



FAMILY CAREGIVER GUIDES



Safety First

A Canadian Family's Guide to Safety for Seniors



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Introduction

Dear Caregiver,

Let's start by acknowledging the truth of this moment. You are likely reading these words while juggling a dozen other thoughts and responsibilities. The role you have stepped into—or perhaps, the role that has found you—is one of profound love and duty. It is also a role of immense stress, quiet fear, and sometimes, a deep-seated guilt that you are not doing enough. Please, take a breath. What you are doing is more than enough. It is extraordinary.

You are not alone on this path. Here in Canada, you are part of a vast, often unseen, community. One in four Canadians is a caregiver for someone with a long-term health condition or age-related needs. Many, like you, may be part of the "sandwich generation," navigating the complex demands of caring for both ageing parents and their own children. This is especially true if your loved one is living with dementia, a condition that will affect nearly 1 million Canadians by 2030. Or perhaps you are supporting a parent or spouse who lives alone—one of the nearly 30% of Canadian seniors in that situation—magnifying worries about their safety when you cannot be there.

This work is vital, but it comes at a cost. The strain is so significant that caregiving is now being recognized by some as a public health issue in its own right. Caregivers for people with dementia, in particular, provide an average of 26 hours of care per week and report significantly higher levels of distress.

This handbook was created with a deep understanding of your reality. It is not meant to be another list of chores to add to your already full plate. Instead, think of it as a tool for empowerment. It is a practical guide to help you address one of the most persistent worries for any caregiver: the safety of the person you love, especially when they are made more vulnerable by cognitive change or by living on their own.

Over the next five chapters, we will walk through the key areas of senior safety, from preventing falls to navigating the digital world. The goal is to replace a state of constant, low-grade anxiety with one of confident preparedness. By taking small, manageable, and thoughtful steps, you can create a powerful shield of safety around your loved one, bringing a measure of calm and control to your life and theirs. You are doing incredible work. Let this guide help make that work just a little bit easier.

With sincere support,

The ConsidraCare Team



A Safe Haven at Home

Annette watched her father, Arthur, shuffle from the kitchen to his favourite armchair. It was a journey of only a few metres, but she noticed his hand bracing against the countertop, then the wall, then the back of the sofa. Later that afternoon, while making tea, she found a tea towel lying dangerously close to the electric stove element he'd used an hour earlier and forgotten to turn off. A cold knot of anxiety tightened in her stomach. The home he had lived in for forty years, once the ultimate place of comfort and security, was starting to feel like a landscape of hidden risks, especially now that he was living alone.

Recognition: Spotting the Subtle Signs of Risk

The first step in preventing accidents is learning to see the home through a new lens, recognizing subtle changes that signal an increase in risk. These signs are often small at first, but they are the early warnings you need to act, particularly if your loved one has dementia or lives alone.

Fall Hazards: A fall can be a life-altering event, and the signs of risk often appear long before one happens. You may notice your loved one using walls or furniture for support as they walk, a practice sometimes called "furniture walking". Watch for difficulty rising from a chair or unexplained bruises. For a person with dementia, misjudging the height of a step or the distance to a chair may be a cognitive issue, not just a physical one. An unwitnessed fall is a major danger for anyone living alone, making prevention paramount.

Fire Hazards: The risk of a home fire increases with age-related forgetfulness. Be alert for scorch marks on countertops or pots, which indicate something hot was left unattended. For a person with dementia, leaving the stove on or misusing an appliance like a

A Caregiver's Perspective

“After Dad’s second fall, we realized we couldn’t just hope for the best. We went through the house room by room. It wasn’t about making it a hospital; it was about making it his home, just safer. A few grab bars and better lighting made all the difference. He felt more confident, and I could finally sleep through the night.”- *Sarah, 52, Calgary (Source: Canadian Centre for Caregiving Excellence)*

microwave is a common and serious risk. When someone lives alone, there is no one else to smell the smoke or notice the mistake until it's too late.

Medication Mishaps: Managing multiple prescriptions is a challenge. For a person with dementia, confusion over what a pill is for, or whether a dose has been taken, is a frequent problem. Signs of trouble include finding pill bottles that are still full near the end of the month or prescriptions that run out too quickly. For a senior living alone, there is no one to provide a daily reminder, making a reliable system essential.

