


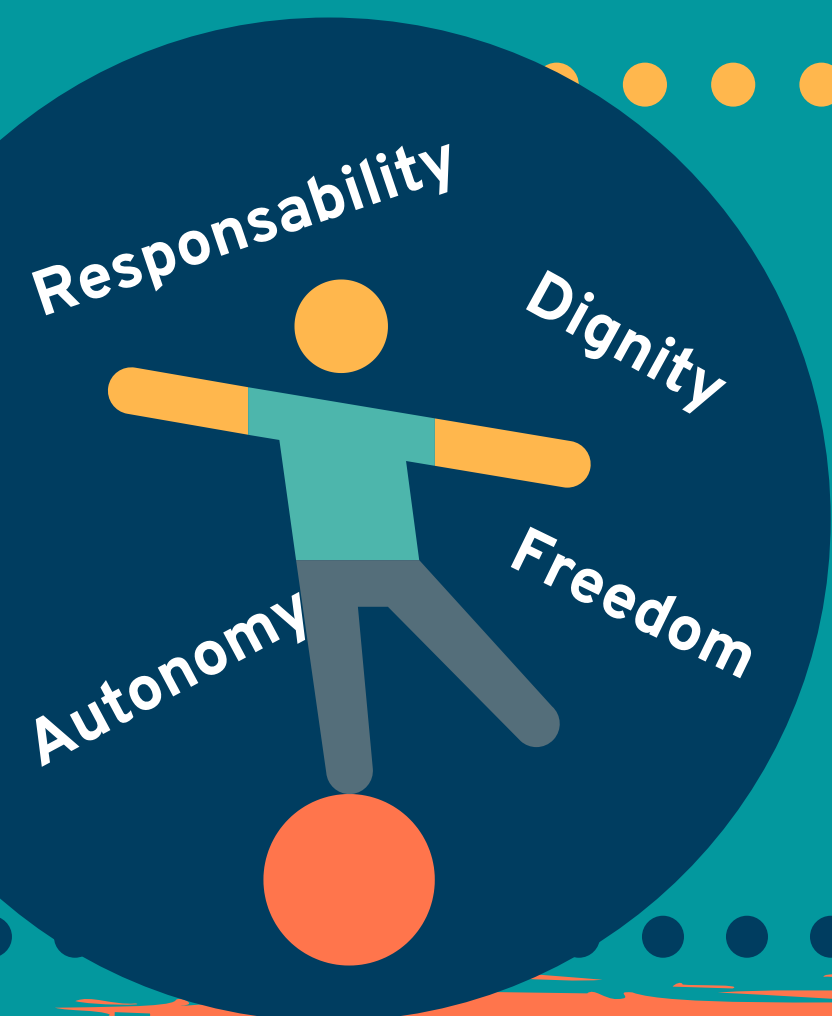
Caregiving - An ethical look

ETHICS (or morality) is essentially the disinterested search for good action towards others. This search implies choices of values between which we must establish priorities. Thus, when we have a difficult choice to make because it involves conflicting values, we experience an ethical dilemma.



You become a caregiver out of love or duty.  Little by little, we take on more important responsibilities that confront our values. The commitment of the caregiver often plunges him or her, without preparation or adequate support, into the heart of a situation that can lead to heartbreaking dilemmas.

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ETHICAL DUALITY CAREGIVERS ARE BALANCING ACTS

- How do I preserve my dignity while maintaining my loved one's?
- Is it possible to be as kind to myself as I am to the person I am supporting?
- How can I maintain my freedom while ensuring the safety of my loved one, while respecting theirs? How can I do this?
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Daily decisions

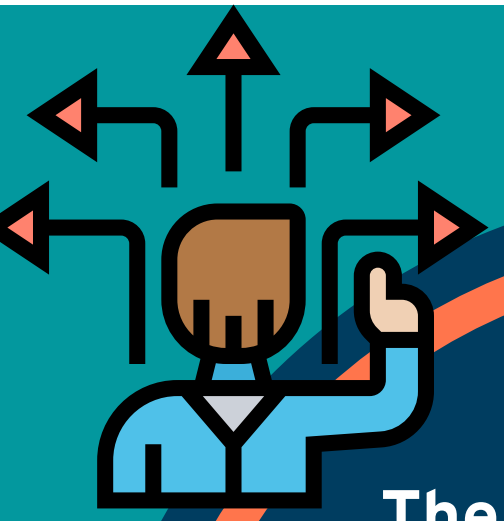
- -I made a promise to keep him at home until the end, but I don't feel like I can anymore. I feel guilty. I took on this responsibility towards him, what can I do?
- -Should we give priority to the truth and the right to know or seek to protect the person being helped?
- -My loved one is not able to understand his or her illness and therefore the magnitude of the tasks that come with my role. Should I accept the help offered despite his resistance?
- -Do I have to fill out all these forms for my child to access transportation services?
- I would like some help to make it easier for me and to make sure that all the information is included.



Values and beliefs

Each person has a value system within them that tells them what is right and wrong. Personality and beliefs guide our actions and behavior. We all have our own way of solving problems and making decisions based on our personal rules and values.

Examples of **VALUES** : loyalty, justice, courage, compassion, respect. They define the **BEHAVIOR**.
Examples of **BELIEFS** : lying is wrong for any reason, cheating is immoral. They influence our **MORAL**.



The caregiver is often confronted with their limits, also confronted with the gap between what should be done (the desirable, the good, ideal) and what he can do. Unconsciously he forgets himself and risks losing its own identity.

MAINTAINING THE BALANCE between the good of others and one's own good

It is important not to be left alone with this emotional burden. There are resources for help and support.

- Support groups for caregivers;
- Individual psychosocial support offered by community organisations such as
- L'Antr'Aidant, community workers or those of the CLSC (CISSS);
- Info-Social 811 extension 2;
- Listening lines (LigneParents 24/ 7, 1 800 361-5085, Éducation coup de fil, 1 866 329-4223)
- The companion <https://laccompagnateur.org>
- Talking to someone you trust.



Strategies

There are often no easy answers to the many decisions a caregiver must make. This necessarily involves subjective values and beliefs. Problem-solving strategies can help.

- **DEFINE THE PROBLEM** : What, when, how do you feel? Define importance.
- **SEARCH FOR DIFFERENT SOLUTIONS** : It may be helpful at this stage to seek additional information (e.g. consult a friend or family member, resources, websites, etc.).
- **CONSIDER THE BENEFITS AND DISADVANTAGES** : Consider your needs and do not look for the perfect solution(which is very rare).
- **MAKE A DECISION** : It is not necessary to be absolutely certain before taking action.
- Certain behaviors (e.g., procrastination) or fears (e.g., fear of judgment) may make you hesitant to implement the chosen solution.
- **ESTABLISH YOUR ACTION PLAN** : Taking action can give you a sense of relief and increase your sense of effectiveness. Trust yourself!
- **APPLY THE SOLUTION AND EVALUATE THE RESULTS** : Give yourself some time to observe if the situation has improved and if it is satisfactory for you. Be easy on yourself!

Caregivers need our support

More broadly, it is the whole place of solidarity that is under debate within families, within the healthcare system and the society.

Caregivers make an essential contribution to the care of sick or vulnerable people. As a community surrounding the caregiver, we must have a collective vision of the sharing of responsibilities and thus contribute to the well-being of the caregiver and the person being cared for.



More broadly, it is the whole place of solidarity and kindness that is sought within the families of the health system and society.