

Caregivers Circle

Your Guide for Support and Resources



Dear Caregivers,
Welcome to the first edition of
Caregivers Connection!

This newsletter is designed just for
you: dedicated, compassionate
individuals providing care and love.

Each month, you'll find practical
tips, inspiring stories, and resources
to help you navigate your
caregiving journey.

Your dedication to caring inspires
us.

Warmly,

clayna wallace

In this
newsletter
you can expect:

**Who is a
caregiver?**

**Navigating
Conflicts
Among
Caregiving
Siblings and
Family
Members**

**Caregivers Self-
Care Tips**

Stories of
Impact



ABOUT US

who

Eva Marsden's Caregivers Circle

Supporting anyone through illness, disability, or a loss of independence can be overwhelming- Eva Marsden's Caregivers Circle offers free, personalized assistance for caregivers of all kinds, helping you find balance, strength, and connection on your caregiving journey.

We provide a variety of services including one-on-one or group chats, Zoom sessions, and in-person support, giving you the flexibility to access help in the way that works best for you. Whether you're seeking individual guidance, group support, or simply a space to share your experiences. Through workshops, wellness activities, and social programs offer practical tools, self-care strategies, and emotional support to help maintain your own well-being.

what

Free support for Caregivers:

In person - Chat messaging - via zoom

Workshops and Guest Speakers

when

Join the Caregivers Circle and become part of a compassionate community that understands your challenges .

where

St Raymond Community Center

5600 Upper Lachine



WHO IS A CAREGIVER ?

Someone who provides assistance to a person with physical, emotional, or mental health challenges.

Caregivers come in all forms—spouses, children, siblings, relatives, or even close friends. They may help with tasks like daily living activities, medical appointments, managing medications, and offering emotional support.

Challenges Faced by Caregivers

Whether young or adult, caregivers often face challenges such as:

- **Emotional Stress:** The weight of responsibility can lead to feelings of burnout, anxiety, or depression.
- **Time Management:** Balancing caregiving with work, school, or social activities can be overwhelming.
- **Physical Strain:** Lifting, helping with mobility, or providing constant care can be physically demanding.
- **Lack of Support:** Many caregivers, especially youth, feel isolated and lack adequate resources or guidance.

Understanding the Different Types of Caregivers

Caregiving is a dynamic and often evolving role, with different types of caregivers stepping in to meet the unique needs of their loved ones. Here are some of the main caregiving categories:

- **Family Caregivers:** These are often spouses, adult children, or relatives who provide care on a daily basis. Family caregivers assist with activities like meal preparation, transportation, personal care, and emotional support, helping loved ones manage chronic conditions, disabilities, or age-related challenges.
- **Professional Caregivers:** Paid professionals, such as home health aides, nurses, and therapists, offer specialized care. Their work may include medical assistance, rehabilitation, and providing companionship for those in need of ongoing support.



- **Youth Caregivers:** Youth caregivers are often overlooked. They are children or teenagers who take on caregiving responsibilities and roles in looking after a parent, sibling, or relative. These young caregivers balance their schooling and social lives while managing tasks like assisting with mobility, medication reminders, or emotional support. Although they are and brave resilient, youth caregivers can face unique challenges and stresses.
 - **Sandwich Caregivers:** These caregivers are "sandwiched" between caring for aging parents and supporting their own children or other family members. They juggle the needs of both generations, often managing emotional, physical, and financial demands from both sides. This dual role can create feelings of stress, guilt, or burnout.
 - **Respite Caregivers:** These caregivers step in temporarily to give primary caregivers a much-needed break. Respite care can be provided by volunteers or professionals and helps prevent caregiver burnout by ensuring the person being cared for continues to receive the attention they need during the caregiver's absence.
 - **Palliative and Hospice Caregivers:** Focusing on comfort and quality of life, these caregivers provide care for individuals with serious, terminal, or life-limiting conditions. They help manage pain, alleviate symptoms, and provide emotional and psychological support for both patients and their families.
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Navigating Conflicts Among Caregiving Siblings and Family Members

1. Understand the Root of the Conflict

Caregiving conflicts often arise from emotional triggers like guilt, resentment, or differing perceptions of fairness.

