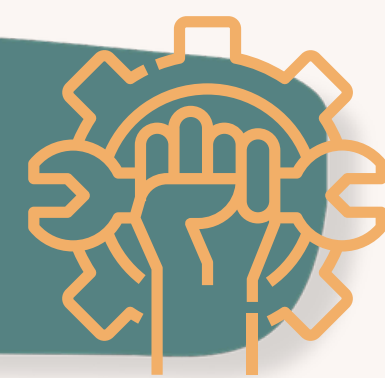


# Compassionate care is trending!

## Get the tools



Informal caregivers are important. So is their well-being.

### 7 forms of mistreatment observed

The mistreatment of informal caregivers does not always occur intentionally or consciously. However, everyone has a responsibility to help promote compassionate care!



## In your opinion

### Who are informal caregivers?

They are those who support a person living with a temporary or permanent disability to help them recover and improve their quality of life, for example by providing:

- Transportation;
- Help with personal care;
- Support with household tasks;
- Emotional support;
- Coordination of care and services;
- Etc.

En reason of the significant relationship that binds them.

Complete definition of informal caregiving:

### Who is at risk of committing mistreatment?



The Toolbox!



or

Click here



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L'Antr' Aidant

Centre intégré de santé et de services sociaux des Laurentides



# Compassionate care is trending!

## Contribute



Informal caregivers are important.  
So is their well-being.

### What would you say to an informal caregiver who tells you...

- I can't provide this care, I'm too tired.
- I don't feel involved in all the decisions being made for my loved one.
- I'm having a hard time adjusting to my loved one's situation.
- I don't know what resources to contact for help, or what options are available within my health and social services network and in my community.
- I don't need respite right now, thank you.

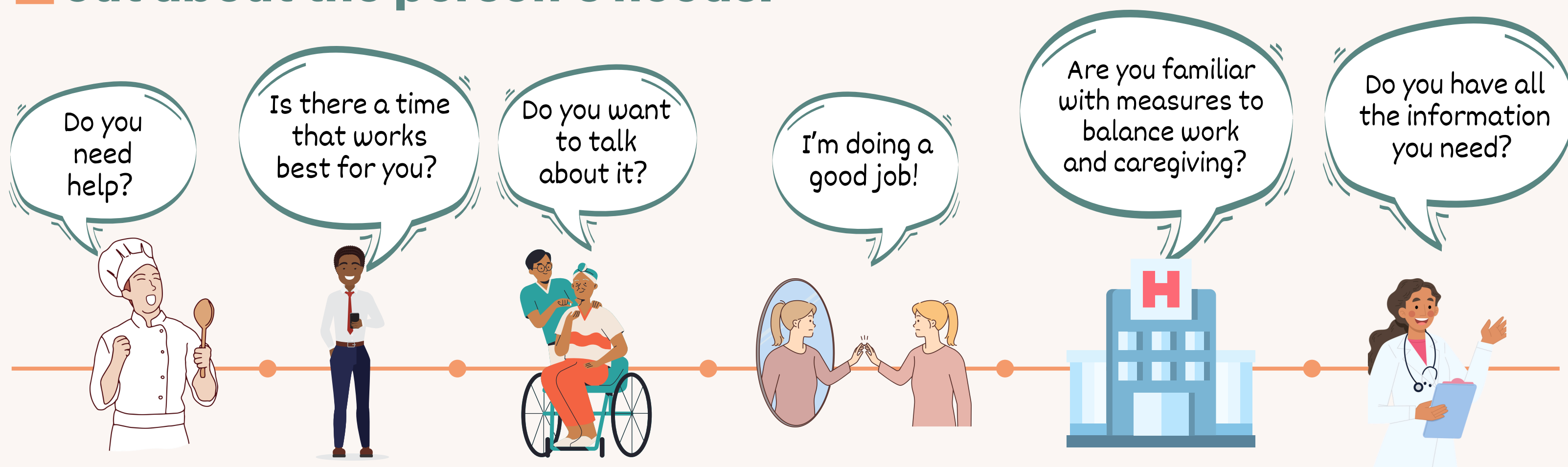
#### To go further:

Have you considered talking to the person about the caregiving role they have taken on?

Do your responses acknowledge and value what they do?

Do your responses empower them to make choices?

### Let's work together to promote compassionate care. Find out about the person's needs.



#### The Toolbox!

To learn more about compassionate care, consult the Proche aideance Québec Toolbox.



or

[Click here](#)

#### Free and confidential RESOURCES

The Mistreatment Helpline : 1 888 489-2287

L'Antr'Aidant Helpline : 579 888-0211 p.0

Caregiver Support Helpline : 1 855 852-7784

Info-social Helpline : 811

CAAP (complaint support and assistance centre) :  
450 565-9111

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