



Rupert's Land Caregiver  
Services :  
Supporting Caregivers  
of Older Adults

# The Caregivers' Page

## Why is Respite so Important?

Imagine running a help wanted ad for a caregiver with these requirements:

Caregiver wanted. Must work 7 days a week, 24 hours a day, 52 weeks a year. No pay. No breaks. No vacation. No benefits. Apply in person. Bring a packed suitcase and plan to stay indefinitely.

How many people do you think would apply?

We all know it would be impossible to hire someone to work 24 hours a day with no time off, regardless of how much money you offered. So, why, as family caregivers, do we think that we're shirking our responsibility and acting selfishly when we take a little time for ourselves?

Here's the bottom line: If you want to avoid caregiver burnout and maintain the mental, physical and emotional strength you'll need to care for a loved one over an extended period of time, you must make caregiver self-care as high a priority as your care receiver's care.

Self-care is important because when caregivers reach the point of burnout, they can lose their ability to feel compassion and empathy for their care receiver. They experience extreme fatigue, anxiety and depression along with physical symptoms such as:

- Headaches, backaches and digestive disorders
- Weight loss or gain
- Difficulty sleeping
- Withdrawal from friends, family and other loved ones
- Feelings of irritability and apathy
- Desire to hurt oneself or inflict harm on the care receiver

Getting respite care is not selfish. It may be the key to your survival.

### What is Respite Care?

The dictionary defines respite as a short period of rest or relief from something difficult or unpleasant. It's further described as a rest, break, breathing space, intermission, recess, time out; relief, relaxation and an informal breather.

Respite care services are provided for the benefit of the caregiver. The care receiver is watched over by someone else for a few hours, overnight, or sometimes for several days. This can happen in a person's home or in a personal care home or any other suitable location. Some services are free, such as Homecare and volunteer programs. Others services that provide respite are fee-based. Please go to page 2 to find out what types of respite are available.

# Why Is Respite so Important

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What types of respite are available to caregivers?

No cost options:

- Family and friends - often they may be willing to visit with your family member so you can have a break, don't be afraid to ask.
- Home Care – your regional health authority can provide respite for their clients' caregivers. The Home Care program is taxpayer supported and is available according to need not means. The intake number for the Winnipeg Regional Health Authority Home Care program is 204-940-2655.
- Volunteer organizations - Rupert's Land Caregiver Services can provide short term respite at no cost. This service is strictly companionship, the volunteer will not be able to provide any other care. Call 204-452-9491 for more information

Options with a fee for service

- Long Term Respite – Your Home Care Case Coordinator can also arrange for long term respite whereby your family member can be admitted to a personal care home in order to provide a planned period of relief to families. Respite is available for varied lengths of time, with the normal stay being two weeks. Each respite client pays a standard subsidized daily fee.
- Caregiving Businesses – There are many businesses that can provide respite for an hourly fee. You can contact Rupert's Land Caregiver Services by e-mail ([rlcs@mts.net](mailto:rlcs@mts.net)) or by phone (204-452-9491) for a list of businesses providing respite services.

## **REMINDER – Have you applied for the Manitoba Caregiver Tax Credit?**

Manitoba's Primary Caregiver Tax Credit is an annual, refundable tax credit that provides up to \$1,400 a year to people who act as primary caregivers, by providing regular, long term volunteer care to spouses, relatives, neighbours or friends.

### **Eligible caregivers**

To be eligible as a primary caregiver you must:

- Provide long term care for a person who has been assessed as needing care at Level 2 or higher
- Live in Manitoba and be unpaid for the caregiving you provide
- Be designated as the primary caregiver by the care recipient

For assistance or more information about the tax credit:

- Go online at [Manitoba.ca/finance/tao](http://Manitoba.ca/finance/tao)
- Contact your local regional health authority
- Call Manitoba Government Inquiry, toll free, at 1-866-626-4862
- Call Manitoba Health and Healthy Living at 204-788-6646 in Winnipeg
- Call the Manitoba Tax Assistance Office:
  - 204-948-2115 in Winnipeg; toll free at 1-800-782-0771
  - e-mail [TAO@gov.mb.ca](mailto:TAO@gov.mb.ca)

# VOLUNTEER OPPORTUNITIES

**Rupert's Land Caregiver Services is looking for volunteers for the following positions:**

## **Time-out for Caregivers**

- Visit with an older adult so their caregiver has a break.
- Volunteers provide companionship only, they do not provide personal care.
- Comprehensive training is provided.

