THE CAREGIVER’S GUIDE TO SELF-CARE

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Introduction

This manual is designed for family caregivers caring for a loved one with dementia or Alzheimer’s diseases. This manual contains helpful information pertaining to dementia care services in the area and techniques that can help reduce stress associated with care giving.

Learning a loved one has dementia can be difficult. This manual was developed to help you navigate community resources while providing you with relaxation methods to reduce stress. This manual includes a description of your local community resources, job descriptions of professionals you may be in contact with, and other helpful services. Additionally, the manual will help you identify stress while guiding you through relaxation techniques such as Progressive Muscle Relaxation, Mindfulness Meditation, Deep Breathing and Journal Writing.

This manual is made to benefit you. How you use it, is up to you. It is recommended that you use the manual in the way that is most beneficial for you. When you are practicing any of the exercises, it is important that you feel comfortable. Although it is encouraged, you do not have to complete all the techniques suggested in the manual.

As some of the written exercises may contain your personal thoughts and feelings, it is suggested that this manual be kept in a safe place to retain your privacy.
Introduction to Dementia

Dementia is an umbrella term used to describe symptoms when a person experiences memory loss and difficulty with daily functioning. Individuals with dementia may also struggle with orientation (i.e. recognizing where they are, date and time), performing difficult tasks, judgment (i.e. personal safety and financial transactions), spatial skills, behaviour changes, physical mobility and incontinence. The most common types of dementia are Alzheimer’s disease, vascular dementia, frontotemporal dementia, and Lewy Body dementia.
Alzheimer’s Disease

The most common type of dementia, Alzheimer’s disease, was first discovered and diagnosed by Dr. Alois Alzheimer.

Dr. Alzheimer identified that the disease consists of two factors; something he called “plaques” and “tangles”. Plaques are clumping of a protein referred to as Beta amyloidal whereas tangles refers to a tau protein that twists and ‘tangles’, preventing nutrients from reaching their target. Specifically, when an individual has Alzheimer’s these plaques and tangles clump together and prevent signal and nutrients transfers between nerve cells resulting in brain cells dying.

The death of these brain cells affects an individual with Alzheimer’s in every way; how they feel, how they think and how they act. The individual’s ability to communicate, make decisions and remember facts diminishes.
Additionally, individuals diagnosed with Alzheimer’s have tendencies to act out of character, have physical outbursts, be apathetic, be withdrawn and lose much of their physical mobility. Alzheimer’s disease is an irreversible progressive degeneration of brain cells, which ultimately results in death.

Although medications are available to manage the side effects of Alzheimer’s disease, there is currently no known cure.

**Symptoms**

- Forgetfulness
- Minor physical decline
- Difficulties at work
- Loss of interest in preferred activities
- Change in personality
- Difficulty speaking
- Difficulty performing everyday activities
- Impaired perception of the world
- Difficulty understanding
- Poor judgment
- Loss of physical abilities
Vascular Dementia

Vascular dementia occurs when brain cells are deprived of oxygen due to the blood supply in the brain being blocked or damaged.

Vascular dementia is most commonly caused by strokes which harm certain brain areas.

The symptoms of vascular dementia are similar to those of Alzheimer’s disease as the individual’s ability to make decisions, plan, and organize is affected.

Unlike Alzheimer’s disease, vascular dementia symptoms do not always gradually worsen. Some people may have Alzheimer’s and dementia.

Vascular dementia can also cause delusions and depression. Symptoms vary depending on which part of the brain was damaged.

Symptoms

- Decline in memory
- Difficulty speaking
- Diminished coordination
Frontotemporal Dementia

Frontotemporal dementia differs from Alzheimer’s as it affects only one section of the brain. It is most commonly caused by the brain cells shrinking or enlarging resulting in cell death.

Individuals with this type of dementia often experience a change in personality for example; a person who was previously outgoing with high energy may become quiet and withdrawn.

Symptoms

- Distractibility
- Inhibition
- Withdrawn behaviour
- Behaviour repetition
- Loss of insight
- Speech problems
Lewy Body Dementia

Lewy body dementia is a blend of Alzheimer’s and Parkinson’s disease.

Lewy body is a small abnormality in the brain. Depression and anxiety often accompany a diagnosis of Lewy body dementia.

Like Parkinson’s, Lewy body dementia causes stiffness of muscles, stooped posture, and body tremors.

People with Lewy body dementia may also experience visual hallucinations such as: seeing people and children.

Symptoms

- Forgetfulness
- Loss of speech
- Poor judgement
- Muscle stiffness
- Body tremors
- Hallucinations
Agency Navigation
Job Descriptions of Workers Involved in Your Family’s Care

Doctor

Your doctor will be the one who prescribes medication and answers any questions you may have. This doctor may be your family doctor or if your family doctor does not specialize in dementia, they will refer you to a specialist in geriatric medicine. Your doctor will oversee your loved one’s health status while providing you with support.

This doctor can help you and your loved ones with any physical concerns. Referrals to physical therapists, social workers, and other professionals could also be made by your doctor.

Your doctor or pharmacist can teach you how to administer medications to your loved one. When you meet with your doctor, don’t be shy; discuss your needs and expectations when visiting them.

Your Social Worker

A social worker may help you with a variety of things. They may work in public social service agencies, nursing homes, and other public health offices. Your social worker can assist you in finding the best services available that will fit the needs of you and your loved one.

Your social worker can also provide you and your family with counselling. This can be useful when or if family members
disagree on future planning regarding the person with dementia (e.g. placing a loved one in a retirement facility or seeking in-home care).

Your Pharmacists

The pharmacist is the person who will provide you and your loved with the appropriate medication.

