

Caregivers get support at group

Once a week for six weeks a group of York Region women meet to talk about the realities of caring for elderly family members.

Their individual situations are different. Susan's mother lives in a long term care facility in another city. Josie is caring for her father with Alzheimer's disease. Marguerite's parents still live in their own home, but she visits them daily.

Susan, Josie, Marguerite and the others come to the group for a variety of reasons; to get practical solutions to problems; to find out what help is available in the community; but mostly to share their situations with others who understand.

These women are part of an ever growing number of people with eldercare responsibilities. Some are members of the "Sandwich Generation", caring for their parents and chil-

dren at the same time. Some may have volunteered to help, others may have been the only one available. Most have mixed feelings about their caregiving role.

During the six week period, the group facilitator, an experienced Public Health Nurse, will encourage them to explore many aspects of being a caregiver - balancing career and family responsibilities, coping with feelings of anger and guilt, coming to terms with loss and aging and accessing community resources.

By the last session they will have learned helpful information and felt the support of other caregivers.

For further information about caregiver issues or to register for a Care to the Caregiver education and support group, call the Health Info Line, York Region Public Health Department, at 882-2081.

Season's Greetings

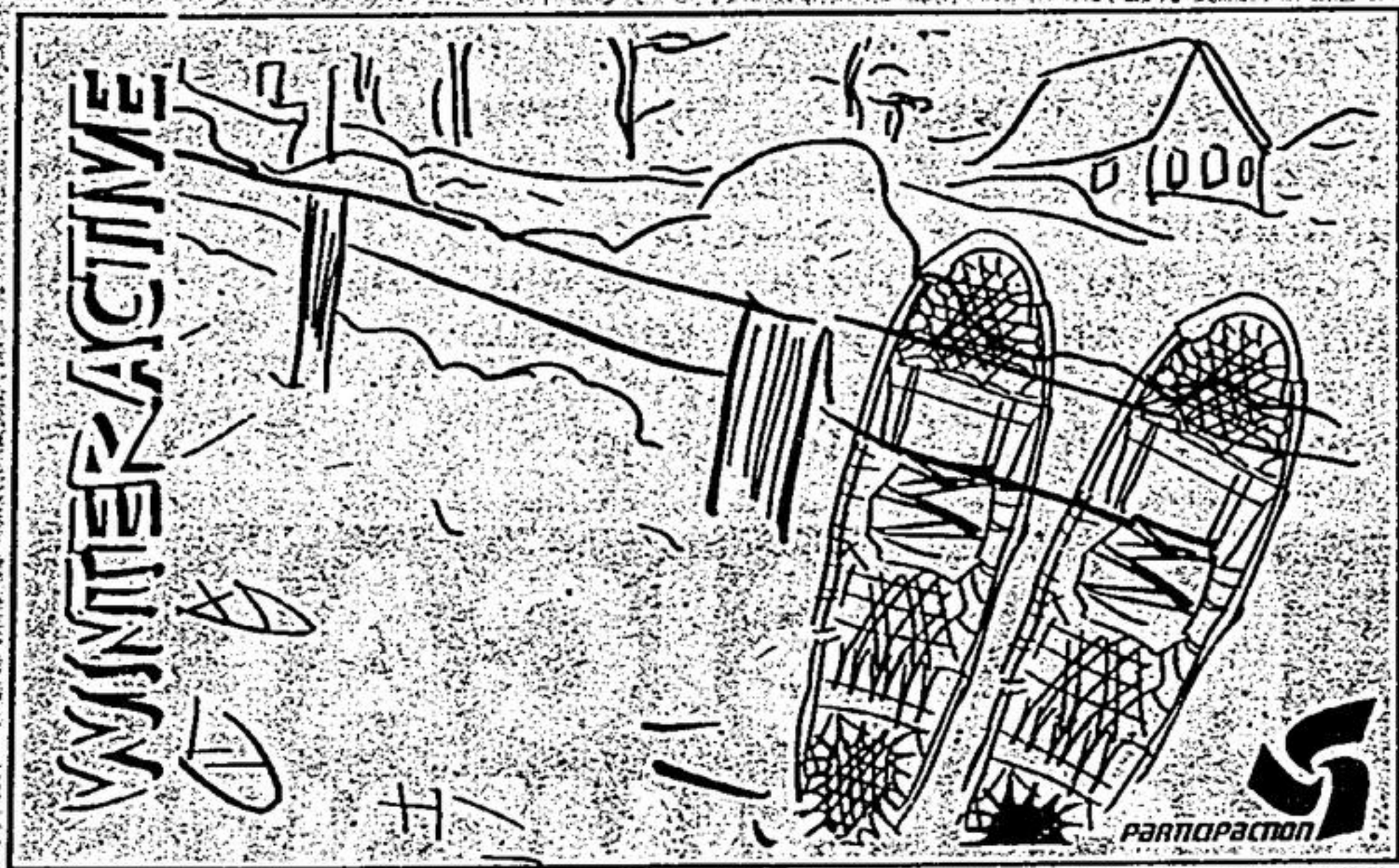
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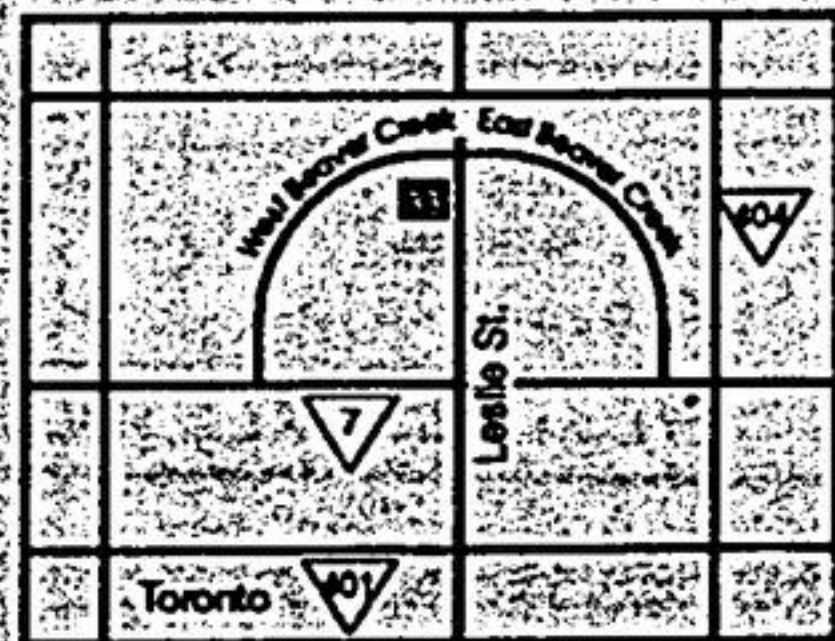
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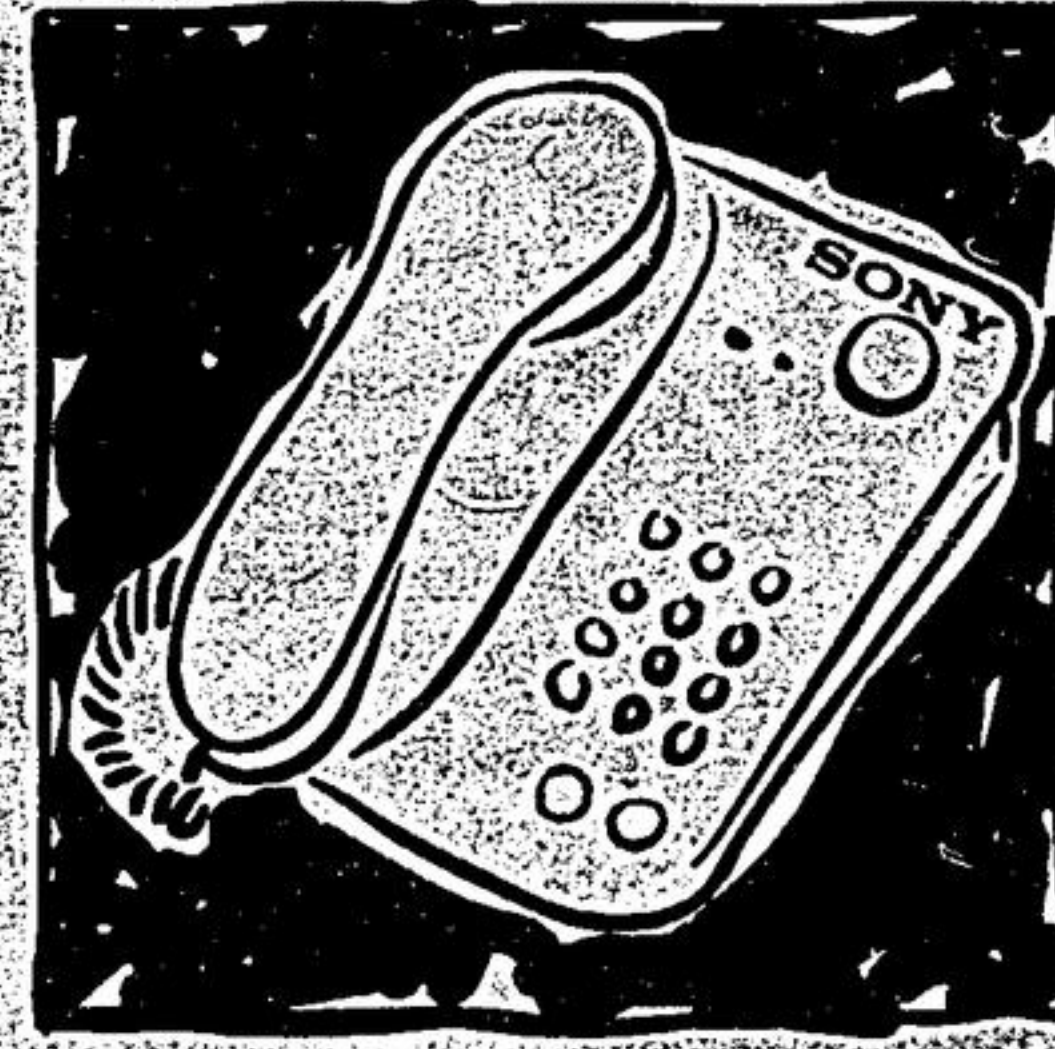
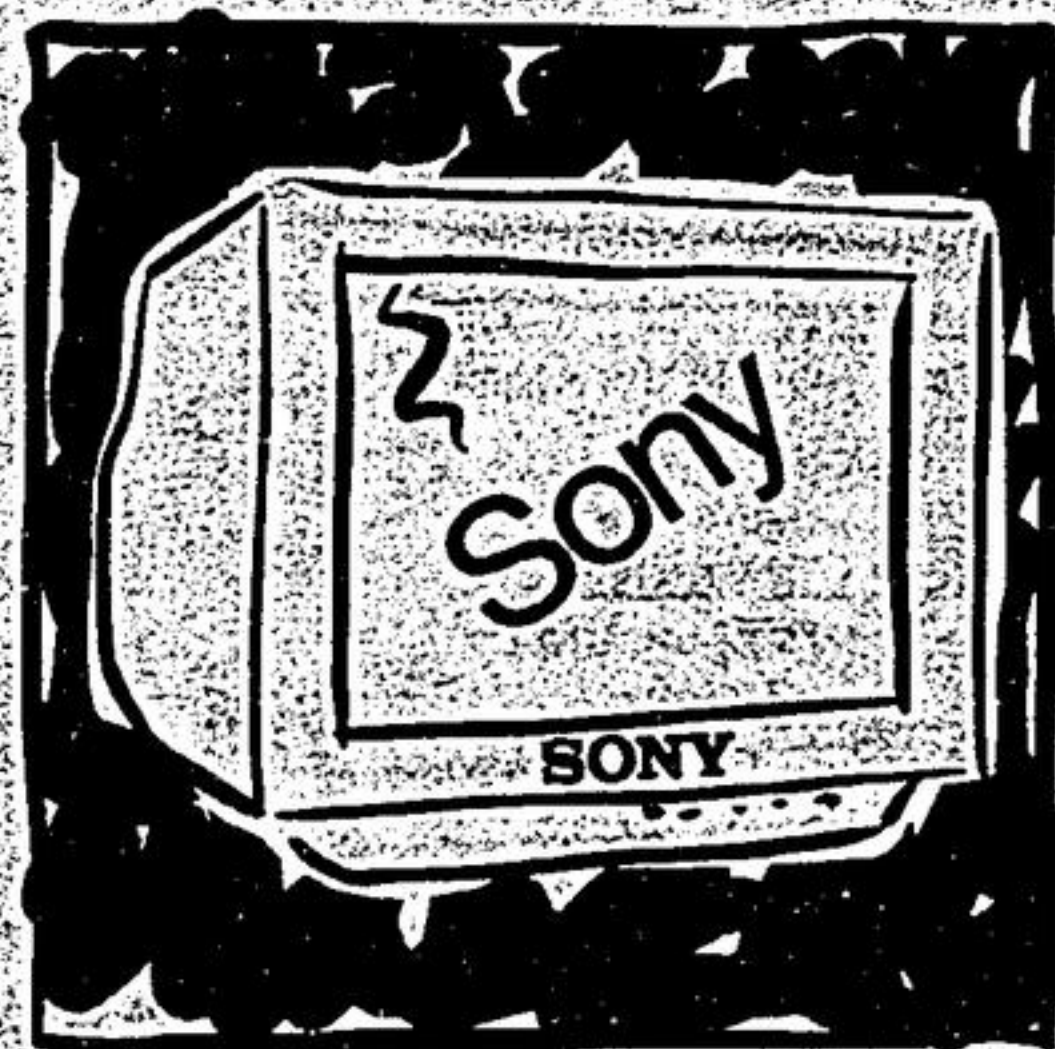
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