

Recalculating the route...

A journey in caregiving

Do you ever know exactly where you're going and how to get there?
Or are there times when the destination is clear, but the path is unknown?
Or is it possible that both the destination and the route are a mystery to you?

In the day-to-day life of a caregiver, it's possible to be confronted with these questions at different times.
This tool is designed to help you reflect on your journey.

Accompanying a vulnerable person or someone losing their autonomy, respond to their needs, meet their challenges, and making the best decisions with and for them is a great deal of commitment. Unfortunately, none of this comes with an instruction manual.

Have you ever been in a similar situation?

Have you ever been in search of the best solution, the quickest route with as few obstacles as possible?

Is the goal just to get to the final destination?

Is it also permissible to enjoy the journey and learn along the way?

"I can't leave my adult child with an intellectual disability alone at home. My aging parents help me a lot, but I see that it's beginning to be difficult for them. I'd like to find someone to offer me some respite at home. The problem is that my child becomes disorganized in the presence of strangers."

"I met with the CISSS social worker and two from a community organization. I now know several service offers. I'm having trouble finding my way around. What could really help me when all I really want is to be alone on a desert island?"

If we were to stop for a moment and imagine that the journey of a caregiver is like a car journey with a GPS. The GPS shows you possible routes to your destination.



Nearby refuelling points



- Step back to feel better
- Reflect on the lessons we can learn from difficult moments and successes encountered
- Act with courage and kindness

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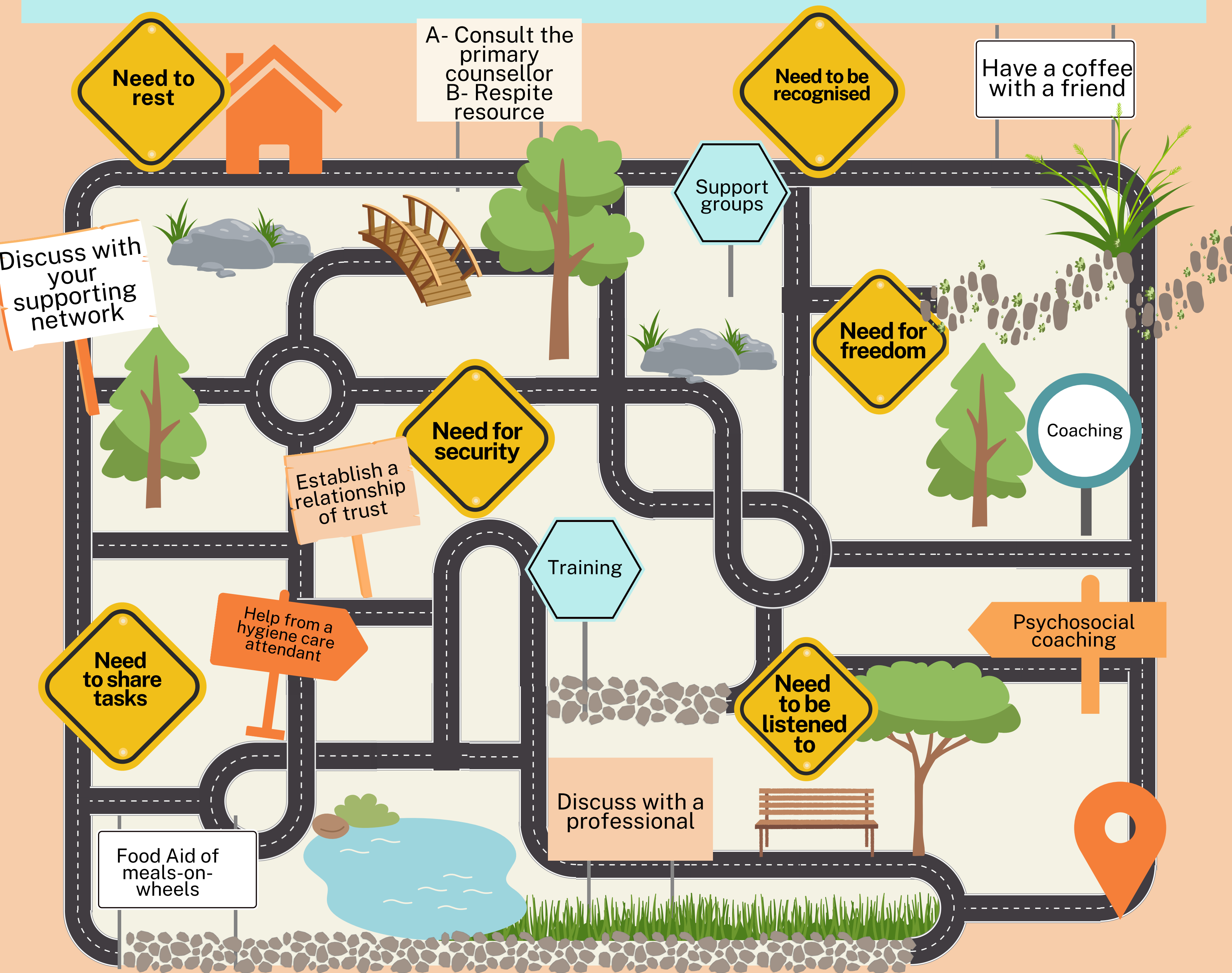
Despite the obstacles along the way, it's possible to :

enjoy the scenery - discover new strengths - develop new skills - meet new people etc.

On another route, you might not have learned the same things.

It can be refreshing to stop along the way to reflect and regain momentum.

Stops can also provide an opportunity to savour the victories achieved so far, and to prepare yourself mentally and emotionally for the challenges ahead.



*Is it conceivable that the path should go around the mountain rather than through it?
The ideal destination may change along the way.*