

Canada Cares
A CELEBRATION OF CAREGIVING



Caring and Not Collapsing

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Publisher

Chair of Canada Cares

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**Caregiving is no longer a secret.
It's a concern.**

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*It's been said that there are only **four** kinds of people in the world: **those who have been caregivers**, those who are **currently** caregivers, those who **will be** caregivers and those who **need** caregivers.*

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- The number of people reaching the age of **65** will **more than double** over the next two decades.
- **One in four** Canadian adults over the age of **45** is currently providing care at home for a loved one
- What is the average age of a family caregiver?
48
- What is the average age of a care recipient?
78



Mum, Caroline and Don

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Caregiver burnout means

- Stress, fatigue, social isolation & grief
- Anxiety and depression
- Increased risk of ill-health

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***Preventing burnout:
Ways to cope...***

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***First and foremost,
try and keep your sense of
humour.***

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Don't get overtired.

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Try to do some normal things.

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Ask for help.

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***Focus on what you are
able to provide.***

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Maintain your own health.

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Find “me time” every day.

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Breathe.

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And lastly, be thankful.

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**From adversity comes
opportunity, strength and
greatness.**