



## New one-stop-shop resource for Northumberland caregivers

For more than a decade and a half, Margaret, an only child, was the sole caregiver to her elderly parents, each with increasingly complex chronic health conditions including, in their later years, dementia.

A dedicated daughter, she coordinated and drove her parents to their many medical appointments, helped them through various health crises and—as much as she was able—supported their daily living, all while keeping her own household running.

While appreciative of the opportunity to return the support her parents had given to her as a child and young adult, Margaret was often hard pressed to keep her many responsibilities organized. Much of her time was spent

searching for supports for her parents or herself, and trying to track down necessary information. Too often, her own financial, personal and emotional wellbeing suffered. It's a scenario familiar to many Canadian caregivers, and with an older-than-average population in our community, it's certainly a

**“I wish I had this information when I was caregiving!”**

story shared by many here in Northumberland.

In their latest release of outcomes from the **Northumberland PATH project**—a pilot involving more than 12 health and social care organizations in west

Northumberland, including local seniors and caregivers, and funded by [The Change Foundation](#)—the PATH team has launched a new one-stop resource for caregivers like Margaret to help them as they support their loved ones and, hopefully, lighten their load.

beneficial, including: links to helplines and support networks, background information on the caregiver role and tips/tools to make the journey easier, as well as dedicated sections on long distance caregiving, in-home healthcare supports, community resources and respite care.

The caregiver section was officially launched April 21<sup>st</sup>, 2015 at a PATH team celebration attended by local caregivers and health service providers who drove its content, design and even photography.



Said one participant: “When you are “in it” [the caregiving role] you are too overwhelmed to even be able to articulate what you are going through and what you need. This website can help with that.” Said another: “I wish I had this information when I was caregiving!”

To access the new caregiver resource, go to [pathwaytoagingwell.com](http://pathwaytoagingwell.com) and click on Aging Well Planning. The new caregivers section is accessible from the caregiver tab at the top. Questions or feedback? We'd love to hear from you. Contact us at any of our channels below and, please, share the caregiver links you find most helpful with your loved ones.

*My Aging Well Plan - Your PATHway to Aging Well!*

Planning Information **Caregivers** Community Resources My Plan Summary

**Caregivers**

- Helplines
- Caregiver Role
- Caregiving Journey
- Long Distance Caregiving
- In-Home Healthcare
- Caregiving for Dementia
- Community Support Services**
- Financial Resources
- Respite Care
- Planning Future Care
- Additional Resources

**Community Support Services**

"We don't heal in isolation, but in community".  
- S. Kelley Harrell



Often our loved ones need support to live in their homes. Loved ones may need assistance in preparing meals, light housework, snow removal, and transportation to and from appointments.

Community Support Services can provide assistance to meet such needs. In Northumberland, Community Care Northumberland can provide support services for loved ones. Alternatively, support may be available from local high school students who are looking to complete community volunteer hours to graduate. For more information on either of these support services read below.

For a list of local community services that you may be interested in (i.e. finding a massage therapist, chiropractor, yoga instructor, or where to renew your health card), [click here](#).

**What is Community Care Northumberland?**

Community Care Northumberland is a non-profit, multi-service, volunteer-based community support organization operating throughout Northumberland County. Qualified professional staff

The newest component of the PATH project's [pathwaytoagingwell.com](http://pathwaytoagingwell.com) website, a site first launched locally in December 2013 and now tracking an average of 1,025 visits a month, the caregivers section is a new addition that opens onto a world of resources never before collected in one, easy to navigate online location.

Like all things PATH, the caregiver content was developed with input from those it seeks to support and, as such, prioritizes resources that Northumberland caregivers felt would be most