Make sure the pharmacist knows all the medications your loved one may be currently taking. If they are aware of all medications being administered, they can advise or speak to your doctor before beginning a medication if two medications being prescribed are counterproductive or have potential harmful drug interactions. The pharmacist will also be the person who tells you the possible side effects of taking the prescribed medication. Your loved one’s medication may be prescribed by different doctors; this is why it is important to communicate with your pharmacist. If you have any questions regarding medication, do not hesitate to ask your pharmacist.
Multi-Element Resources
Champlain Local Health Integration Network (Champlain LIHN)

The Champlain LIHN can provide you with health and support services you or loved one needs including: safety inside and outside the home, independent living, day programs, long term care options and more.

Specifically, Champlain LIHN can help you and your loved one with the following:

- Managing health conditions
- Dealing with feelings
- Accepting help
- Future planning
- Safety at home
- Living arrangements
Champlain Local Health Integration Network (Champlain LIHN)-Assisted Living Services

This program offers services to help individuals access daily personal support and maintain independent living. LIHN assisted living can provide you with the following services.

- Nursing
- Bathing and dressing
- Physiotherapy
- Occupational therapy
- Speech language therapy
- Social work
- Nutritional counselling
- Medical supplies and equipment
- Information and referrals to community resources

Contact Champlain LIHN via telephone at 1-800-5380 or 310-2222
Caredove- Champlain Community Support Network

The Caredove community support network can connect you with a variety of services in the Champlain region (Eastern Ontario) such as day programs, outreach programs for seniors offering activities, personal support services, respite services and social outings. Cost of services provided are listed on the website below.

For more information visit www.caredove.com/champlaincss
Local Resources
Meals on Wheels

Meals on Wheels is a service where nutritious meals are delivered to your home by volunteers. The meals you will receive are well-balanced and nutritious. Delivery of the food by volunteers offers the opportunity for regular social contact. Price for this service ranges from 4.50$ to 10.00$. For more information call 1-613-632-0939.

Diners Club

Diners Club will provide you with a nutritious meal while making you feel welcomed. The meal is followed by wellness activities that can promote and maintain your health. Diners Club allows you to meet new friends and avoid personal isolation while enjoying a nice meal.

Locations

Bourget

- Address: 3765 Champlain, Bourget
- Cost: $13.00
- For more information and for a schedule call: 613-488-3203 or 1-844-488-3203

Clarence Creek

- Address: 1875 Beauchamp, Clarence Creek
- Cost: $7.00
- For more information and for a schedule call: 613-488-3203 or 1-844-488-3203
Plantagenet

- Address: 220 Main St, Plantagenet
- Cost: $10.00
- For more information and for a schedule call: 613-678-2332

Casselman

- Address: 740 Brebeuf St, Casselman
- Cost: $13.00
- For more information and for a schedule call: 613-987-2774 or 1-888-393-3323

Rockland

- Address: 2178 Laurier St, Rockland
- Cost: $10.00
- For more information and for a schedule call: 613-488-3203 or 1-844-488-3203

Limoges

- Address: 154 Mabel St, Limoges
- Cost: $12.00
- For more information and for a schedule call: 613-987-2774 or 1-888-393-3323

St-Albert

- Address: 201 Principale St, St-Albert
- Cost: $12.00
- For more information and for a schedule call: 613-987-2774 or 1-888-393-3323

St-Bernadin

- Address: 6900 County Rd 22, St-Bernadin
- Cost: $10.00
- For more information and for a schedule call: 613-678-2332 or 1-888-414-4494
Embrun

- Address: 151 Centenaire St, Embrun
- Cost: $10.00
- For more information and for a schedule call: 613-987-2774 or 1-888-393-3323

**Transportation**

This service offers personalized transportation for residents in the Hawkesbury area who are in need of transportation to attend medical appointments and other events. To qualify you must be over 55 and in need of extra assistance for transportation. The cost of this service varies. For more information call 1-613-632-0939

**Day Service (Adult Day Service)**

The day service offers supervised programmed activities for individuals with physical or cognitive challenges. Participants are encouraged to achieve their maximal level of functioning. This service can provide respite, support, and information to caregivers. The cost of this day program is $12 a day including transportation and meals. For more information call 1-613-488-3203 or E-mail kbelleau@servcompr.com

**Crisis Intervention and Support**

This service can be used to provide relief to caregivers in critical situations through providing support and interventions. To access crisis intervention, call 1-613-632-0939. This service is free.
Visiting Social and Safety

This service offers the opportunity to socialize with others through telephone or face to face visits. Continuous and personalized relationships are provided by volunteers to reduce feelings of isolation. To access this service call 1-613-632-0939. This service is free.

Home Maintenance

Assistance with house cleaning can be accessed with this service. The home maintenance worker can help you with tasks as needed to help alleviate stress. To access these services, contact 1-613-632-0939. The cost of home maintenance varies between $15-$25 per hour.

For more information about these services visit:

Address: 295 Main St. West, Suite B, Hawkesbury, ON, K6A 0B3

Telephone: 613-632-0939 or 1-800-267-0853

Website:

http://joliecommunications.wixsite.com/servcompen/services
Alzheimer’s Society of Cornwall and District

The Alzheimer’s Society can provide you with one on one education and resources. They can discuss your loved ones changes in symptoms and behaviour while directing you to the appropriate agencies and resources. The Alzheimer’s Society can help you with the following:

- Managing behaviours
- Managing health conditions
- Dealing with feelings
- Transportation
- Safety at home
- Living arrangements
Alzheimer’s Society Day Program

Having your loved one attend a day program can be beneficial for the both of you. It can offer social opportunities for your loved one and a respite break for you. The Alzheimer’s Society of Cornwall and District provides a day program for individuals residing in counties of Stormont, Dundas, Glengarry, Prescott, and Russell.

