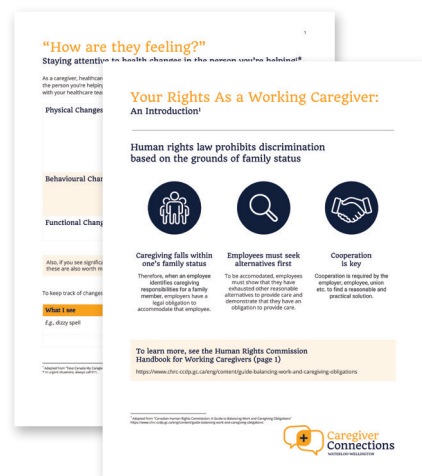


Caring for a parent, friend, partner or older relative?

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.



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

Accessing Resources in my Community

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

Self-care Supports for Caregivers

- ✓ 10 Tips to Avoid Caregiver Burnout
- ✓ Support Groups and Programs

Health Care Help

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

*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.