For example:

- One sibling may feel overwhelmed with responsibilities while others seem uninvolved.
- Differing opinions on medical treatments, living arrangements, or finances can lead to heated discussions.
- Acknowledging these emotions is the first step in resolving conflicts.

2. Open the Lines of Communication

Clear and respectful communication can make all the difference. Try these tips:

- Schedule regular family meetings to discuss caregiving roles and updates.
- Use “I” statements to express feelings without blame (e.g., “I feel overwhelmed managing appointments alone” instead of “You never help out!”).
- Actively listen to each other’s concerns without interrupting or judging.

3. Define and Divide Responsibilities

Conflict often stems from an unequal division of labor. Create a caregiving plan that outlines each person’s roles:

- Assign tasks based on strengths (e.g., one sibling handles finances while another manages daily care).
- Rotate responsibilities to prevent burnout.
- Agree on boundaries—everyone’s capacity is different, and that’s okay.

4. Bring in a Neutral Third Party

Sometimes, families need an outside perspective to resolve ongoing tensions. Consider:

- Working with a family counselor or mediator to address emotional conflicts.
- Consulting with a care coordinator to create a fair caregiving plan.
- Attending support groups to share experiences and gain insights.

5. Focus on the Common Goal

At the heart of caregiving is love for the person you’re caring for. Keeping this shared goal in mind can help family members move past personal grievances and work together.

Remember: It’s normal for families to face disagreements during challenging times. With patience, communication, and a shared commitment, conflicts can be transformed into opportunities for greater understanding and teamwork.

CAREGIVERS SELF-CARE TIP

Caregiving Tip of the Month: Take a Few Moments for You

We get it—life as a caregiver is busy. But even a few minutes of "me time" can make a big difference in how you feel. Start small and see how it can refresh your day:

☀️ **Wake Up with a Deep Breath:** Before you dive into the day, take 5 slow, deep breaths. It's like hitting the reset button before things get hectic.

🚶 **Step Outside for a Quick Walk:** If you've got 10 minutes, take a walk! Stretch your legs, breathe in the fresh air, and let your mind wander—or not. Sometimes, just moving is enough to recharge.

🍵 **Enjoy a Quiet Cup of Tea:** In the evening, grab your favorite mug and sit down for a few uninterrupted sips. Tune out the world and just **be** for a moment—you deserve it!

Taking care of yourself doesn't have to be a big production. It's about the little things that help you feel more like YOU. Remember: You can't pour from an empty cup, so fill yours first!

What's one small way you'll take care of yourself this week? 😊



A DOSE OF INSPIRATION

Caring for yourself is not a luxury—it's the foundation that allows you to care for others

register today



Caregiver Spotlight: Maria's Journey

When Maria's father was diagnosed with Alzheimer's, her life changed overnight. As the youngest sibling, she stepped up to provide daily care, juggling her job, family, and caregiving responsibilities.

At first, Maria felt overwhelmed, but she found strength by connecting with a local caregiver support group. "Talking to others who understood what I was going through made all the difference," she shares.

Maria learned to prioritize self-care, carving out 15 minutes each morning for a quiet cup of coffee and journaling. "It's my way of grounding myself before the day begins," she says.

Today, Maria is not only a dedicated caregiver but also an advocate for others in her community, encouraging them to seek support and embrace the small joys in caregiving. Her advice? "You can't do it all alone, and that's okay. Asking for help makes you stronger."

Maria's story reminds us that caregiving is a journey of love, resilience, and growth. ❤️

Thank you for reading!

ELAYNA WALLACE PROGRAM COORDINATOR	
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EVA MARSDEN CENTER	
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ELAYNA WALLACE

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