



The Caregiver's Handbook: a helping hand for family and friends giving care in Nova Scotia

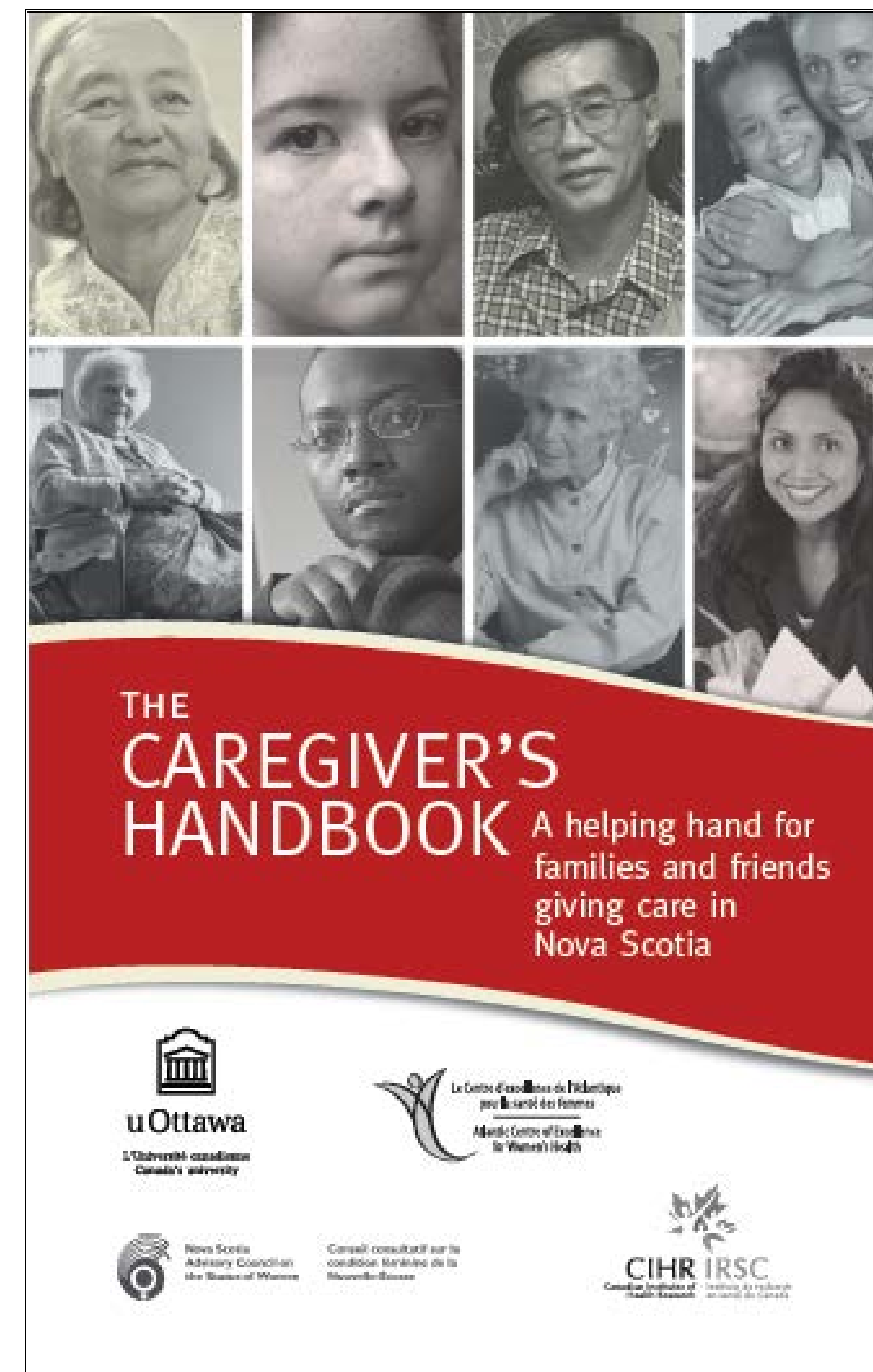


"I think there are things out there that she might not have to pay out of her own money, but you don't know what's available."

"If you don't try to make sure your own needs are met too, you're not going to make a good caregiver."

The Caregiver's Handbook

- a community-based health promotion resource to inform and support friend and family caregivers
- designed in collaboration with caregivers and community, government and academic partners
- sponsored by the Atlantic Centre of Excellence for Women's Health, the Nova Scotia Advisory Council on the Status of Women, and the Institute of Population Health at the University of Ottawa
- contents include: Who Are Caregivers?, Caregivers in Nova Scotia, When your Caregiving Journey Begins, Getting Organized, Taking Care of Yourself, When Things Change, Being an Advocate, Legal Issues, Financial Matters, Services in Nova Scotia, Information and Support, Reading List, Contact Information



TO ORDER
Phone: 1-888-658-1112
Email: mary.martell@dal.ca
Mail: Healthy Balance Research Program
 Atlantic Centre of Excellence for Women's Health
 502-1465 Brenton St., Halifax, NS B3J 3T4

Healthy Balance Research Program

- a 5-year program integrating community engagement and academic research to investigate the health and well-being of unpaid caregivers in Nova Scotia
- research components: the first provincial survey of Nova Scotian caregivers, 14 in-depth portraits with diverse caregivers, data and secondary analysis, and focus groups
- funded by Canadian Institutes for Health Research and supported by the Atlantic Centre of Excellence for Women's Health, the Nova Scotia Advisory Council on the Status of Women, and the Institute of Population Health at the University of Ottawa
- contact c/o Atlantic Centre of Excellence for Women's Health, 502-1465 Brenton St., Halifax, NS B3J 3T4. **Phone:** (902) 494-7850 **Fax:** (902) 494-7852 **Email:** stephanie.mason@dal.ca **Web:** www.healthyb.dal.ca



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