

WE RECOGNIZE CAREGIVERS OF THE ELDERLY AS OUTSTANDING CITIZENS IN OUR SOCIETY

IN QUEBEC

24%
of adults
are caregivers



20%
of caregivers provide
10 hours of support per week
to an older person



33% 
are unaware that being a caregiver
is a recognized and important role

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**CONSULT OUR WEBSITE AND
FOLLOW US ON FACEBOOK**

 www.lantraidant.com

 /OBNL L'Antr'Aidant

There are only four kinds
of people in this world...

Those who have been caregivers,

Those who are currently caregivers,

Those who will be caregivers,

Those who will need caregivers

Rosalynn Carter, 2002



Organisme
communautaire
pour les proches
aidants d'aînés



Recognizes the unique expertise

CAREGIVERS

have in caring for an older person or
someone with a geriatric profile
and strives to assist and support
them in fulfilling their

COMMITMENT



AM I A CAREGIVER ?

- I am seriously concerned about a loved one's aging process.
- I worry about the health status of an older person in my family or circle of friends.
- I feel responsible for a loved one who has lost their autonomy, and I feel alone in coping with it.
- I occasionally feel overwhelmed by the physical and cognitive decline of a loved one.



**YOU IDENTIFY WITH ONE
OR MORE OF THESE
STATEMENTS...**

**YOU ARE A
CAREGIVER !**

A CAREGIVER'S NEEDS

- ▶ Be informed
- ▶ Update knowledge to better manage the situation
- ▶ Be heard in a non-judgemental manner
- ▶ Acquire new skills and develop a support network.
- ▶ Learn about accessible resources

OUR SERVICES

ARE FREE OF CHARGE

PSYCHOSOCIAL SUPPORT

- Individual counselling
- Ongoing support groups
- Workshops
- Development of social networks

AWARENESS

- Conferences
- Thematic workshops

TRAINING

- Knowledge-sharing
- Empowerment
- Coaching

L'ANTR'AIDANT IS THERE FOR YOU!