



Caring
for the
Caregiver

The central graphic features a large, solid red heart on the left side. To the right of the heart, the word "Caring" is written in a large, black, cursive script font. Below "Caring", the words "for the" are written in a smaller, black, cursive script font. At the bottom, the word "Caregiver" is written in the same large, black, cursive script font as "Caring". The entire text and heart are set against a white rectangular background.

Who I am

- ❖ Lesley Kirton
- ❖ Victim Services employee & caregiver
- ❖ Sandwich Generation
- ❖ Mother of a daughter with exceptionalities
- ❖ Daughter of a mother with health issues

What is Victim Services?

- ❖ Victim Services of Peterborough & Northumberland is a confidential community-based service that provides immediate emotional and practical support to victims of crime and tragedy.

- ❖ Victim Services provides fair, equitable and effective service to clients and reflects the philosophy of providing services in an environment consistent with confidentiality, respect and dignity.

Victim Services of Peterborough & Northumberland

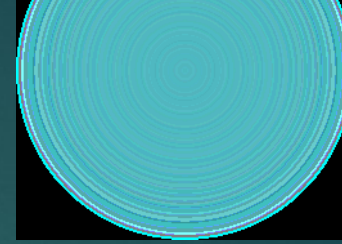
- ❖ Two locations with specialized trained staff
- ❖ Able to provide
 - ❖ Emotional support
 - ❖ Referrals to community agencies
 - ❖ Assistance with CICB applications
 - ❖ Finding financial supports



What is the key to caregiver support?



Education




Resources for Caregivers

- ❖ https://fourinfo.com/sites/default/files/Help%20Pamphlet%20May%202018_0.pdf
- ❖ https://www.marchofdimes.ca/EN/programs/Attendant/Documents/External_Resources_Peterborough_2015.pdf
- ❖ <https://www.alegon.ca/en>
- ❖ <https://files.ontario.ca/seniors-guide-english-web.pdf>

What types of caregivers are we seeing?

- ❖ Caregivers of our ageing population (i.e. those with dementia & Alzheimer's)
- ❖ Caregivers supporting family members with addictions
- ❖ Caregivers of children and young adults with exceptionalities (i.e. FASD, autism, cognitive delays)



I'M SO CALM, HAPPY, AND WELL-RESTED

SAID NO CAREGIVER EVER

Why is care for the caregiver important?

- ❖ Caregiver Burnout
- ❖ Mental health of all family members
 - ❖ Ripple effect
 - ❖ Physical health- less sleep & less time for yourself
 - ❖ Financial burdens
 - ❖ Being able to provide the best care to your loved one
- ❖ “25%-30% of caregivers end up with depression or anxiety within one year”

Victim Services of Peterborough & Northumberland

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I'm A Caregiver:

I can help two kids with homework, soothe an agitated sundowner, balance the checkbook, remember 1,750 medical definitions, locate 12 lost items, clean up a spill, pet the dog and cook dinner--all in the 20 minutes it takes me to make a doctor's appointment on the phone.

What is *your* superpower?

Questions?

