

# SUPPORT FOR CAREGIVERS OF SENIORS

Allow you to take a break in order to better pursue your role as caregiver.



*"If I take care of the other while neglecting myself, I maintain the neglect, not the care"*

— Thomas D'Ansembourg



LISTEN



INFORM



RAISE AWARENESS

- ▶ Listening and individual support
- ▶ Coffee meetings/workshops/conferences
- ▶ Information, referral
- ▶ In-home respite with qualified personnel (small contribution)
- ▶ Confidential service



CENTRE D'ACTION  
**BÉNÉVOLE**  
SAINT-SIMÉON • PORT-DANIEL

**Appui**  
proches aidants

## FOR INFORMATION

Support to caregivers of seniors

418 752-5577 ♦ [cabst-simeon-port-daniel.com](http://cabst-simeon-port-daniel.com)

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