

New resource helps families caring for loved ones

January 17, 2013 (Markham, ON) -A new booklet is now available to support caregivers. The Caregiver Compass is a free resource, offered through the Saint Elizabeth Foundation, providing insight and tips on caring for someone.

It includes practical and important information on:

- Where to begin when taking on this new responsibility;
- Conversation starters with family and friends;
- Caregiving responsibilities such as daily living needs and home safety;
- Managing finances and legal arrangements; and
- Preventing caregiver burnout.

The Caregiver Compass launched last year as a comprehensive online resource. This newly printed booklet serves those who are searching for a simple and useful guide with opportunities to complete checklists and record-keeping for example.

“Caring for people in their homes and communities for over a century has given Saint Elizabeth a unique window into the caregiver experience,” says Shirlee Sharkey, president and chief executive officer of Saint Elizabeth. “We wanted to craft a resource that spoke to the challenges we see families and friends face when juggling the mental, physical and emotional dynamics of caregiving.”

“Through their sharing of information and expertise, Saint Elizabeth has empowered people in important ways,” says Nadine Henningsen, President of the Canadian Caregiver Coalition and Executive Director of the Canadian Home Care Association. Henningsen recently presented Sharkey with the Queen Elizabeth II Diamond Jubilee Medal for service to families, communities and country. “Given the significance of the medal as a reflection of the Queen’s lifelong commitment to service, I can think of no better way to recognize the dedication and commitment that Ms. Sharkey has shown in support of vulnerable populations.”

To order your Caregiver Compass booklet, visit saintelizabeth.com/caregivercompass

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About Saint Elizabeth

Saint Elizabeth has been a trusted name in Canadian health care for more than a century and is a leader in responding to client, family and system needs. As a national award-winning not-for-profit and charitable organization, Saint Elizabeth is known for its track record of social innovation and breakthrough clinical practices. Our team of 6,500 nurses, rehab therapists, personal support workers and crisis intervention staff deliver more than five million health care visits annually. Our Foundation is dedicated to raising funds for the advancement of knowledge and charitable initiatives in home and community care.

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