



PARTNERS IN HEALTH

Drummondville: 819 850-5560, 1045 Chabanel / Trois-Rivières: 819 875-2332 ext. 1520, 1875 Nicolas-Perrot
 casemcq.com / infoandliaison.agent@gmail.com



CASE partners with L'APPUI to release caregiver's guide

You can now find all the resources available to caregivers in the MCQ with a guide that's available online and in hardcopy.

Caregivers' Guide

Local and Regional Resources
for Caregivers in the
Centre-du-Québec



It can often be difficult to locate the information you're seeking, especially when there are a number of helpful organizations offering different services.

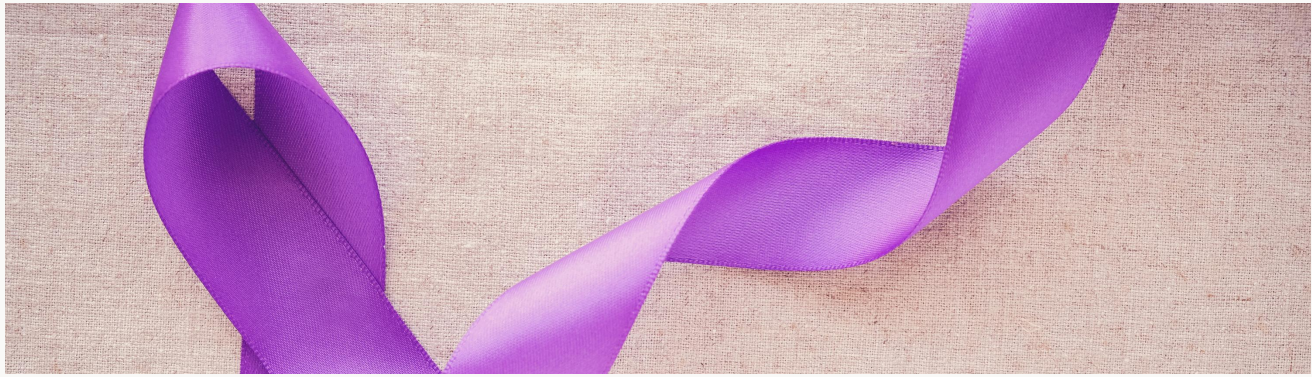
This partnership between CASE and L'APPUI has produced a guide that puts all of those tools in one box. Find organizational descriptions, lists of services offered, and contact information for many local and regional organizations that support caregivers.

The listed services are not necessarily offered in English, but the guide outlines in English what is available.

Access the guide online at our website at www.casemcq.com/caregivers, where we also present more tools and information for those caring for loved ones and friends. You can also pick up a hardcopy at our Drummondville office.

In this issue:

- Caregiver's Guide
- World Alzheimer's Day 2020
- Q&A with Ingrid, our midwife bursary winner
- Upcoming events



World Alzheimer's Awareness Month

The umbrella organization for global Alzheimer's organizations (ADI) counts September as a month of raising awareness about dementia and its effects.

Can you prevent Alzheimer's disease?

As cardiovascular disease has been linked with an increased risk of Alzheimer's disease and vascular dementia, you may be able to reduce your risk of developing these conditions by improving your cardiovascular health with steps such as:

- Stopping smoking
- Keeping alcohol to a minimum
- Eating a healthy, balanced diet, including at least 5 portions of fruit and vegetables every day
- Exercising for at least 150 minutes every week by doing moderate-intensity aerobic activity (such as cycling or fast walking), or as much as you're able to
- Making sure your blood pressure is checked and controlled through regular health tests
- If you have diabetes, make sure you keep to the diet and take your medication

Alzheimer's Society
Centre-du-Québec
819 474-3666

Source: NHS.uk.org

"Two out of every 3 people globally believe there is little or no understanding of dementia in their countries. The impact of World Alzheimer's Month is growing, but the stigmatisation and misinformation that surrounds dementia remains a global problem that requires global action."

-Alzheimer's Disease International

The 10 Warning Signs

Whether you're experiencing possible symptoms or are concerned for someone you care about, the Alzheimer Society has developed the following list of signs to look for:

- Memory loss affecting day-to-day abilities – forgetting things often or struggling to retain new information.
- Difficulty performing familiar tasks – forgetting how to do something you've been doing your whole life, such as preparing a meal or getting dressed.
- Problems with language – forgetting words or substituting words that don't fit the context.
- Disorientation in time and space – not knowing what day of the week it is or getting lost in a familiar place.
- Impaired judgment – not recognizing a medical problem that needs attention or wearing light clothing on a cold day.
- Problems with abstract thinking – not understanding what numbers signify on a calculator, for example, or how they're used.
- Misplacing things – putting things in strange places, like an iron in the freezer or a wristwatch in the sugar bowl.
- Changes in mood and behaviour – exhibiting severe mood swings from being easy-going to quick-tempered.
- Changes in personality – behaving out of character such as feeling paranoid or threatened.
- Loss of initiative – losing interest in friends, family and favourite activities.

If you are concerned about any of these signs, talk to your doctor.

Meet Ingrid: A Q&A with our first bursary winner studying midwifery



Hi there, Ingrid! Tell us a little bit about yourself.

Hello, I'm Ingrid. I'm 34 years old and I'm from Shawinigan, where I live with my husband Christian and our two daughters, Romie, who is almost 4 years old, and Anna, 16 months. As a family, we love to be outdoors in the family garden, go on hikes, picnics and camping trips, and love to travel and take the girls with us to see different areas of the world.

How did you learn to speak English?

Growing up, I attended Shawinigan High School (SHS), starting with daycare at age 4 all the way to Secondary 5. My father had the opportunity to learn English at St-Patrick's High School in Shawinigan and knew how important it was that my siblings and I learn to speak English. We would speak French and English both at home and at school. The school and community, as well as the friends I made there, are still a big part of my life today. Christian and I will also be sending our daughters to study at SHS, as it is important to us that they be given the opportunity to learn English and be part of the English-speaking community.

You've recently returned to school to study midwifery after a career in occupational therapy. How did you come about the decision to make the switch?

When Christian and I had our first daughter, we had incredible midwife care, which made me fall in love with the profession, even though I already had a great interest in it before. During my maternity leave for our second daughter, I made the decision to go back to school and pursue midwifery. The openness, the place that is given to the spouse, the liberty of choice that is offered, the time that we are given and the way we feel empowered to birth naturally are some of the many assets to midwife care that resonate with my values. I would like this profession to be better known to the public and to be more accessible for both the French- and English-speaking communities. I want my daughters to be able to make the choice of having a midwife one day if they have children of their own.

Is there anything else you'd like to tell us about your experience with the bursary or starting a new academic program?

I'm extremely thankful for this bursary, which relieves a substantial financial burden and thus allows me to concentrate more on studies and to care for my family. I feel thrilled, excited, and also a bit nervous to be headed down a new path. Surely, there will be some adapting to do, but I feel ready and supported as I prepare to become a bilingual midwife working in the Mauricie-Centre-du-Québec region!

Thank you for sharing your story with us, Ingrid!

**The bursary program is supported by the Health & Social Service Community Leadership Program - Dialogue McGill.*

Upcoming Events

Mini-Move Gym in Trois-Rivières

Every Saturday for 10 weeks, beginning Sept. 26.
See our website for details.

MCQ Garden Party

The MCQ Gardening Collective will host a garden party in late September/early October.
Follow our Facebook for details.