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



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

CONTACT US

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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



Antr'Aidant Organisme communautaire pour les proches aidants d'aînés

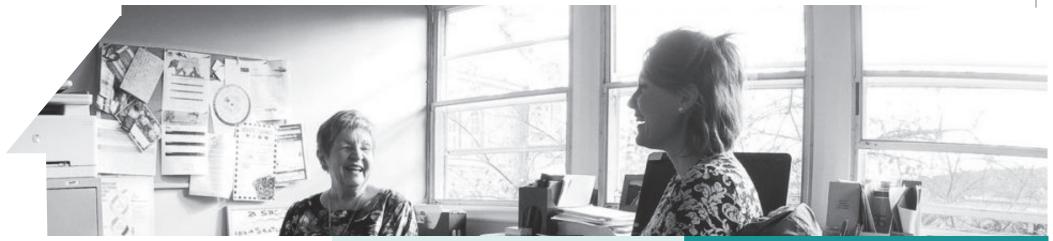


L'Antr'Aidant

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



AMI 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 OT THESE STATEMENTS...

YOU ARE A

CAREGIVER !

A CAREGIVER'S

- 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

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!