visit our website :

www.appuioutaouais.org



If you would like to register, return this form to:

L'APPUI OUTAOUAIS, 180, BOUL. DU MONT-BLEU GATINEAU (QUÉBEC) J8Z 3J5

or go to our website: www.lappuioutaouais.org

LAST NAME: _____

FIRST NAME: _____

YES, I WOULD LIKE TO RECEIVE *THE CAREGIVER NEWSLETTER OUTAOUAIS*

BY EMAIL: _____

BY MAIL: _____

I NO LONGER WISH TO RECEIVE *THE CAREGIVER NEWSLETTER OUTAOUAIS*