



CAREGIVER CONNECTOR *from Caring to Sharing*



Here at Last!

After a long winter in hibernation, we are delighted to welcome summer with the first issue of Caregiver Connector, the e-newsletter of [caregiver-connect.ca](http://www.caregiver-connect.ca). Each quarter, we will offer information on a range of topics, including upcoming activities and events, facts about caregiving in Canada, articles with a focus on caregiver concerns, and suggestions for staying healthy. We hope you enjoy this first issue of Caregiver Connector.

Happy summer and best wishes,
Joan Campbell, Editor

What's Going On?

June is a busy month, dedicated to raising awareness of several issues of that are important to caregivers.

June is...

- [ALS Month](#)
- [Brain Injury Awareness Month](#)
- [Seniors Month](#)
- [Stroke Month](#)

Some of the organizations connected with these issues are sponsoring activities and events in local communities across Canada, so follow the links for details and [further information](#).



Did You Know...

that caregivers save the Canadian health care system an estimated \$25 billion or more annually?

Would you like to have your event listed in the [Upcoming Events Caregiver Calendar](#)? To find out how to do so, please contact caregiving@von.ca.

Social Workers & Caregivers

Social workers often work directly with caregivers. They may help your family member or friend in a hospital, or in a home care program. As well, social workers are often employed in

- rehabilitation programs
- family service centres
- community centres
- mental health and addiction services
- employee assistance programs, and
- the justice system or children and youth services.

[Click here to read more...](#)

Home and Community Care 101

What is home and community care?

In the Canadian health care system, home and community care services help people receive care at home, rather than in a hospital or nursing home, and to live as independently as possible in their community. Health care professionals (e.g., nurses, social workers) and non-professionals (e.g., personal care workers), volunteers, friends and family caregivers all play a role in home and community care.



[Click here to read the article...](#)

