Caring for a parent, friend, partner or older relative?

You're not alone.

Caregiver Connections is an online community for caregivers of older adults in Waterloo Wellington. It's a common ground for learning and sharing with peers.

Caregiving almost always takes more than we anticipate. As problems arise, we must learn quickly how to help navigate the legal, medical, and financial implications of each new issue. It's a lot of responsibility, and it can be hard to handle. Luckily, you don't need to be a trailblazer. Group members have been there before – and can help you avoid some common pitfalls.



As a caregiver, healthcan the person you're helpin, with your healthcare tea	Your Rights A	As a Working	Caregiver:
Physical Changes	An Introduction ¹		
	Human rights law p based on the groun	prohibits discrimina ds of family status	tion
Behavioural Char			
	(ATA)	$\left(\Omega \right)$	0~0
Functional Chang	TUDY		Qui
	Caregiving falls within	Employees must seek	Cooperation
Also, if you see significations are also worth m	one's family status Therefore, when an employee	alternatives first	is key Cooperation is required by the
To keep track of changes	identifies caregiving responsibilities for a family member, employers have a legal obligation to	must show that they have exhausted other reasonable alternatives to provide care and demonstrate that they have an	employer, employee, union etc. to find a reasonable and practical solution.
What I see	accommodate that employee.	obligation to provide care.	
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	To learn more, see the H Handbook for Working of	Iuman Rights Commission Caregivers (page 1)	
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Visit Caregiver Connections to quickly access trusted resources.

We've pulled together easy-to-digest tools on the most common issues faced by adult caregivers – and guides to help you avoid stress, overload and burnout.

Join the Facebook Group Now

https://www.facebook.com/groups/caregiverconnections1/

Making it Work as a Working Caregiver

- Balancing Work and Caregiving in Canada
- ✓ Tips for Employed Caregivers

Self-care Supports for Caregivers

 10 Tips to Avoid Caregiver Burnout



✓ Support Groups and Programs

*Members of the facebook group are not to share false information, gossip, fundraising/ads, or other unrelated content. Members, Admin, or Moderators are not to give professional advice (e.g., legal, financial, or medical). Please do not use the group to solicit professional advice, or respond to someone else's request.

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Accessing Resources in my Community

- ✓ Retirement Home Visit Checklist
- Community Support Services for Seniors

Health Care Help

- 5 Questions to ask about Medications
- Advanced Care Planning Workbook