How it can help your loved one?

- Develop and/or maintain physical, intellectual, social, and spiritual abilities
- Alleviate isolation and loneliness
- Help them live in the community for as long as possible

How it can help you?

- Provide respite
- Gives you the opportunity to visit friends or attend other social events
What will your loved one do while at the day program?

- Your loved one will engage in a wide range of activities such as physical, intellectual, emotional, capabilities, environment, and social.
  - Physical activities may include: walking, fun and fitness exercises, chair aerobics, ball toss etc.
  - Intellectual activities may include: trivia, cross words, reading and writing activities, puzzles etc.
  - Emotional activities may include: storytelling, reminiscing, music sing along etc.
  - Capabilities may include: crafts and other activities involving physical abilities
  - Social activities may include: BINGO, socializing with other members, working as a group during activities etc.

Services provided

- Qualified staff providing supervision and care ensuring a safe environment
- Assistance with daily living tasks such as toileting
- A nutritious lunch and snack
- Transportation

Cost

- $19.00 per day

For more information or to schedule an intake assessment contact Nicole Piche at: 613-932-4914 ext. 209
Alzheimer’s Society Support Worker

The Alzheimer’s Society of Cornwall provides face to face or telephone counseling to individuals with Alzheimer’s disease or dementia and their families. The support worker can help you develop coping strategies, how to plan for the future, problem solving skills, and how to navigate agencies.

For more information or to access this service call 1-613-932-4914 or 1-888-222-1445. Or E-mail Alzheimer.info@one-mail.on.ca
Educational Resources
Educational Resources

Dementia Friend Education Program

The Alzheimer’s Society of Cornwall and district provides an education program regarding Dementia and Alzheimer’s disease. This program can be used to provide education and training to you, your friends, and colleagues. A Dementia Friend is described as someone who learns about the experience of living with dementia and as a result, uses this information to help those who live with dementia. This program is offered for free by the Alzheimer’s Society of Cornwall and District.

If you’d like more information about the Dementia Friend Education Program:

- Call-1(613)- 932-6154
- Or visit-
  https://www.caredove.com/champlaincss/service/detail/sid/7761/refr/search
How to Access Funding
Employment Insurance Family Caregiver Benefit

The government of Canada offers a program that allows individuals to take up to 15 weeks off work to support an adult family member who is in need of support for diagnoses such as dementia.

To be an eligible caregiver, you can be a family member (daughter, son, spouse etc.) or someone the person living with dementia considers family (close friend).

To participate in the Family caregiver benefits for adults program, a submission of a medical certificate signed by a medical doctor or nurse verifying the diagnosis is required.

The certificate must state:

- that your loved one’s health has greatly changed
- your loved one is at risk of illness or injury
- your loved one is in need of emotional and psychological care
The family caregiver benefit can be shared by family members over a one-year period. For example:

- Johnny has dementia and is in need of care-giving
- Johnny has a wife (Shelley) and 2 kids (Monica and Ross)
- Shelley currently works 40 hours a week as a school teacher.
- Shelley can apply for the family caregiver benefit for up to 15 weeks. (from January to March)
- Monica works at least 40 hours a week as a chef.
- Monica can apply to the family caregiver benefit for the following 15 weeks. (From April to June)
- Ross works 40 hours a week at the museum.
- Ross can apply for the family caregiver benefit for another 15 weeks. (From July to September)

**This can only be done for one year**

Or family members can apply for the family caregiver benefit at the same time. For example:

- Both Shelley and Ross apply for the family caregiver benefit for 15 weeks. (both from January to March)

For more information visit:
Stress Identification
Stress

Taking care of your loved one can be rewarding. Deciding to be there and care for your loved one may have been an easy decision; however, the dynamics of your relationship with your loved one may be changing. With all these changes, it is natural that you may be feeling stress. You may at times feel angry, frustrated, tired, lonely, or sad; this is normal.

It is not uncommon that being so focused on the wellbeing of your loved one has caused you to neglect your own physical and emotional health.

Below are some common symptoms felt by family caregivers:

- Feelings of being overwhelmed
- Constantly worried
- Easily irritated or angry
- Loss of interest in preferred activities
- Feeling sad
- Fatigue
- Headaches and body pain
Your health is important. Dr. Peter Rabins and Nancy Mace explain in their book that feeling stress for a long period of time can affect your health. It is important that you are feeling the impacts of stress.

Identifying that stress can be the first step towards reducing it and enhancing your overall health.

The next page identifies types of stress and includes a questionnaire that will help you identify if you’re feeling exasperated stress due to caring for your loved one.
Types of Stress

Gerard Lebel, a Nurse Clinician, says that stress is the body’s reaction to a specific situation. There are 2 states of stress; acute stress and chronic stress. They have varying consequences when it comes to your health.

Acute Stress

This occurs when we face a threatening, inevitable or unexpected situation. Some examples of this include public speaking, starting a new job, meeting new people, or accidents. When the event has passed, the symptoms of stress end shortly after.