Why It Happens: The Reality of Ageing and Dementia

These emerging risks are not a reflection of carelessness, but a result of natural physiological and cognitive changes. As we age, our balance, vision, and reaction times can decline. Cognitive changes, especially those caused by dementia, directly impact judgment and short-term memory. A person may simply not remember that they have left the stove on or that they have already taken their morning medication. For those living alone, social isolation can compound these issues, as there is no one present to notice the subtle early signs of decline or to intervene in a moment of risk.

Did you know? | Every year, about one in three Canadian seniors experience a fall, and falls are the leading cause of injury-related hospitalizations for this group. However, up to 90% of these falls are predictable and preventable.

Source: Public Health Agency of Canada

What To Do: Practical Steps for a Safer Home

Transforming a home into a safe haven involves a series of practical actions. For a loved one with dementia or one who lives alone, these steps are not just helpful—they are essential.

Fall Prevention - The Environmental Audit

The majority of falls are preventable. Begin by improving lighting, as older eyes need more light and are more sensitive to glare. Remove tripping hazards like throw rugs and electrical cords. The bathroom is a high-risk zone; install professionally anchored grab bars, non-slip mats in the tub, and a raised toilet seat. For a person with dementia, avoid dark-coloured bath mats, which they might perceive as a hole and try to step over. For a senior living alone, a medical alert system with automatic fall detection can be a literal lifesaver.

Fire Prevention - A Layered Defence

Cooking is the leading cause of home fires in Canada. The most important rule is to never leave cooking unattended. For a loved one with dementia, consider installing an automatic shut-off device on the stove, or removing the knobs when it's not in use. Simpler appliances like a microwave or an automatic-shut-off kettle are safer alternatives. Ensure there is a working smoke alarm on every level and test them monthly. For those with hearing impairment, alarms with a flashing strobe light are available.

Medication Security - Preventing Errors

A reliable system for medication management is crucial. Simple weekly pill organizers are a good start, but for someone with

dementia or living alone, an automatic pill dispenser is a major step up. These devices can be programmed to release the correct pills at the correct time, lock to prevent accidental overdose, and send an alert to a caregiver's phone if a dose is missed. Always store medications in a secure, cool, dry place, away from children.

Wandering Prevention - Securing the Home

For a person with dementia, wandering is a serious risk. It is often not a random act, but a response to feeling lost, anxious, or needing to fulfill a past routine, like going to work. To reduce the risk at home, install deadbolts high or low on exterior doors, out of the usual line of sight. A simple chime or alarm on doors can alert you if someone goes out. You can also camouflage doors by painting them the same colour as the walls or covering them with a curtain. It is also wise to create safe, enclosed outdoor spaces like a fenced yard where the person can walk freely without risk.

Checklist: Weekend Safety Wins

- ☐ Remove or secure all throw rugs and clear pathways of clutter and cords.
 - ☐ Test every smoke and carbon monoxide alarm in the house.
 - ☐ Install high or low deadbolts on exterior doors to reduce the risk of wandering.
 - ☐ Review all medications and set up an automatic pill dispenser.
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Guarding Against Scams

David's heart hammered against his ribs as he listened to his mother on the phone. "But he sounded so scared, David! He said he was in an accident, and the police were there, and he needed \$3,000 in gift cards right away for bail." The voice on the other end of her line, claiming to be her grandson, had been convincing. It was only a moment of hesitation that made her call David before heading to the store. The relief that washed over them was quickly replaced by a chilling realization of how close she had come to being a victim, her increasing forgetfulness and isolation making her a perfect target.

Recognition: Identifying the Hooks of a Scam

Scammers are masters of psychological manipulation. They rely on tactics designed to bypass rational thought and trigger an emotional response. Teaching your loved one to recognize these hooks is the first line of defence.

- **Urgency:** The core of almost every scam is a manufactured crisis designed to create panic and prevent the victim from stopping to think or verify the story.
- **Secrecy:** A common tactic is an instruction to keep the situation a secret. The plea, "Don't tell anyone," effectively isolates the victim from family who would recognize the fraud.
- **Unusual Payment Methods:** Legitimate businesses and government agencies will never demand payment in the form of gift cards, wire transfers, or cryptocurrency. Scammers favour these because they are untraceable.
- **Spoofing:** Scammers can fake the information on a phone's caller ID or in an email to make it look like it's coming from a legitimate source. Trusting the display without verification is a common mistake.

