

# Next Steps in your Journey as a Caregiver

## TRANSITIONS IN CARE & SERVICES

**A transition in care or service happens when the person you are caring for moves from one setting or service to another setting or service. A transition may also be called a discharge or referral.**

Transitions can involve new routines, new care or service providers, and changes to medication or care needs.

This Fact Sheet will help guide you through changes that may come with a transition in care or service.



## KEEP IN MIND <sup>1</sup>

Getting information from the care or services providers can help you manage common challenges that may come with a transition. If not already discussed, ask the care or service providers about:

<p><b>Personal Care</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> How to assist with personal care and activities of daily living</li><li><input type="checkbox"/> If needed, what medical equipment will be needed and how to use it</li></ul>	<p><b>Medications</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Changes to medications and why any changes were made</li><li><input type="checkbox"/> How to administer medications (dose, frequency &amp; route)</li><li><input type="checkbox"/> Side effects to be aware of</li></ul>
<p><b>Appointments</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Where, when and with whom you will meet</li><li><input type="checkbox"/> What the appointment is for</li><li><input type="checkbox"/> Transportation options to the appointment</li></ul>	<p><b>Community Services</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> What community services and resources are available to you and the person you are caring for <i>such as, food, respite, and transportation services</i></li></ul>
<p><b>Symptoms</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> What symptoms or changes to watch for based on the health care concern or diagnosis of the person you are caring for</li></ul>	<p><b>Who to Contact</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Medical emergency</li><li><input type="checkbox"/> Mental health emergency</li><li><input type="checkbox"/> Social services support</li><li><input type="checkbox"/> General inquires / non-urgent concerns</li></ul>

### Tell the care or service provider if:



- You do not understand the information being shared with you
- You have concerns about managing care and need support
- The person you are caring for doesn't have a family doctor or nurse practitioner to follow up with

## CAREGIVING CHALLENGES & BENEFITS <sup>2</sup>

Being a caregiver can come with challenges. Recognizing these challenges can help you understand your strengths and acknowledge the positive aspects of caregiving. Some challenges and benefits may include:

### CHALLENGES

#### Care and Coordination

- Assisting with care, medication, equipment, and appointments

#### Out-of-pocket Costs

- Parking, transportation, food

#### Physical and Mental Health

- Lifting/bending, setting aside your own needs, change in roles and relationships

### BENEFITS

#### Purpose and Accomplishments

- Finding meaning, giving back and feeling accomplished being able to help

#### Strengthened Relationships

- Through the act of caregiving

#### Finding Your Inner Superhero

- Using your strength to develop coping strategies and accept help from others

## SELF-CARE STRATEGIES <sup>3</sup>

Self-care means taking time for yourself to do the things that you enjoy or make you feel better. Here are some self-care activities that can help reduce stress and support you in your role as a caregiver:



**Talk about it.** Reach out to someone, such as a friend, family member, support group, or therapist to share your experiences or what might be bothering you.



**Relax.** Try to take time to intentionally relax each day. You could go on a calm walk, try slow, deep breathing or meditation.



**Do activities you enjoy.** These activities could include connecting with friends, watching a movie, reading a book, listening to music, or baking something you like to eat.



**Eat healthy and sleep well.** Try not to skip meals. Try to eat fruits and vegetables, stay hydrated, limit food that are less healthy, and get 7-9 hours of sleep each night.




**Be physically active.** Try to exercise regularly to get your heart pumping. You could go for a fast walk or bike ride or use an exercise app.

## OTHER SERVICES

### The Ontario Caregiver Organization

Access information about caregiver services/supports.


 [ontariocaregiver.ca](https://ontariocaregiver.ca)

 1-833-416-2273

### Home and Community Care Support Services

Care coordination and Regional services for home care.

 [healthcareathome.ca](https://healthcareathome.ca)

 1-888-470-2222

### Northern York South Simcoe Ontario Health Team

Find local community, health and government services.

 [nyssoht.ca/  
community-resources](https://nyssoht.ca/community-resources)

### Elizz by SE Health

Access care services and caregiver resources.

 [elizz.com](https://elizz.com)

 1-866-565-0065