

Family Caregivers in Canada

A delicate balancing act of all that they do



4 TIPS for taking care of a caregiver

Accept help

Don't try to do it all. Friends and family members want to help so tell them what you need.

Eat well

Proper nutrition, staying active and establishing a sleep routine help relieve stress and boost energy.

Stay social

Don't let yourself become isolated. Set aside time to nurture your close relationships.

Take a break

Share the responsibility of caregiving. Take some time to recharge with in-home respite care.

If you are a family caregiver and need an extra hand or some time to take care of yourself, Bayshore Home Health offers respite care and home services that are individualized and designed especially for you.

Contact us at **1-877-289-3997** or email clientservices@bayshore.ca