

# PASSPORT TO WELLNESS FOR FAMILY CAREGIVERS

The support of the Government of Ontario is acknowledged



# Welcome to All

- Renato Didone LLB, LLM
  - Master of Ceremonies & Board Member
  - This afternoon is dedicated to the wellness of family caregivers.
  - We hope to bring you education, support & some fun!



# Special Thanks

- Government of Ontario
  - Funding this project



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# Today's Workshop / Technologies

- Live Workshop
- Live Webinar [www.caregivingmatters.ca](http://www.caregivingmatters.ca)
- Filming of website videos
- Filming for a DVD



# Housekeeping

- Turn off cell phones please
- Washrooms & Coffee Break are in the basement
- Presenters will accept a few questions after their presentation, but we need to stay on schedule for the webinar
- Speakers will be available during the break & at the end of the workshop





# Agenda

- Welcoming Comments
  - Dr. Helena Jaczek, MPP Oak Ridges-Markham
  - Kathleen Carr, President of Kingcrafts Studio
- Workshop Topics:
  - Caregiver Burn Out - Caroline Tapp McDougall, Publisher
  - Protecting Yourself – Joan McDonald RN
  - Caring for the Dying – Dr. Natasha Zajc
    - Coffee Break
  - Substance Abuse Awareness – Victoria Andriets B.Sc Phm. R. Ph
  - Caregiver Heroes – Mary Bart – Chair
- Wrap Up



# Greetings from the Ontario Government

- Dr. Helena Jaczek, MPP Oak Ridges-Markham



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# Welcome to Kingcrafts Studios

- Kathleen Carr, President of Kingcrafts Studio



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# Let's begin our workshops:

- Caregiver Burn Out - Caroline Tapp McDougall, Editor
- Protecting Yourself – Joan McDonald RN
- Caring for the Dying – Dr. Natasha Zajc



# Coffee Break

- Let's take 20 minutes
- Last chance to hand in your “Caregiver Hero” nomination – to win one of our amazing gifts



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# Let's continue our workshops

- Substance Abuse Awareness – Victoria Andriets B.Sc Phm. R. Ph
- Caregiving Heroes – Mary Bart, Chair & Daughter
- Wrap Up





- Family Caregivers are the unsung heroes in our society
- We want to honour & thank amazing family caregivers
- Select caregivers from the audience
- Each will receive a gift & share their story



# About “Caregiver Heroes”

- Exclusive rights to the floor model inventory at a very high end home decorating store at Yorkdale.
- We pick up their “gifts in kind”
- We “Pass them Forward”
- Gifts are given to family caregivers who are heroes and / or the people for whom they care
- Full program details are on the waivers & website





# Let's find some Caregiver Heroes Today

- Draw names
- Liz, our amazing volunteer
- Select a gift
- Come over to me and share a few words about your caregiving



# Caregiver Hero: Willow



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# Caregiver Hero: Jodi



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# Caregiver Heroes: Sarah & Hussain



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# Let's Meet our newest Caregiver Heroes



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# Nominate a Caregiver Hero Today !

- [www.caregivingmatters.ca](http://www.caregivingmatters.ca)



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# Part Two of this project.

- Sunday March 3, 2013
- Trisan Centre, Schomberg
- Physical and Eating Wellness of family caregivers
- Details on our website: [www.caregivingmatters.ca](http://www.caregivingmatters.ca)



# Wrap Up & Thank You

- Government of Ontario
- For attending our workshops
- To our presenters & Kingcrafts Studios
- To our wonderful volunteers
- To our new Caregiver Heroes

