



Caregiver information sheet

Virtual care unit

WHAT YOU NEED TO KNOW

You support a loved one every day. Know that you can get help to do this important job. With the virtual care unit, your loved one can receive care at home and have access to our doctors and nurses from a distance, anytime

We can support you in many ways



Being a caregiver can be demanding and affect many parts of your life. Help is available at every step, no matter what kind of support you need. Here are some ways we can help you.

Support for your personal well-being

- Being listened to and understood (emotional support)
- Access to psychological support
- Breaking isolation and staying connected with others (social support)
- Being comforted and keeping hope (moral support)

Support with daily life

- Help with hobbies, or social and support activities
- Support for school or training
- Support for work, or cultural or creative activities

Support for health or offering care

- Help giving or organizing medication
- Help with certain health care or services
- Participating in meetings or explanations given by the care team

Need help?

Call our nurses anytime:

450-699-2425, ext. 7704 or
263-362-0594.

We're available 24/7.

Support for daily tasks

- Help with managing money and important papers
- Help with daily tasks (grocery shopping, preparing meals, etc.)
- Help with keeping the house clean and organized
- Help with administrative and legal tasks (filling out forms, making calls, understanding documents, etc.)

Help with getting around

- Help with transportation
- Help with errands and shopping
- Being accompanied to outside care and services (clinic, pharmacy)

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