

### When or under what circumstances might I feel the need for psychosocial support?



- "I'm experiencing exhaustion as my mental load keeps increasing the more my spouse's illness progresses."
- "I feel lost in all the steps I have to take to get support at home to help my mother."
- "My sister has just been diagnosed with a neurocognitive disorder. I'd like to improve my communication with her to maintain my relationship despite the illness."
- "I feel isolated. I need a space to talk about what I'm going through as a caregiver."
- "I'm considering taking in my 48-year-old son living with an intellectual disability, and the only option would be a CHSLD. I'm wondering whether this environment would be adapted to his needs."

### Definition of psychosocial support and particularly the one given by L'Antr'Aidant.

“At L'Antr'Aidant, psychosocial support is at the heart of our commitment to caregivers. It takes shape through four axes: individual psychosocial support, caregiver coaching, in-context support groups as well as adapted interventions during collective activities in the community.



The individual and group approaches are equally effective. The caregiver can choose or with the help of the psychosocial counselor, which is best suited to their needs.

Psychosocial support at L'Antr'Aidant is offered by a team of multidisciplinary professionals in the field of helping relationships such as: specialized education, gerontology, social work, psycho-education, sexology, etc.

### ● Setting the scene

Monsieur Lupin and Madame Abel are a couple. Mr. Lupin has to support Mrs. Abel more and more, due to a loss of physical autonomy. Mrs. Abel needs help with various daily activities such as: personal hygiene, getting around the house, and going out for shopping. A month ago, she had a fall and was hospitalized. Mr Lupin says he finds it difficult to support his wife. He wonders about the possibility of returning home, given the increased help and assistance she needs. After consideration, Mrs. Lupin is relocated to a nursing home. Mr. Lupin is feeling discouraged, and is experiencing a great deal of sadness, anger and guilt in the face of all these changes. He has difficulty living alone and reorganizing his life.

### Diagram of the caregiver's journey through psychosocial support

#### The beginning of the search for help

Mr. Lupin calls the L'Antr'Aidant helpline. A psychosocial counselor offers him a sympathetic ear, a space to talk about his situation and his emotions. Taking into account Mr. Lupin's emotions, she offers him individual psychosocial support where he can discuss his concerns, name his emotions and share ideas for personalized solutions.

#### Individual psychosocial support

A psychosocial worker is assigned to Mr. Lupin's situation. During the exchange, she identifies his need to take his mind off things and get out of the house. She suggests meeting him at a small café near his home. On the day of the café meeting, he expresses himself about his concerns regarding his partner's accommodation and the guilt he feels about this decision.

The counselor hears his concerns, she suggests that he deepen his reflection on the emotions he has experienced, by presenting him with a clinical tool on guilt, and by suggesting various solutions adapted to his situation.

Continuous process which continues, stops or resumes depending on the expressed needs of the caregiver

#### Adapted interventions, group activities -

Based on the elements discussed during meetings, the psychosocial identifies that it could be relevant and helpful to offer Mr. Lupin the opportunity to participate in a training activity on the theme of compassion fatigue. Through this training, it would be the opportunity to develop deeper on burnout, guilt and the search for one's identity outside his wife's support.

Mr Lupin feels ready to take part in this training and this learning context with other caregivers.

#### Coaching for caregivers

During the meetings, Mr Lupin shares his communication difficulties with his partner. Even though she agreed with this accommodation, she would blame him for abandoning her. He doesn't know how to act in this situation. The support worker suggests tips and tricks to improve communication and maintain his alliance with his partner.

#### Support group

Through individual support, Mr Lupin says he feels alone in his situation. He would like to be able to talk to others who are going through the upheaval of a change of living environment with the person they are accompanying. The psychosocial counselor tells him about the support groups and invites him to participate. She gives him the schedule for the support group and registers him.

Courage. Kindness. Solidarity. Creativity. Power to manage

**There's no final destination, just a desire to make the road more enjoyable!**