



inConfidence

November feature – Caring for Loved Ones

More than eight million Canadians say they're caring for a friend or relative who is ill, disabled, or elderly -- at home, nearby, or from a distance. Although caregiving is rewarding, it's also hard work, and it can be one of life's most challenging experiences.

If you're trying to locate in-home care or other service providers to help you, if you're feeling stressed and overloaded, or if you're overwhelmed by the complex demands of caring for a loved one with dementia, **inConfidence** is here with support and resources. Contact us any time, 24/7, for information, advice, and a listening ear.

Log in any time to www.myinconfidence.ca to explore our wealth of online tools, including:

- A new podcast, [Caregiving Tips for the Sandwich Generation](#), featuring Virginia Morris, author of the acclaimed guidebook *How to Care for Aging Parents, 3rd edition*. She shares tips for caregivers on planning ahead as well as valuable advice to help you cope day to day.
- Articles: [Caregiver Stress and Finding Support](#), [Long-distance Caregiving](#), [Involving Family Members in Caring for an Older Relative](#), [The Sandwich Generation](#), [When You Become Your Partner's Caregiver](#).
- A full-length recording, [Sharing and Caring](#), or our podcast, [Caring for a Loved one with Dementia](#).

Call inConfidence toll-free, any time: 1-877-418-2181

TTY: 1-877-371-9978

You can also visit www.myinconfidence.ca
(username: NSSBA; password: inconfidence).

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