

# Support for Caregivers: Seniors and Families

Balancing career responsibilities with family responsibilities is the reality for most of us, and generally we manage just fine. However, if you take on the extra demands of caring for an elderly or ill relative, or find you are carrying a particularly heavy load, having a professional point you in the right direction may be all that you need to relieve your stress and anxieties.



## Be in control of your work-life responsibilities!

- **Are you navigating the challenges of a loved one's illness or declining independence?** Our counsellors are here to support and assist you with advice and resources as you adapt.
- **Are you finding it difficult to manage your time and energy levels?** We will look at different strategies to help you maintain a healthy balance and continue to take care of yourself.
- **Are you trying to find the right residence for a loved one?** We can guide you through the different levels of care and services available to ensure their needs are met.
- **Feeling stressed or overwhelmed by the situation?** Our clinicians are sensitive to the challenges you are experiencing. They are there to listen and validate your concerns and suggest solutions.

## One call is all it takes to get started.

Life Smart Coaching empowers you with the information and support you need to help your elderly or ill loved one and help you maintain work-life balance. We make it simple to get started and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

1. We ask a few questions to make sure you receive the customized service that will be most helpful.

2. We arrange for one of our clinicians to call you and walk you through the types of support you could benefit from, including personalized resources specific to your concern.
3. We'll be available for you while you're using the materials, and help you navigate caregiving challenges.

**Life Smart Coaching services are offered over the telephone. If you ever feel uncertain or overwhelmed, we can arrange counselling services (face-to-face, over the phone, or online).**

**Life Smart Coaching can help you achieve work-life balance.**



**Call us to get started**

**1-866-565-4903**

International (Call collect): 604-689-1717

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