

Your loved one is now living in long-term care... But your role is still essential!

Even in long-term care, your loved one may still need your support. If your loved one agrees, and if you would like, you can continue to help. Your role may change, but it's still important.



You are still a caregiver

As a caregiver, you support someone who is living with a disability or other challenges, even if you don't live with them.

Big or small, your support makes a difference. You can adjust the support you provide at any time, based on your energy and your availability.

Where should you start?

If you want to help, start by talking to your loved one, then with their care team. Together, you will decide what is possible. If needed, the team can show you how to help safely.

Ways to help

Your presence brings comfort to your loved one. It also helps the care team to better understand your loved one. You can help in many simple ways:

- Introduce yourself to the care team and explain your relationship with your loved one
- Share what you know about your loved one with the care team (their habits, preferences, what bothers them or what comforts them, etc.)
- Provide your contact information to make communication easier
- Let the team know how you would like to help during visits
- Ask for guidance on how to help safely

Take part in the decisions

You can attend meetings if your loved one wants you to. This way you can:

- Help them understand their options
- Share your observations with the care team
- Ask to be informed about important changes

Possible activities with your loved one

You can take part in certain activities, such as:

- ☐ Helping with personal care or meals
- ☐ Simple grooming
- ☐ Walks or outings
- ☐ Exercises
- ☐ Social activities or celebrations
- ☐ Decorating their room



Take care of yourself too!

Your loved one moving into long-term care can bring up many emotions. It's normal to need some time to adjust.

Consider talking about it with your loved one and their care team. You can also get support throughout your loved one's stay in long-term care (see the "Helpful resources" section).

Content adapted from a document produced by Santé Québec Ouest-de-l'Île-de-Montréal - Universitaire.



HELPFUL RESOURCES

CLSC

Info-Social 811

L'Appui pour les proches aidants
lappui.org

Santé Montérégie website — Caregivers
bit.ly/personneprocheaidante

Philippe Voyer platform
philippevoyeur.org/proches with the code "entraide"
(French only)



Notes

