

Introduction to Child To Elder Care Support Services



Judges
Counselling
Program
*Confidential
assistance for
judges and
their families*

Support for what matters most

Looking for local daycare?

Trouble talking with your tight-lipped teen?

Too many child and elder care responsibilities?

Balancing the demands of work and family is an ongoing challenge and often the juggling act can feel overwhelming. Whether you're trying to find daycare, dealing with caregiving emergencies or looking after older relatives, your Judges Counselling Program (JCP) can help.

WHAT'S THE CONNECTION TO CHILD/ELDER CARE SUPPORT SERVICES?

Your JCP offers a total approach to caregiving support. Professionals will help you cope with the stress, guilt, and sense of 'being overwhelmed,' often associated with caregiving responsibilities. Dependant Care Consultants can also provide a one-on-one telephone consultation that offers relevant information, resource referrals and educational materials, for day-to-day challenges or longer-term solutions.

HOW CAN THE SERVICE HELP?

Dependant Care Consultants will assess, identify and locate caregiving services to suit your needs. They will research provider locations, current availability, fees, and provide options on:

- Parenting classes
- Daycare centres and after-school programs
- Schools, educational services and special needs programs
- Adoption and multiple birth services
- Emergency home care services
- Seniors' accommodations/nursing homes
- Caregiver support groups
- Rehabilitation and home support programs
- Companion and elder care programs
- Palliative care
- Outreach and transportation services

While fees for referred services are your responsibility, many may be covered by your provincial or organizational health plan.

Depending on your individual situation, you may also



receive a targeted resource package complete with a selection of educational articles and other helpful tools. Article topics include:

- Maternity/parental leaves
- Parenting effectively at all ages and stages
- Talking to kids about divorce, peer pressure, drugs, etc.
- Building strong blended families
- Talking to older parents about their changing needs
- Understanding palliative care
- Support for older relatives with cognitive impairment
- Long distance caregiving
- Other family-related topics

MAKE THE BEST DECISION FOR YOUR FAMILY.

1 866 872-6336 TTY Service: **1 800 363-6270**

Or, for online child to elder care information and resources, log on to www.shepellfgi.com/go/members

Confidential child to elder care support services are available to you and your family members as part of your JCP. There is no cost to use the service.