



Let us **RECOGNIZE** caregivers as a living force of our community!



**25%** of the adult population of is a caregiver;



**85%** of care provided to people with loss of autonomy are provided by caregivers ;



**33%** of people who are accompanying a senior are unaware that they are caregivers.



## How to contact us



**579-888-0211**

To reach the reception line 7 days a week : ext. 0



information@lantraidant.com

To reach the reception line 7 days a week :  
ligne.daccueil@lantraidant.com



L'Antr'Aidant



www.lantraidant.com



205, Principale, Saint-Sauveur,  
(Québec) J0R 1R0 (Headquarter)

651, 5e Rue , Saint-Jérôme, (Québec) J7Z 2W8  
(Rivière-du-Nord's service point)

24, Rue St-Joseph, Sainte-Thérèse (Québec)  
J7E 3L6 (Thérèse-De  
Blainville service point's service point)



## Our mission

To help improve the living conditions of caregivers of sick, and/or of vulnerable adults and/or seniors living with a loss of physical and/or cognitive autonomy.

## Our approach

Recognize  
*their expertise*



## Am I a caregiver?

- I am concerned about the aging process, illness or loss of autonomy of a loved one.
- I'm worried about the state of health of someone close to me.
- I feel responsible for the vulnerability or loss of autonomy of someone close to me.
- I sometimes feel overwhelmed by the challenges posed by the physical and cognitive aging of a loved one.
- I feel the need to be understood, informed and supported.



**You recognize yourself in one or more of these statements?**








**You are a caregiver!**

## The needs of caregivers

1. Be informed.
2. Update their knowledge to adapt to the situation.
3. Be listened to and guided without judgment.
4. Develop skills and a support network.
5. Access to local resources.



## Our activities and services

-  Psychosocial and information reception line available 7 days a week
  - Support
  - Information/ registration
  - Referencing
-  Personalized psychosocial support
-  Weekly support groups
-  Clic.Aidant virtual support groups
-  Caregiver coaching
-  Training sessions
-  Conferences and awareness activities
-  Tools and capsules #SolidarityCaregiver
-  L'Amalgame - Community of practice for caregivers



Organisme communautaire en proche aideance

**L'Antr'Aidant** *is here, with you!*