Chronic Stress

This occurs when stressful situations are experienced for a prolonged period of time. Some examples of this may include prolonged stress at work, stress with interpersonal relationships or continuously caring for others. Our bodies are not made to sustain a continuous state of excitement (stress).
### Symptoms of Chronic Stress

#### Physical Symptoms
- Pain
- Muscle tension
- Digestive problems
- Sleep problems
- Headaches
- Dizziness
- Fatigues

#### Emotional
- Sensitivity
- Nervousness
- Agitating
- Anxiety
- Irritation
- Sadness
- Low self esteem

#### Cognitive symptoms
- Difficulty concentrating
- Forgetfulness
- Indecisiveness
- Negative perception
- Disorganization

#### Behavioural Symptoms
- Irregular eating habits
- Violent and aggressive behaviour
- Difficulty maintaining relationships
- Self-isolation
- Increase in alcohol, caffeine, and sugar consumption

The next page contains a questionnaire that can help you identify feelings of stress and burnout.
Stress Questionnaire

The Zarit Burden Interview

Created by: Zarit, Reever, and Back-Peterson (1980)

Please circle below the response that best describes how you feel

0: Never
1: Rarely
2: Sometime
3: Quite Frequently
4: Nearly Always

1. Do you feel that your relative asks for more help than he/she needs?
   0  1  2  3  4

2. Do you feel that because of the time you spend with your relative that you don’t have enough time for yourself?
   0  1  2  3  4

3. Do you feel stressed between caring for your relative and trying to meet other responsibilities for your family or work?
   0  1  2  3  4
4. Do you feel embarrassed over your relative’s behaviour?
   0 1 2 3 4

5. Do you feel angry when you are around your relative?
   0 1 2 3 4

6. Do you feel that your relative currently affects your relationships with other family members or friends in a negative way?
   0 1 2 3 4

7. Are you afraid what the future holds for your relative?
   0 1 2 3 4

8. Do you feel your relative is dependent on you?
   0 1 2 3 4

9. Do you feel strained when you are around your relative?
   0 1 2 3 4

10. Do you feel your health has suffered because of your involvement with your relative?
    0 1 2 3 4
11. Do you feel that you don’t have as much privacy as you would like because of your relative?
0 1 2 3 4

12. Do you feel that your social life has suffered because you are caring for your relative?
0 1 2 3 4

13. Do you feel uncomfortable about having friends over because of your relative?
0 1 2 3 4

14. Do you feel that your relative seems to expect you to take care of him/her as if you were the only one he/she could depend on?
0 1 2 3 4

15. Do you feel that you don’t have enough money to take care of your relative in addition to the rest of your expenses?
0 1 2 3 4

16. Do you feel that you will be unable to take care of your relative much longer?
0 1 2 3 4

17. Do you feel you have lost control of your life since your relative’s illness?
0 1 2 3 4
18. Do you wish you could leave the care of your relative to someone else?
0 1 2 3 4

19. Do you feel uncertain about what to do about your relative?
0 1 2 3 4

20. Do you feel you should be doing more for your relative?
0 1 2 3 4

21. Do you feel you could do a better job in caring for your relative?
0 1 2 3 4

22. Overall, how burdened do you feel in caring for your relative?
0 1 2 3 4
Now that you have answered all the questions above, you must add up all your scores. Add up each number you have selected from questions 1-22. The number you have just calculated represents your level of burden. Scores are categorized in 4 sections.

0-21: Little to no burden

21-40: Mild to moderate burden

41-60: Moderate to severe burden

61-88: Severe burden

If your score and category worries you at all, don’t worry. There are many ways you can manage and decrease your stress. The following pages will show you examples on how to do so.
Stress Management
Progressive Muscle Relaxation

Progressive muscle relaxation (PMR) is a relaxation technique that can help reduce stress through the focused tensing and relaxing of muscles. It has been proven to reduce stress among caregivers. PMR involves a progressive tensing of your muscles then relaxing them. Practicing PMR can help reduce tension and stress levels.

Feeling physically relaxed may be an unfamiliar sensation after prolonged stress exposure. This exercise can help you learn to recognize the difference between a tense muscle and a relaxed one.

Helpful Tips

- Set aside 15 minutes to complete this exercise
- Find a quiet room where you won’t be disturbed or distracted
- A reclining armchair is ideal
- You do not need to feel stress to practice PMR. You can do it whenever you have the desire to
- Do not do any exercise that makes you feel pain or uncomfortable
To start

- Find a quiet and comfortable place to sit or lie down
- Take off your shoes
- Close your eyes and let your body go loose

Step 1: Relax

Deep breathing

- Place one hand on your stomach. Place the other hand on your chest
- Breathe in through your nose. Let your stomach fill with air
- Breathe out through your mouth
- As you breathe in feel your stomach rise
- As you breathe out feel you stomach lower
- Repeat 5 times

Step 2: Foot

- Curl your toes downwards
- Hold for 5 seconds
- Release curled toes and relax the toes for 15 seconds

Step 3: Lower leg and foot

- Tighten you calf muscle by pulling your toes towards you
- Hold for 5 seconds
- Release hold and relax for 15 seconds
Step 4: Entire leg

- Tighten your calf muscle by pulling toes towards you and squeeze thigh muscles
- Hold for 5 seconds
- Release hold and relax for 15 seconds

Step 5: Hand

- Clench your fists
- Hold for 5 seconds
- Unclench and relax for 15 seconds

Step 6: Buttocks

- Tighten by flexing your buttocks
- Hold for 5 seconds
- Release and relax for 15 seconds

Step 7: Stomach

- Flex your stomach by sucking it in as if you were trying to bring your belly button to your spine. Hold for 5 seconds.
- Hold for 5 seconds
- Relax for 15 seconds

Step 8: Chest

- Tighten by taken a deep breath
- Hold for 5 seconds
- Exhale and relax for 15 seconds
Step 9: Neck and Shoulders

- Raise your shoulders up to your ears
- Hold for 5 seconds
- Release and relax for 15 seconds

Step 10: Mouth

- Open your mouth wide enough to stretch the hinges in your jaw
- Hold for 5 seconds
- Close your mouth and relax for 15 seconds

Step 11: Eyes

- Clench your eyelids tightly shut
- Hold for 5 seconds
- Relax for 15 seconds

Step 12: Forehead

- Raise your eyebrows as far as you can
- Hold for 5 seconds
- Release and relax for 15 seconds

Step 13: Wind down

- Reawake your body by wiggling your toes and fingers
- Swing your arms gently
- Shrug your shoulders
- Stretch any muscles you feel need stretching

For a video demonstration on how to practice deep breathing visit the link below.
https://www.youtube.com/watch?v=86HUcX8ZtAk
Mindfulness

What is mindfulness meditation?