Why It Happens: Exploiting Trust and Technology

Criminals deliberately target older adults because they are often perceived as more polite and trusting. Cognitive impairment from dementia can severely affect judgment, making a person more susceptible to a convincing story. Seniors who live alone are also at higher risk; they lack a second person in the house to question a

suspicious request, and a scammer's phone call might be a rare moment of social interaction, making them more likely to engage.

Did you know? | In 2022, the Canadian Anti-Fraud Centre (CAFC) received fraud reports totalling \$530 million in victim losses. The "grandparent scam" alone tricked older Canadians out of nearly \$10 million in a single year.

Source: Consumer Protection Ontario; RBC

What To Do: Building a Digital and Financial Firewall

Protecting your loved one is about establishing core habits and simple safeguards that create a strong "invisible shield." For a person with dementia, the caregiver's role in setting up and monitoring these safeguards is crucial.

The Golden Rule: Stop and Verify

This is the single most important habit. Teach your loved one to *never* act on an urgent request immediately. The process is simple: Hang up. Take a moment. Then, independently verify the claim by calling the person or organization directly using a known, trusted number. For a person with dementia, it helps to have a large-print reminder of this rule posted by the phone.

Cybersecurity Basics

A few technical steps can dramatically increase online safety. Use long, unique "passphrases" (a memorable series of words) for important accounts like banking. The most powerful tool is

Multi-Factor Authentication (MFA), which requires a password plus a code sent to a phone. This means even if a scammer steals the password, they cannot access the account. As a caregiver, you can help set this up and manage it. Teach them to be suspicious of any unsolicited email or text message and to never click on links from unknown senders.

Phone and Mail Safety

Advise your loved one to let any call from an unknown number go to voicemail. Remind them that government agencies will never call to threaten arrest or demand payment. For a person living alone, consider a call-screening service or phone that blocks unknown numbers. To reduce junk mail that may contain scam offers, you can register their address with the Canadian Marketing Association's "Do Not Mail" service.

Caregiver Oversight

For a loved one with dementia, a more hands-on approach may be necessary. With their permission (or as Power of Attorney), you can set up alerts on their bank accounts to be notified of large withdrawals. You can also help sort mail to filter out potential scams and review phone messages. This isn't about taking control, but about providing a crucial safety net.

A Caregiver's Perspective

"Now that I am older, I have become a major advocate for her needs and at times have been her voice. Being her sister, caregiver, and friend, I have always wanted to make sure that she is getting the proper care and respect that she deserves."

– Talia, caregiver for her sister Rachel (Source: Ontario Caregiver Organization)

Checklist: Digital Defence Drills

- ☐ Set up Multi-Factor Authentication (MFA) on primary email and online banking accounts.
 - ☐ Place a large-print "STOP and VERIFY" reminder note next to the phone and computer.
 - ☐ Establish a family "code word" to use over the phone to verify a real emergency.
 - ☐ Write down the Canadian Anti-Fraud Centre number (1-888-495-8501) and post it by the phone.
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Protecting Trust and Finances

Maria stared at her mother's bank statement, a feeling of disbelief turning to anger. There were several e-transfers to her brother, Michael, totalling over two thousand dollars. When she confronted him, he was defensive. "Mom said I could borrow it!" But their mother, whose dementia was getting worse, seemed confused. "Oh, Michael needed some help," she murmured, avoiding Maria's eyes. Maria realized with a sinking heart that the greatest threat to her mother's security wasn't a stranger, but someone inside the circle of trust, exploiting her cognitive decline.

Recognition: When the Threat is Inside the House

The most common and damaging forms of abuse against older adults are often perpetrated by those in a position of trust.

Recognizing the signs requires vigilance, especially when your loved one has dementia or lives alone.

Financial Abuse: This is the most prevalent form of elder abuse in Canada. Look for sudden changes in banking habits, unpaid bills despite an adequate income, or a new "friend" or family member who takes an intense interest in their finances. A person with dementia may not remember authorizing transactions or may be easily pressured into giving away money, making them exceptionally vulnerable.

