



November feature – Caring for Loved Ones

Millions of Canadians are providing care for a loved one -- at home, nearby, or from a distance. Although rewarding and meaningful, caregiving can also be one of life's most challenging experiences, leading to feelings of stress, sadness, and exhaustion -- especially if you're also working.

inConfidence is here to help you handle the many demands and emotions that go along with caregiving. Contact a caring, professional consultant any time, 24/7, for support and information.

Or, log in any time to www.myinconfidence.ca to explore a wealth of resources, such as:

- A **NEW** podcast, [When a Loved One is Facing a Terminal Illness](#), featuring Dr. Joe Nowinski, clinical psychologist and the author of *Saying Goodbye: A Guide to Coping with a Loved One's Terminal Illness*.
- A four-part podcast series, [Caregiving](#)
- Life Changes tab: [Helping Older Relatives](#), or two **NEW** online kits: [Caring for Aging Relatives](#), [Caring for Family](#)
- Articles:
 - [Caregiving When You Work](#)
 - [Caregiver Stress and Finding Support](#)
 - [Long-distance Caregiving](#)
 - [Apps and Websites to Help With Caregiving](#)
 - [Involving Family Members in Caring for an Older Relative](#)
 - [When Someone You Love is Diagnosed With a Terminal Illness](#)

Remember: If you're providing informal care to a loved one and you have questions or concerns, you don't have to go it alone. **inConfidence** is here with advice to fit your life.

Download our mobile app for your iPhone, Android or Blackberry—just search for “LifeWorks” in your app store.

Call inConfidence at 1-877-418-2181 anytime. TTY: 1-877-371-9978

**You can also visit www.myinconfidence.ca
(User ID: NLMA ; Password: inconfidence)**

