



A variety of services and activities to brighten your world



Jeffery Hale

Let us brighten your world

Jeffery Hale Community Services has a wide variety of services and activities to help brighten a senior's world and ease caregivers' worries.

Be sure to ask about our:

- Day Centre
- Games Day
- Footcare
- Frozen Meals
- In-home Stimulation
- Living Room
- Nursing care
- Respite and convalescence
- Telephone Check In
- Transportation (if a volunteer is available)
- Walking Club
- Wellness Clinics
- and much more.

For more details, please call Jeffery Hale Community Services at:

418 684-JEFF (5333), ext. 1580
Community Services, in the Jeffery Hale Pavilion, is open Monday to Friday, 8:30 AM - 4:30 PM

One number

If you live in the Greater Quebec City region and would like health and social services in English, please call the Jeffery Hale at:

» **418 684-JEFF (5333)**
1 888 984-5333 toll-free

- Emergency Room
- Diagnostic Services
- Senior Care
- Community Services (CLSC-type service in English)



Jeffery Hale

418 684-JEFF (5333)
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www.jefferyhale.org

Caregiver Support



With a little help from my friends

www.jefferyhale.org



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Sound familiar?

You have to go out, but you worry about your mother's safety when she is at home alone, yet she refuses outside help.

Your spouse thinks you do far too much for your mother.

Your husband, who has Alzheimers, enjoys going grocery shopping with you, but others seem to get upset by his presence in the store. Should you put an end to the outings?

We share your goals

Do you feel like you are just trying to get by, barely coping or surviving? You may have never even stopped to think, "Am I doing a good job as a caregiver?" Likely, no one has ever told you how great you are doing. Pat yourself on the back right now (or let us do it).

Jeffery Hale shares your goal to keep your loved one at home as long as possible by providing services that meet his or her needs, as well as your needs as a caregiver.

Above & cover photo, Health Canada, © Minister of PWGSC 2001

The emotional side

At Jeffery Hale, we recognize the crucial role you play in caring for your loved one at home. We will do our best to support you through the emotions of caregiving, such as:

- "It's not that bad" or "I don't need anyone's help"; getting past denial
- "I tried a new way, and it worked"; celebrating your successes
- "If I don't get a break soon, I think I might..."; preparing for the crises that may arise
- "I love her, but some days..."; surviving the bad days
- "I feel so guilty when..."; fighting negative emotions that make your job tougher
- "Am I the only one who feels this way?"; feeling more self-assured and less alone in your role
- "What if something happens to me?"; planning for what lies down the road
- "Who am I?"; life after caregiving.

The practical side

We can help you gain the knowledge and tools necessary to meet the daily challenges of caregiving with skills and strategies.

- Hands-on information – understanding memory loss and behaviour changes, techniques for home safety, bathing, lifting and so forth
- Help getting services at home (nursing, bathing, meals, housekeeping, and so on)
- Help getting some time off through the respite or relief programs that are available at the centre and elsewhere
- Individual, family and group support
- Newsletter just for caregivers
- Requests for long-term care residences (nursing homes)
- Resource library
- Workshops on topics of interest to caregivers