



CAREGIVING ACROSS QUÉBEC

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CURRENT AND FUTURE CHALLENGES IN CAREGIVING

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L'APPUI

POUR LES
PROCHES AIDANTS
D'ÂÎNÉS

MONTREAL

PART I. A FEW WORDS ABOUT L'APPUI POUR LES PROCHES AIDANTS

BILL N°6 : AN ACT TO ESTABLISH A CAREGIVER SUPPORT FUND

2007: A Public Consultation on seniors' quality of life outlined the difficulties of informal caregiving.

October 8th 2009: Bill n°6.

An Act to establish a caregiver support fund was adopted by the Parliament of Québec.

« The fund will be dedicated to the financing of activities, projects and initiatives designed to help provide, increase and diversify respite services for caregivers, provide assistance and individual, community or social support services for caregivers, give effective and continuous support to local communities that work with caregivers and provide caregiver training and education services. The fund will also be used to support innovation and the acquisition and transfer of knowledge in the area of caregiver support. »

Bill 6. (2009, chapter 42, p.2). An Act to establish a caregiver support fund.
Thirty-ninth Legislature. Introduced by. Madam Marguerite Blais.
Minister responsible for Senior.
Passed in principle 4 June 2009.
Passed 8 October 2009



L'APPUI POUR LES PROCHES-AIDANTS MISSION

L'Appui pour les proches aidants is a non-profit organization created by the Quebec Ministry of Family and Seniors in partnership with La Famille Chagnon to support the deployment of community based services for caregivers of seniors. There are 17 regional Appui organizations in the province, all supported by the National Appui. Every regional Appui works with community stakeholders to identify local priorities and improve the service delivery, through the development of information services, training, psychosocial support and respite care.

- **Mission:** Achieve the objectives set out in Bill n°6 and support the deployment of community based services for caregivers of seniors in order to enhance their quality of life and well-being.

L'APPUI POUR PROCHES AIDANTS DE MONTRÉAL MAIN ACTIVITIES

➤ **Support the deployment of community based services for caregivers of seniors**

L'Appui Montréal finances community projects and initiatives that provide respite, training, information or psychosocial support to caregivers of seniors. The organization also offers guidance and coaching to stakeholders to adjust or improve the services offered to caregivers of seniors. L'Appui Montréal is also very active in improving the acquisition and transfer of knowledge on the topic of informal caregiving for seniors.



➤ **Social Mobilisation**

L'Appui Montréal creates and hosts consultative meetings bringing together the stakeholders and various other community actors who assist informal caregivers to build and expand a collective dialogue on issues related to caregiving within the city of Montréal.



➤ **Immediate assistance to caregivers**

Through the Caregiver Helpline, l'Appui offers immediate support to caregivers of seniors and helps them find specific services within their area.

INFO-AÏDANT
1 855 852-7784
LAPPUI.ORG

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MONTRÉAL

PART II. PORTRAIT OF CAREGIVERS OF SENIORS IN THE PROVINCE OF QUÉBEC AND IN MONTRÉAL

CAREGIVERS OF SENIORS :A FORMAL DEFINITION

Under Bill n°6, a caregiver is an individual who provides informal, unpaid in-home care and regular assistance to a senior with a significant or persistent disability that may compromise the ability to continue living at home.



WHO ARE THE CAREGIVERS OF SENIOR IN QUÉBEC?



- 1 134 400 caregivers across the Québec province
- **58%** of them are women
- **42%** of them are men
- **50 %** are taking care of a parent

Statistique Canada, Enquête sociale générale de 2012, fichier de microdonnées à grande diffusion, adapté par l'Institut de la statistique du Québec.

WHO ARE THE CAREGIVERS OF SENIORS IN MONTRÉAL?

- 260 750 caregivers of seniors
(about 17% of the Montreal population)
- 59% are women
- **60% are employed**
- **32% are immigrants**
- 53% speak French at home
- 26% speak English at home
- **16% use another language at home**



Recensement 2006, Données préparées par l'Appui Montréal

TAKING ON A CAREGIVING ROLE

Relative (Child, spouse, friend...)

Relative (Child, spouse, friend...)
+
Caregiver

Occasional support:
intermittent care or assistance
to lend a helping hand



Regular care or support:
more frequent and intensive
care or assistance

An event (accident, illness, diagnosis) that
brings to realize our loved one has a significant
or persistent physical or cognitive disability

A person does not necessarily choose or intend
to take on this role

CAREGIVERS FIGURES

A SUMMARY

Across Québec, women outnumber men in undertaking a caregiving role.