Mindfulness is the ability to be fully present and aware of where you are and what you are doing. It is when you use your sense, state of mind, thoughts, and emotions to become aware. The main goal of mindfulness meditation is to focus on awareness of the body or breath, or on the outside world and internal thoughts. According to researchers Drossel, Fisher, and Mercer (2010) practicing mindfulness meditation as little as once a week can help decrease stress symptoms.
Mindfulness Benefits

Emotional Benefits of Mindfulness Meditation

Researchers say that practicing mindfulness meditation can help manage your stress-based reactions such as

- Anxiety
- Depression
- Obsessive thinking
- Insomnia
- Excessive worrying

Physical Benefits of Mindfulness Meditation

Your level of stress can affect your physical health. Researchers also found that decreasing your emotional stress can also improve your physical health. For example, it can improve your:

- Immune system
- Blood pressure
- Migraines
- Heart health
- Sleep

Let’s try it. The next page will guide you through mindfulness meditation.
Mindfulness Meditation: How to do it

Preparation

- Find a comfortable spot in your house, or outside, where there are few distractions.
- Before beginning your mindfulness session, decide how long you plan on doing it for. It is recommended to start with 5 to 10-minute sessions. You can build this up as you become more comfortable with the practice.
- Set a timer for the time of your session
- Place yourself in a position that is relaxed and alert, with your back straight

Step 1

- With your eyes open
- Take a deep breath and relax
- Be aware of the sounds around you and let them be.
- Keep taking and releasing slow, deep breaths

Step 2

- Close your eyes
- Drop all your concerns, like putting down a heavy bag.
- You can pick those up after, but right now you are giving yourself this time to forget those worries
Step 3

- Focus on your breath
- Bring your whole awareness to the sensation of your breathing
- Sense the cool air coming in and the warm air going out
- Feel your chest rising and falling, your belly expanding and contracting
- Don’t try and control the pace of your breath, let it be whatever it is

Step 4

- Start counting your breaths softly, from 1 to 10
- If your mind wanders before reaching 10, start over
- It is normal for our minds to wander to things that cause stress, be gentle on yourself
- Let go of all self-criticism
- If self-critical thoughts enter your practice, bring your focus back to your breathing and counting

Step 5

- Become more absorbed by your breathing
- Notice the volume, speed, warmth and sound of your breath traveling in and out of your nostrils
- In through your wind-pipe and into your lungs, and back out again
- As your mind settles down, you will find it easier to focus your attention on your breathing
Step 6

- Now, let your thoughts go and wander to wherever they chose while still focusing on your breath
- Take notice of any worries that may arise
- Be aware of those thoughts and feelings and continue to focus on your breathing
- Tell yourself: “I’m noticing my thoughts, but I’m not getting carried away by them”
- Let your thoughts be whatever they are
- When you find yourself being pulled away by the thought, bring back your focus to your breathing, again and again.

Step 7

- Allow a sense of peacefulness to rise within you as you settle into your breath with more focus
- Notice how it feels to think about your thoughts and how it feels to let them arise
- Be attentive to the peaceful awareness
- You may stay in this state as long as you want
- When you are finished, open your eyes and stretch

For a video demonstration on how to practice deep breathing visit the link below.

https://youtube/dEzbdLn2bJc

You can also research other guided mindfulness-based instructions videos on the internet.

Mindfulness can be difficult. If you find it difficult, try the deep breathing activity below.
Deep Breathing

Deep breathing is one of the easiest and best ways to lower stress. When you breathe deeply it tells your brain to calm down and relax. The brain then sends this message to your body. Heart rate and high blood pressure can be reduced when you practice deep breathing.

When to practice deep breathing

Dr William B. Salt explains that the conditions and state of mind when you first learn how to practice deep breathing are important. He compares it to learning how to swim; you shouldn’t have your first swimming lesson in the ocean with a lot of waves. Similarly, you should learn this relaxation techniques when you are not experiencing high levels of stress. He recommends learning how to practice deep breathing in non-stressful situations, in order to be able to use the technique in aversive situations later on.
Preparation

Get comfortable. You can sit down on a chair with back support or lie down on your bed.

Step 1

- Put one hand on your stomach just below your ribs
- Put your other hand on your chest

Step 2

- Take a deep breath through your nose
- Let you belly push your hand out
- Your chest should not move

Step 3

- Breathe out through your lips
- Feel the hand on your belly go down

Step 4

- Repeat this 3 to 10 times
- Take your time with each breath
Lion’s Breath

The Lion’s breath is a breathing technique that can help you blow off some steam. It is essentially, roaring as if you are a lion. This technique can be helpful if you feel angry or upset and need to relieve some stress in a short amount of time.

Preparation

Find a comfortable place to sit.

It is recommended to also find a spot where you “roaring” won’t interrupt or alarm others.

Step 1

- Take a deep breath through your nose
- Fill your stomach up with air

Step 2

- When you can no longer breath in, open your mouth as wide as you can.
- Breath out with an “Ah” sounds as loud as you can

Step 3

- Repeat this 5 times
Journaling

Journaling and positive reflection has many benefits.

**It can reduce stress**

- Researchers, Clauss, Hoppe, O’Shea, Morales and Steifle (2016), found that journaling and reflection reduces stress and anxiety through emotional release. Writing your thoughts down can help improve your sleep and increase awareness for yourself and others (Clauss et al., 2016).

