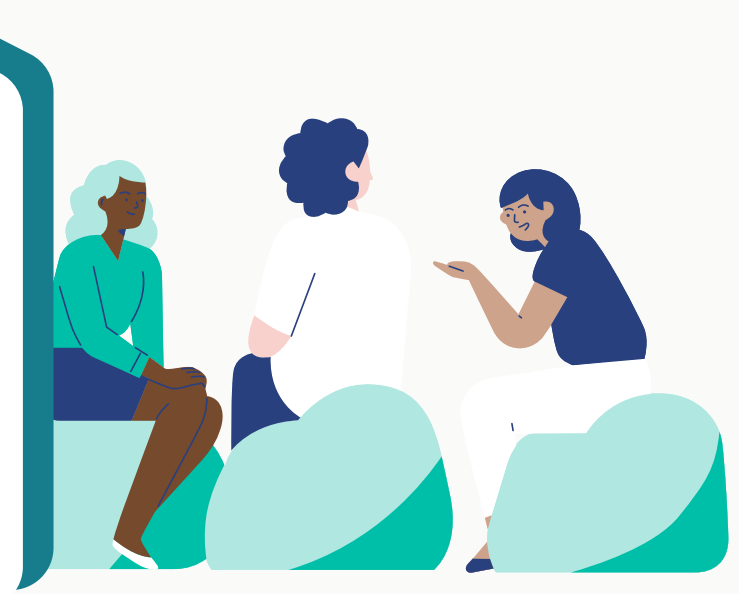


# Next Steps in your Journey as a Caregiver

## 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 MIND<sup>1</sup>

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 inquiries / 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 & BENEFITS<sup>2</sup>

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

## SELF-CARE STRATEGIES<sup>3</sup>

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](http://ontariocaregiver.ca)  1-833-416-2273

### Home and Community Care Support Services

Care coordination and Regional services for home care.

 [healthcareathome.ca](http://healthcareathome.ca)  1-888-470-2222

### Northern York South Simcoe Ontario Health Team

Find local community, health and government services.

 [nyssoh.ca/community-resources](http://nyssoh.ca/community-resources)

### Elizz by SE Health

To access care services and caregiver resources.

 [elizz.com](http://elizz.com)  1-866-565-0065