

CSSS de Laval Users' Committee Informs You



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Users' Committee

There are more than two million informal caregivers in Canada. Are you one of them? 80% of informal caregivers are unaware of being one. But what is an informal caregiver anyway? Are there resources available to help them?

Support resources for informal caregivers

An informal caregiver is someone who offers care and/or support to someone in his entourage who has a physical or mental handicap, is dealing with a chronic illness or whose health is precarious. He lavishes from 8 to 40 hours of care per week and the amount of hours tends to increase as the person helped gets older. Informal caregiver's death risk increases by 60% when he himself is old and in bad health. The importance for him to seek help as needed is thus obvious.

Support groups

Informal caregivers' support groups are organized in various districts of Laval. Each session offers workshops animated by a social service worker who will speak on various topics, such as exhaustion, communication, stress management, medication, institutionalization and nutrition.

Day Centre

The day centre services are destined to seniors who still live at home and who wish to maintain their social skills

and physical capacities. Usually located in a residential and long-term care centre, the day care centre accommodates, at least once a week, the people referred by

the homecare services. The activities usually extend over a day and aim to avoid social isolation, giving a rest to informal caregivers and stimulating physical autonomy.

Illustration : iStockPhoto



Information on support groups :
450 668-1804 ext. 7522

Information on the day centre services :
450 622-5110 ext. 4922

Association lavalloise des personnes aidantes :
450 686-2572

This information capsule is brought to you by the CSSS de Laval Users' Committee, whose representative in regards to physical health is:

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