

The Balancing Act

As one of 2.9 million caregivers in Ontario who are trying to balance caregiving while employed, know that you are not alone. Caregiving is challenging enough on its own. If you, like many people, have commitments both to work and outside of work, it can present extra challenges.

BALANCING

Encountering challenges with work-life-caregiving is very common. Caregiving is not always predictable, but structuring and planning what you can, may help. Some useful planning strategies are:

- Make a list of items to do and prioritize them:
 - What needs to be done now, later this week, later this month
 - Think of things I could get help from others to complete
 - Include elements that you want to do for yourself in the to-do list

Start small. Gradual daily change can be more sustainable than big, sudden changes.

MAKE A LIST OF PEOPLE WHO MIGHT BE ABLE TO HELP

Consider people the person you are caring for, you or your family know and their interests/strengths: friends, acquaintances, community organizations, and faith community.

People often want to help but don't know how. If you can name specific things you need, it might be easier to ask for help, and easier for others to offer.

Consider asking for help with the following:

- **RESPIRE/CAREGIVING** - help to give you time for a rest, or to do something for yourself or your children/family
- **HOME** - help with a pet, home maintenance, cleaning, dropping off a meal or groceries
- **ACTIVITIES** - help with transportation to appointments, bathing, meals, renovations to install equipment
- **FINANCIAL** - help with banking, accessing benefits, financial planning, taxes
- **LEGAL** - help organizing documents, arranging for Power of Attorney, or will

GET SUPPORT

Talking about things can often help. Talk to your family or friends. Consider joining a caregiver support group or forum (online or in person). Speak to your health care professional.

Resources - Click on the links & logos below

- Supports - <https://ontariocaregiver.ca/find-support/caregiver-resources/>
- Ontario Caregiver Help Line 1-833-416-2273 (CARE)
- thecaregiverspace.org
- Resources - <http://www.ontariocaregivercoalition.ca/caregiver-resources.html>