Psychological Abuse: This abuse leaves invisible scars. You may notice your loved one becoming withdrawn, fearful, or anxious, particularly in the presence of a specific person. A person with dementia may not be able to articulate what is happening, but their change in behaviour can be a powerful clue.

Neglect: Neglect can be active (intentional withholding of care) or passive (inability to provide care). The signs can include poor hygiene, untreated medical issues, or an unsafe living environment. For a senior living alone, neglect can go unnoticed for long periods, making regular check-ins from family and friends a vital safeguard.

Why It Happens: The Dynamics of Power and Vulnerability

Financial exploitation is often perpetrated by relatives struggling with their own financial problems or a sense of entitlement.

Isolation is a critical risk factor. When an older adult, especially one

with dementia, becomes dependent on a single person, it creates a significant power imbalance that can be exploited. It is also important to recognize that not all harm is intentional. The stress of caring for someone with dementia is immense, and caregiver burnout can lead to unintentional neglect or verbal outbursts born of sheer exhaustion and desperation.

A Caregiver's Perspective

"My mother-in-law had a 'friend' from her building who started 'helping' her with errands. Soon, her jewelry was missing, and money was gone from her account. It was devastating for her to realize someone she trusted had taken advantage of her. We had to step in and manage her finances, which was hard, but necessary." - *David, 61, Toronto (Source: The Globe and Mail)*

What To Do: Proactive and Protective Measures

The most effective way to combat abuse is to implement safeguards that promote transparency and preserve autonomy for as long as possible.

Legal Safeguards (Plan Ahead)

These legal tools must be put in place *while your loved one is still mentally capable* of making their own decisions. With a progressive disease like dementia, this is extremely time-sensitive.

- **Power of Attorney (POA):** This is a critical legal document where your loved one chooses a trusted person to make decisions about Property and Personal Care *if and only if* they become unable to do so themselves. This is their way of

staying in control by making the choice now. It is strongly recommended to seek advice from a lawyer specializing in elder law to draft these documents.

- **Trusted Contact Person (TCP):** This is a valuable tool offered by Canadian financial institutions. A TCP is someone the bank can contact if they suspect financial exploitation or cannot reach your loved one. A TCP has no authority to make transactions; they are simply a point of contact for safety.

Financial Transparency

Simple organizational steps can create powerful deterrents.

- **Automate and Simplify:** Arrange for recurring bills to be paid automatically from their bank account. For a loved one with dementia, it is wise to simplify their finances by limiting access to large amounts of cash and reducing the number of credit cards.
- **Monitor and Oversee:** With your loved one's permission or as their POA, arrange for a trusted family member to receive duplicate e-statements from the bank. This "second set of eyes" provides a simple layer of oversight.

Addressing Abuse and Neglect

If you suspect abuse, have a clear plan. Find an opportunity to speak with the older adult alone. If they disclose abuse, believe them and reassure them it is not their fault. Be prepared with resources like Ontario's Seniors Safety Line (1-866-299-1011), a 24/7 confidential service. If you believe your loved one is in immediate physical danger, the correct action is to call 911 immediately.

Checklist: Trust and Verification

- ❑ Discuss setting up a Power of Attorney with your loved one and a legal professional as soon as possible.
 - ❑ Ask their primary bank about adding a Trusted Contact Person (TCP) to their accounts.
 - ❑ Set up automatic payments for recurring bills and simplify finances by limiting access to cash and credit cards.
 - ❑ Schedule regular, varied social connections to prevent the isolation that enables abuse.
-



Safety in the Community

George was weeding the garden when a flash of red made him look up. It was his wife, Eleanor, her favourite red cardigan bright against the green of the neighbour's lawn. She was halfway down the block, walking with a purpose he hadn't seen in months, but he knew from the look on her face that she had no idea where she was. The five minutes he had been in the backyard felt like an eternity. The terror that washed over him as he ran to her side was a turning point. He knew their safety plan couldn't just be about preventing falls inside; it had to include securing their home and finding new ways to stay connected to the community.

Recognition: Gaps in the Safety Net

A comprehensive safety plan extends beyond the four walls of the home. It involves securing the property and ensuring that engagement with the outside world is both safe and fulfilling, especially for someone with dementia or living alone.