**It can trigger memories**

- Writing something down on a piece of paper can help you remember certain things. It can also trigger thoughts of positive experiences from the past. Reminiscing and thinking about the moments that brought you pleasure may lead you to feeling happier.

**Getting started**

- Designate a book for your journal writing or simply use lined paper
- Set about 10-30 minutes a week to complete your journal
- This is your journal, there are no rules
- Write what you want
- Write how you feel
- Write what makes you happy
It can be hard to think of things to write in your journal. Below are some example topics to help get you started.

If you need help starting your journal writing, answering some of the following questions below can give your journaling direction. Try to answer these questions at the end of every week.

**What made you feel good this week?**

____________________________________________

____________________________________________

____________________________________________

**What was the biggest mistake you made this week?**

____________________________________________

____________________________________________

____________________________________________

**Is there anything you did this week you wish you’d done differently?**

____________________________________________

____________________________________________

____________________________________________
What did you learn this week?
_______________________________________
_______________________________________
_______________________________________
_______________________________________
_______________________________________

What did you enjoy doing this week?
_______________________________________
_______________________________________
_______________________________________
_______________________________________
_______________________________________
The most fun I’ve ever had...
100 things I love

Make a list of all the things you love. Give an explanation for why you love these things.

10 activities

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

10 restaurants

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

10 people

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________
10 foods

6 drinks/beverages

4 desserts

10 paintings
10 websites

10 books

10 famous lines from movies/books
What is the dominant emotion in your life right now?
If you could live anywhere you wanted, where would you live?
If you enjoyed the journal writing above and would like to continue, the following pages contain some other topics you can write about.

Create Lists

- Places you’ve enjoyed visiting
- Things you thought you’d never do, but did
- The people you admire the most
- Your favourite books
- Your favourite songs
- Your favourite movies
- Your short term goals
- Your long term goals

Confessions

- Nobody knows that I.....
- Dear __________, it weighs on me that I never told you...
- The biggest lie I’ve ever told is...
- What’s your secret desire?
- What’s the most outrageous thing you’ve ever done?

Rituals and Traditions

- My favourite Sunday ritual...
- The holiday tradition I most look forward to...
- Things I always did with my dad when I was little...
- Things I always did with my mom when I was little...

Memories from your childhood

- What was your favourite toy?
- As a child, what did you want to be when you grew up?
- What’s your first memory?
- Who was your best friend in elementary school?
Write a Letter

- Write a letter to someone you need to forgive
- Write a fan letter to your favourite celebrity
- Write a letter to someone who believed in you even when you didn’t believe in yourself

Big life events

- Write about your first dance
- Write about your first job
- When did you feel truly independent for the first time?

Write about yourself

- What makes you unique?
- What are your best character traits?
- How would you describe yourself?
- How would your best friend describe you?
- How do you think others see you when they meet you for the first time?
List of people you can talk to

Caring for your loved one with dementia can be hard. Sometimes you may want to vent or just talk things over with a friend or family member. Venting and expressing your feelings to a friend can make you feel better and less isolated. Below, make a list of people you feel you can safely vent to when you are feeling frustrated or upset.

Name:__________________________________________
Phone Number:__________________________________

Name:__________________________________________
Phone Number:__________________________________

Name:__________________________________________
Phone Number:__________________________________

Name:__________________________________________
Phone Number:__________________________________
Support Groups in Prescott-Russell

Support groups can offer a safe space for you to express your feelings. Attending support groups gives you the opportunity to form social relationships with other individuals caring for their family members with dementia. You can learn from their care giving stories. These stories can help you develop methods and skills to solve problems. It also offers an environment to be among others who understand what you maybe struggling with.

The Alzheimer’s Society of Cornwall and District offers support programs for caregivers with dementia free of charge.

2019 Schedule and location

**Clarence-Rockland-English**

- Address: 9045 County road 17
- 2\textsuperscript{nd} Wednesday of every month
- 6:00 pm to 8:00pm

**Clarence-Rockland-French**

- Address: 9045 County road 17
- 2\textsuperscript{nd} Wednesday of every month
- 1:30 pm to 3:30 pm

**Limoges-French**

- Address: 1300 Limoges Rd
- 3\textsuperscript{rd} Tuesday of every month
- 1:00 pm to 3:00 pm
Maxville-English
- Address: 80 Mechanic St W (Maxville Manor)
- 1st Monday of every month
- 6:00 pm to 8:00 pm

Russell-English
- Address: 475 Church St
- 3rd Tuesday of every month
- 10:00 am to 12:00 pm

Vankleek Hill-English
- Address: 29 High St
- 3rd Thursday of every month
- 10:00 am to 12:00 pm

Hawkesbury-French
- Address: 250 Main St E
- 4th Thursday of every month
- 9:30 am to 11:30 am

Hawkesbury-French
- Address: 250 Main St E
- 2nd Wednesday of every month
- 1:00 pm to 3:00 pm
Crisis Lines

Telehealth- 1-866-797-0000

- Telehealth is a free, confidential health information service
- When you call, you will speak to a nurse. The nurse will assess your health problems to give you information and advice
- Help is available in French and English
- Using the service is completely confidential. The nurse may ask for your health card number, but it is not required
- Completely free to use

Things to call for

- Illness or injury that may need medical care
- Illnesses that don’t go away or keep coming back
- Food and healthy eating (may be helpful for individuals with diabetes and other eating restrictions)
- Depression, suicide or other mental health problems

What the nurse will do

- Nurses cannot diagnose an illness
- They will direct you to, or put you in contact with, an appropriate service and level of care.
- This may include
  - Assisting you in dealing with the problem
  - Recommending that you visit a doctor or nurse’s office
  - Recommending you go to a clinic
  - Recommending you contact a community service
  - Recommending you attend a hospital emergency room
Ottawa Crisis Line

