

2. New Video Series – Hear from family caregivers as they share their personal experiences and talk about the importance of their social connections.

Dementia and Caregiving – Government of Canada

Each video is approximately 4 minutes:

Ralph and Eileen -

Ralph discusses the loneliness caregivers sometimes experience.

Joyce and Bob -

Joyce, who cares for her husband Bob, tells us how she does it.

Ken and Nada -

As a full time caregiver for his wife Nada (diagnosed at age 46), Ken reminds us to balance our life and to take care of ourselves.

Here is the link:

www.seniors.gc.ca/eng/sb/caregivers/federal/dementia_videos/index.shtml

3. NEW program announced – NL Brain Injury Association (NLBIA)

Subsidized Counseling Program for brain injury survivors, their family members and/or caregivers to access counseling services across the province.

A brain injury can cause emotional and psychological stress – challenges that may occur days, months, or even years after the injury. This pilot program will help reduce barriers to services, including cost and significant wait times, by providing direct and subsidized access to private counselors and clinics.

To learn more or apply for services, contact the NLBIA, 709-727-4705 or nlbia2011@gmail.com. This program is open to all brain injury survivors, immediate family and caregivers throughout Newfoundland and Labrador.

Angie Smith, Coordinator of Programs and Services

www.nlbia.ca Follow on Facebook and Twitter (@nlbia)

4. The Canadian Coalition for Seniors Mental Health has a “gift for you” – A collection of archived webinars relating to seniors mental health issues, including webinars about caregiving, elder abuse and more.
Start the New Year with a gift of continuing education from the CCSMH and their partners and supporters! www.ccsmh.ca

Here are 5 webinars related to caregiving from CHNET-Works!

www.chnet-works.ca

[Improving Care and Support for Unpaid Caregivers in Ontario: Findings from a Citizen Panel](#)

[Health Care Innovation Working Group \(HCIWG\) Dementia and Caregiving](#)

[How to Better Understand and Support Older Workers with Caregiving](#)

[Responsibilities in the Workplace / Comment mieux comprendre et aider les travailleurs âgés ayant des responsabilités d'aidants naturels en milieu de travail](#)

[Tips and Tools to Help You Balance Your Work and Caregiving Responsibilities / Trucs et conseils pour concilier vos responsabilités professionnelles et d'aidant](#)

[Loneliness Among Older Adults in Canada / La solitude chez les aînés au Canada](#)

Here are 2 webinars related to Caregivers from the Caregiver Network:

www.thecaregivernetwork.ca

[Build a Service System to Support Caregivers of Adults Living with Mental Health Problems and Illnesses](#)

[Guidelines for Comprehensive Mental Health Services for Older Adults in Canada](#)

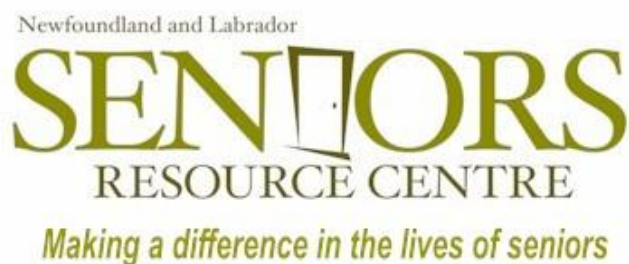
Caregivers Out of Isolation

Paula Lancaster, Provincial Coordinator

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An intergenerational program of the **Seniors Resource Centre NL**



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