



## Avoiding Family Caregiver Burnout

Caregiving can be a very rewarding and bonding experience but it can also be very stressful. The stress often gets worse if the caregiver has other important and pressing responsibilities, such as a job, children to care for, a busy social life, or some distance to travel to care for their elderly relative.

### Caregiver Burnout - 10 Signs to Watch Out For:

Isolating from <b>FRIENDS</b>	<b>IRRITABILITY</b> with person for whom you care	Feelings of <b>DEPRESSION</b>
Changes in <b>SLEEP</b>	<b>PUTTING OFF</b> things you once enjoyed	<b>OVERUSING</b> tobacco, alcohol, or other substances
Changes in <b>APPETITE</b>	<b>BLAMING</b> the person you are caring for	<b>IGNORING</b> your own health
Getting <b>SICK OFTEN</b>		

### Are you noticing any of these signs?

Join us on September 4th at 2:30 pm for a workshop on “Caring for the Caregiver” to learn more. See Page 2.



Happy  
Anniversary  
Legacy!

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## September Learning Sessions at Legacy



**September 4th - 2:30 pm to 3:30 pm**

### **Workshop: Care for the Caregiver**

*Presented by the Council of Senior Citizens' Organizations of BC*

This workshop will examine the causes and symptoms of caregiver burnout, provide suggestions for how to prevent it and discuss sources for assistance and support.

*Pre-registration is required by September 2nd to 604.240.8550 (no charge). Please arrive by 2:15 to guarantee your seating.*

**September 18th - 2:30 pm to 3:30 pm**

### **Information Session: Right at Home Canada**



*Presented by Alexis Sinclair, Care Planner with Right at Home Greater Vancouver*



Providing expert, personalized in-home care for more than 20 years, *Right at Home* has helped thousands of Canadians and their families deal with the challenges brought about by aging and disability. Learn more about how they work, services provided and have your questions answered.

*Pre-registration is required by September 16th to 604.240.8550 (no charge). Please arrive by 2:15 pm to guarantee your seating.*



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## About Us

Legacy Senior Living was conceived as a tribute to Leo Wertman, who, in 1960, founded the business that would grow to become The Wertman Group of Companies.

Our goal is to create an outstanding residence in Leo's honour right here in the heart of Vancouver.

A place where seniors can stay active and involved, living creative and fulfilling lives. A place where great food, friendships, culture, and thoughtful living spaces come together as the ideal lifestyle community.

## Contact Us

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