



THE ONTARIO

caregiver
ORGANIZATION

RESOURCES AND
EDUCATION



Caregiver Stress & Burnout

The Ontario Caregiver Organization (OCO) exists to support Ontario's 4 million caregivers; ordinary people who provide physical and emotional support to a family member, partner, friend or neighbour. Two-thirds of caregivers say they have experienced feelings of helplessness, burnout, and just finding it difficult to continue with their caregiving responsibilities.

In partnership with the Niagara Family Health Teams, the Aboriginal Health Centre, and the Community Health Centres in Niagara, join Katie Muirhead, Regional Lead, West from OCO, who will share information on caregiver stress and burnout. After the presentation, you will have a better understanding of:

- The caregiving experience across Ontario.
- The difference between stress and burnout, and the common signs and symptoms of each.
- Strategies to identify when you are feeling stressed or burnt out, and finding the right programs and resources to support you.

**Participants will receive an electronic copy of the 'I Am a Caregiver Toolkit' prior to the presentation to reference during the presentation.*

Date: Wednesday, January 25th, 2023

Time: 6:00pm-7:00pm EST

Place: Zoom (link provided via email to those who register)

Cost: Free

- Please note that this presentation is available in English only.
- Pour de l'information sur nos programmes et services en français, visitez www.ontariocaregiver.ca/fr ou communiquez avec nous par courriel à info@ontariocaregiver.ca.
- For any difficulty with registration or any other questions, please contact us at info@ontariocaregiver.ca or call 1-888-877-1626 X 1011

For more information, please contact
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Register
today



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Funded by: **Ontario** 

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