- The crisis line is available 24 hours a day, 7 days a week
- Available in Ottawa, Alfred, Bourget, Casselman, Cheney, Chude a Blondeau, Clarence, Clarence-creek, Curran, Embrun, Fournier, Green Lane, Hammond, Hawkesbury, Lefaivre, Limoges, L’Orignal, Marionville, Pendleton, Plantangenet, Pleasant Corners, Riceville, Rockland, Russell, St Albert, St Bernadin, St Eugene, St Isidore, St Pascal, Ste Anne de Prescott, Ste Rose de Prescott, Treadwell, Vankleek Hill and Wendover
- Within Ottawa: 613-722-6914
- Outside Ottawa: 1-866-996-0991
- A crisis can include any of the following:
  - Difficulty dealing with stress
  - Feelings of being overwhelmed
  - Symptoms of depression
  - Anxiety or psychosis
  - Suicidal thoughts
  - Other concerns about your mental health
  - Concerns about a loved one’s mental health

What can happen when you call?

- You will speak to a Crisis Line Responder, available in French and English
- The responder may provide some of the following
  - Screening for mental health issues
  - Assessment
  - Referrals
  - Support in a crisis
  - Suicide intervention
  - Transfer to local crisis team or emergency services
Local crisis team

- Can respond to phone calls within minutes
- Within 24 hours for face-to-face
- Works closely with hospitals, police, doctors, and other community agencies to ensure a safe and comprehensive response
- Services include:
  - Crisis intervention
  - Assessment
  - Consultation
  - Links to community supports
  - Consultation and advice for family members
  - Follow-up and support services
- The local crisis team consists of:
  - Registered nurses
  - Social workers
  - Crisis counselors
  - Other health professionals
Online Discussion Board

If you are too busy to attend face to face support groups, you can join an online discussion board.

The Alzheimer’s Association

The Alzheimer’s Association is an American organization but you can still access their online resources. They have created a variety of discussion boards where caregivers, children and spouses of individuals with dementia go to tell their stories. These discussions are anonymous; therefore, what you say will be kept confidential. If you don’t feel like expressing your own feelings, you might find it helpful to read the stories of other people who might be in a similar situation as you.

You can access the online discussing board by visiting this website:

https://www.alzconnected.org/discussion.aspx
Facebook Groups

Facebook has a variety of groups created specifically for individuals caring for family members with dementia; however, your identity would not be anonymous.

To access these support groups simply search “Dementia Caregivers Support Group” in the search bar and click on “Join Group”
Helpful Tips
The Six R’s of Behaviour Management

You may find your loved one’s behaviour challenging to manage. The cause of these challenging behaviours are different for every individual therefore, the solution is different. People caring for family members with dementia have found the following tips helpful when communicating with their loved one. When you are facing a challenge with your loved one, consider the following:

**Restricting**

The first thing we often try to do is stop the person from what they are doing. Trying to stop your loved ones behaviour may make them angry or upset.

**Reassess**

Ask yourself the following:

- Is there a physical illness or drug reaction that may be causing this problem?
- Is my loved one having difficulty hearing or seeing?
- Is something upsetting my loved one?
- Could the person or object upsetting my loved one be removed?
Reconsider

Try to look at the situation from your loved one’s point of view. The symptoms associated with dementia such as memory loss, difficulty understanding, speech problems and lack of awareness may be the reason they are displaying the behaviour. Your loved one may not understand why they are not allowed to drive or why you need to help them with personal hygiene.

Re-channel

Try to think of a way that your loved one can continue with the behaviour that is safe. Although they may not understand why, this behaviour may be important to your loved one. For example, if your loved one enjoyed exercising but their mobility has diminished, try practicing less extraneous exercises such as: chair aerobics.

Reassure

When your loved one becomes angry or upset, take the time to reassure them that everything will be alright and that you still care about them. Your loved one may not remember the assurance, but they may remember the feeling that you care about them. You can hug or put your arm around your loved one to reassure and comfort them.

It is important to reassure yourself as well. Being a family caregiver can be difficult and demanding. You are doing your best. Recognize and appreciate yourself for the work you have done.
Review

Afterwards, think about what happened and how you managed it. You may face a similar challenge in the future. Think about what you can learn from this challenge and what you can do to prevent it or if it happens again.
Time management

Your loved one may need your help when planning their day. Remember, when planning your day it is important to make time for yourself. Having a structured plan with enjoyable activities can help improve your loved one’s mood. Activities may not always go as planned. This is why it is important to continuously adjust and try new things.

Before making a plan, consider the following:

- Your loved one’s likes, dislikes, strengths, and abilities
- How your loved one previously scheduled their day
- What time of the day your loved one functions the best
- Best times for meal, bathing, and dressing
- Keep bed times and wake up times consistent

Daily activities you should consider

- Household chores
- Mealtimes
- Personal care
- Creative activities (music, art, crafts)
- Intellectual activities (crossword, puzzles)
- Social activities (visiting friends)
- Physical activities (muscle stretches with weights or balls)
Here is an example of a scheduled day.

Morning

- Shower, brush teeth, get dressed
- Prepare and eat breakfast
- Socialize over coffee
- Discuss news
- Try a craft or reminisce about old photos
- Take a break, have some quiet time
- Do some chores together
- Take a walk, or physical activity

Afternoon

- Prepare and eat lunch
- Read mail
- Wash dishes
- Listen to music, colour a picture
- Do some gardening, visit a friend
- Take a short break or nap

Evening

- Prepare and eat dinner
- Clean up kitchen
- Reminisce over coffee and desert
- Play a card game, watch a movie
- Take a bath, get ready for bed
Now, try making your own schedule below

Morning

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________
Personal Support Worker

A personal support worker (PSW) can help you or your loved one with performing a variety of tasks.

