



inConfidence

November feature – Caregiving

Maybe you're a member of the sandwich generation and are caring for both children and an aging parent. Or perhaps you're caring at home for a loved one who has a serious illness or disability. **inConfidence** has resources to support you with all your caregiving needs, from finding services to handling the emotional toll of caring for a loved one. We also have resources to help you prepare for end-of-life issues.

Explore the many online resources available to you. including the **Caregiving** feature on our homepage, where you'll find links to articles, infographics, and more.

Also, remember, you can always contact inConfidence to speak with a professional consultant about your caregiving questions and concerns. Contact a consultant today for free, confidential support.

Call inConfidence at 1-877-418-2181 anytime.

TTY: 1-877-371-9978

Online: www.myinconfidence.ca

(username: NLMA; password: inconfidence).

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