

WE HEAR YOU

Being the Caregiver of a person with mental health challenge or dementia can be very challenging. Club HEAL, together with the Agency for Integrated Care has developed a Caregiver Support Network Program to link you to other caregivers.

To someone who has experienced similar challenges and situations...

To someone who can provide you with additional support and guidance along your journey...



There are 4 kinds of people in the world.

Those who have been caregivers.

Those who are currently caregivers

Those who will be caregivers.

Those who will need a caregiver.



Rosalynn Carter Foundation



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CREST CAREGIVER SUPPORT NETWORK

**Support for Caregivers of
Persons with Mental Health
Challenges or Dementia**

OUR GOAL

The Caregiver Support Network Program is developed to strengthen relationships between Caregivers, to provide an opportunity for networking and to empower Caregivers to help one another. This program provides an opportunity for Caregivers to receive guidance and to share their experience, wisdom, skills and passion with other Caregivers. In addition to providing support, where caregivers can develop self-care skills and forge supportive relationships with other caregivers, they are also empowered to go beyond care-giving and to make contributions to the community at large. This is done through Caregiver Mentors, who are trained and supported to organize or lead caregiver-related activities and events.

WE CONNECT

WE INSPIRE

WE ARE CAREGIVERS

WE ARE CAREGIVER MENTORS

Caregiver Support provides

- Personalized / group guidance, based on experience and knowledge.
- Friendship.
- Someone who can be a good listener when you need it.

Why Become a Caregiver Mentor?

Create a trusting and helpful relationship between other caregivers. Caregiver Mentors provide personal support to their Mentees, assist with the navigation of daily stressors and serve as role models for individuals who need help. Because there are many challenges to being a Caregiver, it can be helpful for you to talk with a Caregiver Mentor who has “been there” and understands the pressures that come with being a Caregiver.

Eligibility Criteria

- Caregivers of Persons with Mental Health Challenges or Dementia.
- All Caregivers will be required to undergo training before leading the support group.

How can I be connected to the Caregiver Mentoring Program?

Our Caregiver Support Coordinators will get in touch with you upon referral or signing up via our website portal or through our outreach within the community.

Benefits of Serving as a Caregiver Mentor

- Sharing tips about caregiving that you have learned through your own experience.
- Sharing your experience and knowledge of resources such as other healthcare teams and community social agencies that can provide the needed assistance.
- Providing an outlet for socializing and networking.
- Helping Caregivers build life skills to deal with adversity in the future.

Benefits of Having a Caregiver Mentor

- Creating an outlet for socializing and networking.
- Learning from the experience and support of those who understand the challenges Caregivers face.
- Receiving support from someone who has “been there.”
- Making another friend.

