



# Contact

- a publication for Alberta family caregivers

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Volume 1 Issue 1

## A New Look, A New Home & the Caregiver Network

We are excited!!

As of early July, we've moved to a new site. It is spacious, open and easily accessed. The Alberta Caregivers Association (ACGA) is an organization for caregivers by caregivers with input from caregivers. We look forward to serving you.

Through emails, calls and contacts in the community, we've heard that caregivers need to connect.

The **Caregiver Network** program has been a continual request to the Association. It is a time for caregivers to come together to visit, relax and share stories and information that will benefit each other.

**Caregiver Network** will be held at Fulton Place School on Tuesdays, November 25 and December 9 from 10:00-11:30.

Beginning in January 2009 (13 & 27) **Network** will run on the second and fourth Tuesday of each month. There is no cost to attend. Call Karen 780-453-5088

We look forward to your feedback and stories for **Contact**. Feel free to drop in for a visit, to give us a call, to let us know what we can do to support you – the Alberta caregiver.

**Produced by:**  
**Alberta Caregivers**  
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**Special Point of Interest**

*We can start a  
Caregiver Network  
in your  
community*

**Call us**

[www.albertacaregiversassociation.org](http://www.albertacaregiversassociation.org)  
[caregiver@albertacaregiversassociation.org](mailto:caregiver@albertacaregiversassociation.org)

**"Friendships multiply joys  
and  
divide griefs"**

<b>ACGA Programs</b>	<b>Our Pitch</b>	<b>Websites of Note</b>
<p>In addition to the <i>Caregiver Network</i>, we offer:</p> <p><b><i>COMPASS for the Caregiver</i></b> A unique , eight module, based program that provides needed information and tools to help the caregiver retain resiliency along the caregiver journey.</p> <p><b><i>Community Caregiver</i></b> An overview of the practical aspects of caregiving; finance, legal, lifestyle, communications and housing and transportation.</p>	<p>We are available to bring caregiver programs and awareness to:</p> <ul style="list-style-type: none"> <li>• churches</li> <li>• community groups</li> <li>• work place</li> <li>• service clubs</li> </ul> <p>We do this through trained volunteer individuals. If you would like more information on bringing in our programs or to volunteer in some capacity to support caregivers, please call.</p> <p style="text-align: center;"><b>1-877-453-5088</b></p>	<p><a href="http://www.caregiver-connect.ca">www.caregiver-connect.ca</a> A great source for information and on-line networking</p> <p><a href="http://www.informedmonton.com">www.informedmonton.com</a> connecting people and services in the Alberta Capital region</p> <p><i>Where do I start looking for a paid caregiver?</i></p> <ul style="list-style-type: none"> <li>- ask friends as well as professionals for agency referrals</li> <li>- the yellow pages may be a good starting point</li> </ul> <p><a href="http://www.rapsedm.org">www.rapsedm.org</a></p>



## What a Bright Idea

Keep a running list on your fridge of small jobs that need to be done around the house. When someone offers a helping hand or a family member has a spare moment, have them check the list to see what job can be done. With it in plain view, tasks are more likely to be done sooner without the chance of being "forgotten".

## pearls of Wisdom



I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble.

*--Helen Keller*

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## Moving into the North

The Cold Lake Seniors Society recently held a fundraising event in support of ACGA programs .

The Alberta Legends of Canadian Country Music produced a show that had more than 250 attendees toe tapping. Everyone was thoroughly entertained through the entire evening.



*Hand clapping fun with the Alberta Legends of Canadian Country Music*

The event raised just about \$2500 that will be used to support caregiver programming across the province.

Special thanks go to Michelle, Terry and their committed group of friends for such a fine undertaking.

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## Who Cares?

Do you provide care or support to a family member or to a friend with an illness or disability? If you do, you are a caregiver.

According to Canadian Social Trends (1997 data) there are at least 2.85 million Canadians providing care.

35% of respondents became family caregivers because there was no one else to do it.

*What do you get  
when you mix  
prune juice with  
rice krispies?*

**Snap, crackle, poop**

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## Caring for Caregivers - Respite Project

Respite is flexible, periodic, short term breaks from care giving for the purpose of rest and renewal for the family.

The Alberta Disabilities Forum has received funding from Alberta Health and Wellness to conduct a project to address the current situations facing Alberta caregivers and their needs. The five month Respite Care Demonstration Project will begin in January 2009.

For an application form, contact Karen 780-453-5088

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## Caregiver Information, Support & Linkage

Staff and volunteers of the Alberta Caregivers Association offer support, information and linkage services to caregivers who approach us with their concerns.

We then provide follow-up support and further connections as needed upon request. Caregivers, or people who care about them, can contact the Alberta Caregivers Association by phone, email, mail, or in person to be connected to service and support organizations in their own communities that can help caregivers maintain themselves.



*The ACGA works to link caregivers to the connections they need*

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## Caregiver Christmas Tips



don't take on too much. Expectations set too high often result in disappointment.



a sense of loss during the this season is a normal emotion. There can be much comfort in reminiscing and acknowledging that which has been meaningful



if you like to bake cookies, try using the pre-made dough types available in the grocery store. This will make the job easier and create that warm, wonderful Christmas baking aroma



cultivate a sense of spiritual wonder during this time



make phone calls to connect with family and friends. Just hearing the voice of a loved one or close friend will lift your spirit



gift cards (now with no expiry dates) are available for many different types of stores on special racks in local grocery stores. Ask at the customer service department for help

**The Alberta Caregivers Association now has a Canada wide toll free number**

**1-877-453-5088**

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