

Time to Talk Caregiver Connection & Information

April 3 2 to 6 p.m.

Avondale United Church - Fellowship Hall
194 Avondale Avenue, Stratford



Drop in and learn more about health care resources in Huron and Perth

To recognize Caregiver Awareness Day on April 3, Connecting the Dots for Caregivers is Hosting its first Time to Talk Caregiver Connection and Information Event - a community gathering where caregivers and healthcare providers are welcome to drop in and learn more about the resources available in Huron Perth, while at the same time meeting other caregivers. This event is open to anyone interested.



What is Connecting the Dots?

Being a family caregiver can be rewarding and fulfilling but it can also be challenging and a significant source of stress and anxiety. Connecting The Dots brings together healthcare partners and family caregivers to co-create supports, programs, and resources that address the needs of family caregivers in order to ensure they feel valued, respected, engaged and supported in their important role.

Connecting the Dots for Caregivers is a partnership between The Change Foundation and six health care organizations in Huron Perth. Together, with family caregivers, they are looking at ways to improve the caregiver experience by co-designing solutions, programs and resources that will ensure family caregivers feel valued, respected, engaged and supported in their important role.

Partner Organizations include: ONE CARE Home & Community Support Services, Huron Perth Healthcare Alliance, Alzheimer's Society of Perth County, North Perth Family Health Team, South West Local Health Integration Network and Star Family Health Team.

This project's focus is to raise awareness of the role of the caregiver, how it can impact a person who provides care to another, as well as how to create more dialogue between family caregivers and healthcare providers so that caregivers don't reach a point where they become too overwhelmed to cope. As part of this work, they have created an awareness campaign and a toolkit of new and existing caregiver resources that caregivers can access in Huron Perth