## **Ring-A-Ride**

- Take clients to medical appointments, shopping or outings.
- Compensation for gasoline and parking is provided
- Comprehensive training is provided.
- All clients live in the River Heights, Fort Rouge, Lindenwoods, Tuxedo and Fort Garry neighbourhoods
- Clients may use canes or walkers, but we do not transport people in wheelchairs.

## **Board of Directors**

- Board Members are involved with establishing policies & procedures, directing and supporting staff, program development and evaluation, promotion and fundraising.
- We are seeking individuals with an interest in issues related to caregivers, who have experience in: law, fundraising, policy setting, program planning, health care, social services.

For more information please contact Heidi at [rlcs\\_vol@mts.net](mailto:rlcs_vol@mts.net) or call 204- 452-9491.

You can help us save on postage and printing costs by receiving your Caregivers' Page by e-mail.

If you would prefer to get your Caregivers' Page by e-mail just drop us an e-mail to [rlcs@mts.net](mailto:rlcs@mts.net) and we will take you off our regular mailing list and put you on our e-mail list.

If you wish to continue receiving your newsletter by regular mail, you don't need to do a thing! If you wish to be removed from our mailing list altogether, you can also contact us by e-mail or by calling 204-452-9491



Rupert's Land Caregiver Services  
2015 Poinsettia/Fundraising Campaign

Yes! I would like to purchase Poinsettias

\_\_\_\_\_ Red x \$20.00 = \_\_\_\_\_  
\_\_\_\_\_ White x \$20.00 = \_\_\_\_\_  
\_\_\_\_\_ Pink x \$20.00 = \_\_\_\_\_  
\_\_\_\_\_ Marble x \$20.00 = \_\_\_\_\_  
\_\_\_\_\_ Peppermint x \$20.00 = \_\_\_\_\_

Yes! I would like to make a donation

\$25.00       \$100.00  
 \$50.00       Other \_\_\_\_\_

Tax Receipts will be issued for donations  
Registered Charity #108079773RP0001

AMOUNT ENCLOSED \_\_\_\_\_

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ PROVINCE \_\_\_\_\_ POSTAL CODE \_\_\_\_\_

PHONE: \_\_\_\_\_

**POINSETTIAS FOR CHRISTMAS**

*This is our major fundraiser of the year and we hope you will purchase your plants and help us in our work with family caregivers of older adults.*

*Schreimer's Home & Garden Centre will be supplying these superb plants that are available in 5 different colours. They are in 6-inch pots. These beautiful poinsettias are available at a cost of \$20.00 per plant.*



*Please send in your completed form to:*

*RLCS, 168 Wilton Street, Winnipeg, MB, R3M 3C3*

*or email to [rlcs@mts.net](mailto:rlcs@mts.net) or phone 204-452-9491 by November 27<sup>th</sup>, 2015 to place an order.*

*Pick-up date is Wednesday, December 9<sup>th</sup>, 2015*

*12:00 noon to 6:00 p.m.*

*St. George's Anglican Church, 168 Wilton Street.*



We are pleased to announce that you can now use your credit card to donate to Rupert's Land Caregiver Services through CanadaHelps.org

It is easy to give, just go to their website [www.CanadaHelps.org](http://www.CanadaHelps.org) and enter Rupert's Land Caregiver Services in the search box



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Editorial Committee Members: Syva-Lee Wildenmann, Executive Director and Editor