Personal support workers can perform the following:

- Bathing and washing
- Assist with meal preparation
- Mobility
- Respite to caregivers
- Housekeeping duties
- Transportation to appointments
- Social activities
List of PSW Providers:

Rockland Area

**MansioCare**

Hours: Available Monday through Sunday, 24 hours a day
Fees: $20-$60 an hour
Languages: French and English
Phone Number: 613-875-8884
Website: www.mansiocare.ca

Hawkesbury Area

**Group Action**

Hours: Monday to Friday, 8:30 am to 4:30 pm
Fees: Free
Languages: French and English
Phone Number: 613-632-7837
Website: www.groupaction.ca
How to Apply for Mobility Aids with the Canadian Government

As a result of dementia symptoms, your loved one may lose some mobility. The government of Canada can help you pay for a variety of devices through the Assistive Devices Program.

**Some of these devices may include:**

- Manual and power wheelchairs
- Wheeled walkers for adults
- Positioning devices (cushions for back and head support)

**To qualify the person using the device must be:**

- An Ontario resident
- Have a valid Ontario health card
- Have a disability requiring a mobility aid for 6 months or longer

**What is covered?**

If approved, the Assistive Devices program will cover 75% of the cost for the mobility aid. You will have to pay the remaining 25%.
How to apply

- The person must be assessed by a physiotherapist or occupational therapist registered with the assistive devices program.
- With the help from your therapist, complete the application form
  - http://www.forms.ssb.gov.on.ca/mbs/ssb/forms/ssbforms.nsf/FormDetail?OpenForm&ACT=RDR&TAB=PROFILE&SRCH=1&ENV=WWE&TIT=4821&NO=014-2196-67E

Next, with the help of your therapist, you can find a business registered with the assistive device program to sell you a mobility aid.

What happens next?

The review of your application will take approximately 8 weeks.

If you are approved, the assistive devices program will send a letter to your therapist and chosen vendor. Your vendor and therapist will contact you with a time for a mobility aid device to be delivered.
List of Long-Term Care facilities in Prescott-Russell

Caressant Care Bourget Nursing Home

Location: 2279 Laval Rd, Bourget, ON, K0A 1E0

Languages: French and English

Nursing Home Contacts

- Phone Number: 613-487-2331
- Email address: prichmond@caressantcare.com
- Website: www.caressantcare.com
- Lee Griffi – Communications Manager - Phone number: 519-539-4088 ext. 225
- Shubha Joseph - Director of Care - Email address: donbourget@caressantcare.com

Centre d’accueil Roger-Seguin

Location: 425 Lemay St, Clarence Creek, ON, K0A 1NO

Languages: French only

Nursing Home Contacts

- Phone Number: 613-488-2053
- Email address: reception@centrerogerseguin.org
- Website: www.centrerogerseguin.org
- Lynne Joly-Crichton – Director of Care
  - Telephone number: 613-488-2053 ext. 242
  - Email address: lynnejc@centrerogerseguin.org
- Steve Golden - Administrator
  - Telephone number: 613-488-2053 ext. 222
  - Email address: sgolden@centrerogerseguin.org
Chartwell Champlain Long Term Care Residence
Location: 428 Front Rd W, L’Orignal, ON, KOB 1K0
Languages: French and English

Nursing Home Contacts
- Phone Number: 613-675-1374
- Email address: droussel@chartwell.com
- Website: www.chartwell.com
- Danny Roussel - Administrator - Email address: droussel@chartwell.com

Le Genesis – Foyer St-Viateur
Location: 1003 Limoges Rd, Limoges, ON, K0A 2M0
Languages: French and English

Nursing Home Contacts
- Phone Number: 613-443-5751
- Email address: info@genesisgardens.ca
- Website: www.genesisgardens.ca
- Richard Marleau – Owner-CEO
  - Phone Number: 613-443-5751 ext. 144
  - Email address: richardmarleau@rogers.com
- Benoit Marleau – Director
  - Phone number: 613-443-5751 ext 280
  - Email address: bmarleau@rogers.com
Pinecrest Nursing Home
Location: 101 Parent St, Plantagenet, ON, K0B 1L0
Languages: French and English

Nursing Home Contacts
- Phone Number: 613-673-4835
- Email address: dpelletier@extendicare.com
- Diane Pelletier – Administrator- Email address: apelletier@extendicare.com

St Jacques Nursing Home
Location: 915 Notre Dame St, Embrun, ON, K0A 1W0
Languages: French and English

Nursing Home Contacts
- Phone Number: 613-443-3442
- Email address: info@stjacques.ca
- Website: www.stjacques.ca
- Ginette Beaudin – Administrator- Email address: gbeaudin@stjacques.ca
Prescott and Russell Residence
Location: 1020 Cartier Blvd, Hawkesbury, ON, K6A 1W7
Languages: French and English

Nursing Home Contacts
- Phone Number: 613-632-2755
- Email address: llalonde@prescott-russell.on.ca
- Website: www.prescott-russell.on.ca
- Louise Lalonde – Administrator
  ➢ Phone number: 613-632-2755 ext. 245
- Paule Juillet – Director and Resident Care
  ➢ Phone Number: 613-632-2755 ext. 248
  ➢ Email address: pjuillet@prescott-russell.on.ca
- Stephane Parisien- Chief Administrative Officer
  ➢ Phone number: 613-675-4661 ext. 2000
  ➢ Email address: spparisien@prescott-russell.on.ca

Application
- You can apply to the long term care facilities through the Local Health Integration Network (LHIN) via telephone toll free at 310-2222

To find out if any of these homes have been reported for incidents of neglect or other issues contact the Retirement Homes Regulatory Authority at 1-855-275-7472
References


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