Across Québec, 4 out of 10 caregivers consider that they didn't make the choice to take on the responsibilities related to informal caregiving.

Within the city of Montreal, there is an undeniable diversity of caregivers: high percentage of people who are employed, a considerable amount of caregivers who do not French, almost a third of caregivers who are immigrants or part of a minority group.

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PART III. OBSTACLES CAREGIVERS OF SENIORS MAY FACE

A PATH LINKED TO THE SENIOR'S REALITY



14

CONSEQUENCES ON DAY TO DAY LIFE

25 % Of caregivers who work have had to leave work to take care of a senior.



37 % Injured themselves while taking care of an elderly



1/10 Consulted a healthcare professional for a problem associated with their caregiver role



43 % Declare they experience stress in connection with their caregiver role



23 % Wish to obtain additional help to assume their responsibilities as caregivers



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PART IV. AVAILABLE PROGRAMS, RESOURCES AND SERVICES

SOCIAL PROGRAMS DESIGNED TO GIVE SUPPORT TO CAREGIVERS OF SENIORS

- There are initiatives in the 5 Integrated University Health and Social Services: Workshops and support programs , occasional respite
- Income tax and fiscal measures: Tax Credit for Caregivers, Tax Credit for Volunteer Respite Services, Credit for Home-Support Services for Seniors, ect.

FOUR SPECIFIC NEEDS



**L'APPUI MONTREAL
SUPPORTS THE
DEPLOYMENTS OF
COMMUNITY
RESOURCES DELIVERING
SERVICES TO MEET
THESE NEEDS.**

A FEW EXAMPLES OF THESE RESOURCES:

TRAINING

- ✓ How to better communicate with the cared-for loved one?
- ✓ How to complete the forms in order to receive the caregiver tax credit



Workshops.
Generally Free
of charge.

RESPIRE

- ✓ To have time for chores unrelated to caregiving
- ✓ To enjoy some time alone
- ✓ To socialize with other people



With the L'Appui financial support, non-standard respite (night, evening) is offered to caregiver. Free of charge.

INFORMATION

- ✓ About the senior's disease
- ✓ About long-term care residences
- ✓ About mandate in anticipation of incapacity, power of attorney



With the l'Appui financial support, two social advisors offer Home Visits to immigrant caregivers, provide information about their rights, fiscal measures and offer help with administrative paperwork. When possible, they will bring an interpreter. Free of charge.

PSYCHOSOCIAL SUPPORT

- ✓ Stress and anxiety
- ✓ Emotional exhaustion
- ✓ Bereavement
- ✓ Acceptance
- ✓ Resolution to family conflicts



Therapy with registered psychotherapists. (OPQ, OTSTCFQ). With the L'Appui financial support, the therapy is Low cost or free of charge depending on the caregiver's income.

REFERENCES



- Bill 6. (2009, chapter 42). An Act to establish a caregiver support fund. Thirty-ninth Legislature. Introduced by. Madam Marguerite Blais. Minister responsible for Senior. Passed in principle 4 June 2009. October 2009
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L'APPUI MONTRÉAL DOCUMENTATION CENTER

➤ www.lappuimontreal.org

The screenshot displays the L'Appui Montréal website interface. At the top, the logo 'L'APPUI POUR LES PROCHES AIDANTS D'ÂÎNÉS MONTRÉAL' is visible on the left, and navigation links 'TOUTES LES RÉGIONS', 'L'APPUI NATIONAL', and 'ENGLISH' are on the right. A search bar and a 'Suivez-nous' section with a Facebook 'J'aime' button (13 947 likes) are also present. Below the header is a horizontal menu with items: ACCUEIL, RÉPERTOIRE DES RESSOURCES, ÊTRE AIDANT, QUESTIONS ET RÉPONSES, SOLIDAIRES, À PROPOS, CONTACT, and POUR LES ORGANISATIONS. The 'POUR LES ORGANISATIONS' item is highlighted with a black arrow labeled '1'. Below the menu, a breadcrumb trail reads 'Toutes les régions > Montréal > Pour les organisations > Centre de documentation'. A sidebar on the left, labeled 'CENTRE DE DOCUMENTATION' with an upward arrow, contains a list of links: 'Outil de veille', 'Rapports annuels', 'Portrait diagnostic', 'Connexion proche aidant', and 'Autres documents'. A black arrow labeled '2' points to this sidebar. The main content area features a large image of colorful file folders on shelves, with the text 'Centre de documentation' overlaid at the bottom. An 'IMPRIMER' button with a printer icon is located in the top right corner of the content area.