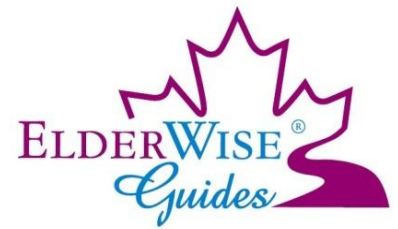


Caregiver Burnout



CBC Calgary Radio One 1010AM
Wildrose Columnist: ElderWise® January 13 2009
Caregiver Burnout
Listen: <http://www.cbc.ca/calgary/programs>

Millions of Canadians provide daily care & support to aging parents. Many take on the caregiving role very willingly without realizing that the relentless demands, over time, can lead to burnout.

One of the best ways to prevent burnout is to recognize one's limits and to know how to ask for help. We hope you (or a caregiver that you know) will use these resources to accept help before physical and emotional exhaustion occurs.

Resources

Calgary

Alberta

Family Caregiver Centre
403-303-6027
www.familycaregivers.ab.ca

Health Link
1-866-408-5465

Home care and personal care services
Community Care Access
403-943-1920

Counselling
Access Mental Health
403-943-1500

Reading

Women's' Health Knowledge Centre
1441 29 St NW
Calgary, Alberta
403-944-2267

Self Connection Bookstore
North and South locations, Calgary
On-line: www.selfconnection.ca

Caregivers Found NOT GUILTY!

Presentation for the Family Caregiver Centre
May 5, 2009
Information: 403-303-6027

More Information
ElderWise Guide (*for sale soon on website*)
Caregiver Burnout. How to Spot it – How to Stop it

E: partners@elderwise.ca