



Ontario Caregiver Coalition (OCC) January 2022 Newsletter

Introducing a 'Caregivers' Corner' to our OCC Newsletter

- Submitted by Claire McMenemy, Member of the OCC Awareness & Communications Committee

Caregivers are fonts of knowledge and wisdom. They know how to read subtle cues in how someone receiving care is *really* doing. They know when its time to speak and when to listen. They know where to “cut corners” to make extra time in a day. They know how a special something done “just right” can make the world of difference to someone for whom they care.

Yet, caregiving is often lonely, solitary work which limits our ability to share this wisdom. The Covid-19 pandemic has made this even more true, as we have become unable to visit the places where we often met to share our stories and lives: churches, social groups and outings, extended family gatherings, and others. The result has been that, even as many more people became drawn into caregiving in the last two years, they have often done so without being able to benefit from the wisdom of their fellow caregivers.

As we develop the Ontario Caregiver Coalition’s Newsletter into the future, we would like to warmly invite you to consider contributing your wisdom to share with others. This may take the form of an opinion article about an area for which you think the Coalition should advocate in the future, a short story about a positive or challenging experience you and your loved one have had, a list of recommendations about things you have done that helped you through a difficult time, or other wisdom you think might benefit others. It might take the form of a piece of writing, a poem, or a piece of art that you have created. If you have any questions or ideas, please be in touch with Joanne Bertrand, OCC Coordinator at jbertrand@alzon.ca

Thank you for sharing your wisdom! **Deadline for February issue is February 25, 2022.**

TVO Airs Powerful Interview on 'The Agenda'

- Submitted by Joanne Bertrand, OCC Coordinator

On January 27, 2022, I was watching 'The Agenda' on TVO and saw a very compelling interview by Steve Paikin of Lisa Raitt who cares for her husband with early onset Alzheimer's Disease. It is worth checking out at the link below. It is an example of how the caregiver experience is best described by those who 'live' the experience.

<https://www.tvo.org/video/caring-for-a-loved-one-with-early-onset-alzheimers>

Resource of Interest to Caregivers

- Submitted by Sarah Calvin, Ontario Caregiver Organization

The **SCALE Program** (Supporting Caregiver Awareness, Learning and Empowerment) aims to empower caregivers with practical information and skills to focus on their own mental health and well-being needs by offering:

- **Weekly psychoeducational webinars** on topics such as managing anxiety and anger, overcoming sadness and guilt, finding your caregiving strengths, making time for self-care, and more. Attend the LIVE webinars on Tuesdays from 12-1pm or access the RECORDINGS when the time is right for you.
- **Strategies, tools, and resources** to better cope with difficult caregiving emotions
- **Free and confidential online group and/or individual counselling**, with sessions delivered by trained mental health providers with personal caregiving experience and/or caregiving expertise. Flexible booking options to suit your busy schedule.

The program runs from February to March 2022. Sign up now to reserve your spot!

Learn more at: <https://ontariocaregiver.ca/scale-program/>

**Vous pouvez participer au programme ANCRÉ en français! Visiter [le site web de l'OSANO](#) pour en savoir plus.*

Le **programme ANCRÉ** (Aidance Naturelle, Conscience de soi, Reconnaissance et Éducation) vise à soutenir les personnes aidantes naturelles en ce qui a trait à leur santé mentale et à leur bien-être. Le programme consiste en :

- **Séances hebdomadaires gratuites d'accompagnement de groupes** dirigées par des professionnels de la santé mentale. Les séances se tiendront les lundis soir de 17h à 18h, heure de l'est.

- **Webinaires préenregistrés** pour compléter les sessions de groupes traitant de sujets variés touchant la santé mentale et le bien-être. On suggère fortement de visualiser les webinaires préenregistrés avant chaque rencontre.

Ce programme de 8 semaines commence le **7 février**. Inscrivez-vous dès maintenant pour réserver votre place!

En savoir plus : <https://ontariocaregiver.ca/fr/programme-ancree-soutien-aux-aidantes-naturelles-pour-favoriser-la-conscience-de-soi-la-reconnaissance-et-leducation/>

Opportunity to Participate in a Research Study

PAT-MS Study - Article for Ontario Caregiver Coalition Newsletter

- Submitted by Myriam Vanasse and Lara Pilutti, University of Ottawa

Are you a caregiver for a close friend or family member with multiple sclerosis?

Researchers at the University of Ottawa are seeking volunteers to take part in a study on the effects of an online physical activity program for people with multiple sclerosis (MS) and their support partners.

Who can participate in the study?

- Care-partners (family members or close friends) who are 18 years of age or older and regularly support someone living with MS may be eligible to participate.
- People living with MS who are 18 years of age or older, relapse-free in the past 30-days, and experience some MS difficulty (e.g., walking, cognitive challenges, sensory problems, etc.) may be eligible to participate.
- All prospective participants must not currently be exercising on a regular basis.

If you are interested and choose to participate, you and your study partner would randomly be placed into one of two groups: an immediate intervention group or a wait-list group.

Here is a short video about the PAT-MS study:

<https://www.powtoon.com/s/enjaQUdSMRT/1/m/s>

Please click here to see the PAT-MS study flyer which contains detailed information about the study.



PAT-MS Study Flyer

For more information about other eligibility criteria and participation, please contact the research coordinator in the Clinical Exercise Physiology Lab (CEPL), University of Ottawa.

Email: cepl@uottawa.ca

Phone: 613-562-5800 x 3274

Website: <https://clinicaexercisephyslab.weebly.com/>

Virtual Support Groups for Caregivers

- Submitted by Patricia Wendy, Circle of Care

We are pleased to announce a new virtual Family Caregiver Support Group this Winter. Please, see below and feel free to share with colleagues and clients:

Caregiver Support Group (6 consecutive weeks)

Tuesdays, from 2:00 – 3:30pm

February 8 – March 15, 2022

For more information and registration, visit our website:

<https://www.circleofcare.com/calendar/caregiver-support-group/>

Thank you to the following OCC Organization Members for their support of our newsletter:

AdvantAge Ontario; Baycrest; Bellwoods Centre for Community Living; Canadian Cancer Society; Circle of Care; Evergreen Hospice; Mosaic Home Care; MS Society; Ontario Association of Social Workers; SRT MedStaff; Wesway; Woodgreen.



Disclaimer: This newsletter is for information purposes only.