

Next Steps in your Journey as a Caregiver



TRANSITIONS IN CARE & SERVICES

A transition in care or service happens when the person you are caring for moves from one setting or service to another setting or service. A transition may also be called a discharge or referral.

Transitions can involve new routines, new care or service providers, and changes to medication or care needs. This Fact Sheet will help guide you through changes that may come with a transition in care or service.

KEEP IN MIND¹

Getting information from the care or services providers can help you manage common challenges that may come with a transition. If not already discussed, ask the care or service providers about:

Personal Care

- How to assist with personal care and activities of daily living
- If needed, what medical equipment will be needed and how to use it

Medications

- Changes to medications and why any changes were made
- How to administer medications (dose, frequency & route)
- Side effects to be aware of

Appointments

- Where, when and with whom you will meet
- What the appointment is for
- Transportation options to the appointment

Community Services

- What community services and resources are available to you and the person you are caring for
such as, food, respite, and transportation services

Symptoms

- What symptoms or changes to watch for based on the health care concern or diagnosis of the person you are caring for

Who to Contact

- Medical emergency
- Mental health emergency
- Social services support
- General inquires / non-urgent concerns



Tell the care or service provider if:

- You do not understand the information being shared with you
- You have concerns about managing care and need support
- The person you are caring for doesn't have a family doctor or nurse practitioner to follow up with

CAREGIVING CHALLENGES & BENEFITS²

Being a caregiver can come with challenges. Recognizing these challenges can help you understand your strengths and acknowledge the positive aspects of caregiving. Some challenges and benefits may include:

CHALLENGES	BENEFITS
<p>Care and Coordination</p> <ul style="list-style-type: none">Assisting with care, medication, equipment, and appointments <p>Out-of-pocket Costs</p> <ul style="list-style-type: none">Parking, transportation, food <p>Physical and Mental Health</p> <ul style="list-style-type: none">Lifting/bending, setting aside your own needs, change in roles and relationships	<p>Purpose and Accomplishments</p> <ul style="list-style-type: none">Finding meaning, giving back and feeling accomplished being able to help <p>Strengthened Relationships</p> <ul style="list-style-type: none">Through the act of caregiving <p>Finding Your Inner Superhero</p> <ul style="list-style-type: none">Using your strength to develop coping strategies and accept help from others

SELF-CARE STRATEGIES³

Self-care means taking time for yourself to do the things that you enjoy or make you feel better. Here are some self-care activities that can help reduce stress and support you in your role as a caregiver:



Talk about it. Reach out to someone, such as a friend, family member, support group, or therapist to share your experiences or what might be bothering you.



Relax. Try to take time to intentionally relax each day. You could go on a calm walk, try slow, deep breathing or meditation.



Do activities you enjoy. These activities could include connecting with friends, watching a movie, reading a book, listening to music, or baking something you like to eat.



Eat healthy and sleep well. Try not to skip meals. Try to eat fruits and vegetables, stay hydrated, limit food that are less healthy, and get 7-9 hours of sleep each night.



Be physically active. Try to exercise regularly to get your heart pumping. You could go for a fast walk or bike ride or use an exercise app.

OTHER SERVICES

The Ontario Caregiver Organization

To access information about caregiver services and supports.

ontariocaregiver.ca 1-833-416-2273

Home and Community Care Support Services

Care coordination and Regional services for home care.

healthcareathome.ca 1-888-470-2222

Northern York South Simcoe Ontario Health Team

Find local community, health and government services.

nysoht.ca/community-resources

Elizz by SE Health

To access care services and caregiver resources.

elizz.com 1-866-565-0065