



Caregiver Corner

5 Stages of Caregiving

Do you have an older senior in your life? Can you foresee a time when they may need help? If you answered yes, it might be time to think about Family and/or Friend Caregiving and what that is going to look like for you.

So here is something to think about. According to Saint Elizabeth Health Care in Toronto, there are 5 Stages of Caregiving but keep in mind that they don't always follow this timeline.

Stage 1 is *Helping* where the caregiver helps out with everyday activities like shopping, appointments, or transportation; nothing major and easily manageable for the Caregiver. Be aware and tag along for a sneak peak into the future.

Stage 2 is *Involved* and this is where the Caregiver becomes more involved in the persons life. It might possibly happen

after a new diagnosis and/or hospitalization. The Caregiver might need to help their care recipient with bathing and dressing and managing medications.

Stage 3 is *Intensive*. Sometimes this stage is the longest because generally the care recipient's needs and level of care is escalating. The Caregivers duties are also escalating and now involves collaborating with doctors and home care support and maybe a volunteer agency. At this point a Caregiver is wise to reach out for some support so that they can develop a sense of strength and confidence.

Stage 4 is *All encompassing* as the care recipient might require 24/7 attention. This can become difficult for the Caregiver as it impacts home and work life which can cause strain on relationships and finances. Caregiver Support can help weather the storm.

Stage 5 is *Closing*. The end of this journey comes either by the care recipient regaining their independence, moving to assisted living or they pass away. For the Caregiver this is probably the most difficult because not only are they stripped of their Caregiving role, they also feel emotions they aren't ready to deal with, such as grief, guilt, and loneliness. With support, Caregivers find their "new normal."

Family and Friends Caregivers of the Northwest is a program offering free education, and guidance for informal and unpaid caregivers, serving Houston through to Prince Rupert and Kitimat through to Stewart. Give us a call to connect with our Caring Team 778-634-0134. Check out our website <https://caregiversofthenorthwest.org/>

Our Family and Friends Caregivers Support Program is funded by the Government of BC, managed by United Way, and supported by Family Caregivers of BC.



Terrace Hospice Society <http://caregiversofthenorthwest.org>

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