Wandering Risk: For a person with dementia, wandering is a primary safety concern. An estimated 60% of individuals with dementia will wander at least once. Signs of risk include restlessness, agitation (especially in the late afternoon, known as "sundowning"), or frequently talking about "going home" or needing to go to a past job.

Outing & Transportation Risks: For someone with dementia, a familiar grocery store can suddenly become a disorienting maze. For those who still drive, getting lost on familiar routes is a critical warning sign that driving is no longer safe. For a senior living alone, the fear of getting confused or needing help while out can lead them to stop going out altogether.

Social Isolation: A strong social network is a key component of safety. If your loved one has stopped participating in their usual hobbies, it may be due to mobility challenges, lack of transportation, or, for someone with dementia, difficulty following conversations. This withdrawal can lead to depression and a faster decline in health.

Why It Happens: Changing Abilities and a Changing World

Wandering is a behaviour directly linked to dementia; it is not intentional. It can be triggered by a need (like finding a bathroom), a

memory, or disorientation in their surroundings. Public spaces can become overwhelming due to noise and crowds. For many, the loss of a driver's licence, while a necessary step for safety, represents a profound loss of independence and can quickly lead to isolation if reliable alternatives are not in place.

What To Do: Expanding the Circle of Safety

Creating a secure perimeter and fostering safe community engagement involves a multi-pronged approach that addresses the home, transportation, and social connection.

Physical Home Security and Wandering Prevention

Simple measures can significantly enhance home security. Ensure all exterior doors have a high-quality deadbolt lock. Use motion-activated lights at entrances to deter intruders and light the way at night. A video doorbell can help a senior living alone verify visitors without opening the door. For wandering prevention, an alarm system that chimes when doors or windows are opened provides an essential alert.

Community-Based Wandering Safety

If your loved one has dementia, it is vital to plan for the possibility of them getting lost.

- **Enroll in MedicAlert® Safely Home®:** This is a nationwide program in partnership with the Alzheimer Society of Canada that provides identification (like a bracelet) and a 24/7 emergency hotline to help emergency responders identify the person and reunite them with their family.

- **Inform Your Network:** Let trusted neighbours and local shopkeepers know about your loved one's condition. Ask them to call you if they see the person alone and looking disoriented.
- **Always Carry ID:** Ensure your loved one always has some form of identification on them. A bracelet or pendant is often better than a card in a wallet, as it cannot be easily misplaced.

Safe Transportation

The conversation about stopping driving is one of the most difficult a caregiver can have, but with dementia, it is a matter of when, not if. Approach it with empathy and preparation. Before the conversation, research alternatives like your local public transit's senior options or community non-profit services. Programs like Toronto Ride provide assisted, door-to-door rides, which are invaluable for seniors who need more help.

Safe and Engaging Outings

Staying active is vital. Reduce stress by planning outings to accessible places during off-peak hours. Seek out local programs designed for seniors, such as Seniors Active Living Centres or dementia-friendly "memory cafes". These provide safe, structured, and welcoming environments for social engagement.

Did you know? | An estimated 60% of individuals with Alzheimer's and other forms of dementia will wander at least once during the progression of the disease. *Source: Alzheimer's Association*

Checklist: Confident Community Connection

- ☐ Enroll your loved one in the MedicAlert® Safely Home® program.
 - ☐ Research your local community transportation service for seniors and register if eligible.
 - ☐ Install an alarm or simple chimes on exterior doors to alert you if they are opened.
 - ☐ Inform trusted neighbours about your loved one's condition and provide your contact number.
-



Planning for Emergencies

The phone call came at 2 p.m. on a Tuesday. It was a paramedic. "Ma'am, we're with your father, Frank. He's had a fall, but he's conscious and a bit confused. We're taking him to the General." Sarah's mind raced. *Which medications is he on? Is he allergic to anything? Where is the Power of Attorney?* Because of his early-stage dementia, Frank couldn't answer their questions clearly. In that frantic search for documents, she realized their day-to-day care plan was strong, but they had no blueprint for an emergency.

Recognition: Signs of Unpreparedness

A crisis is not the time to be searching for information. The signs you are unprepared are often found in the lack of a centralized system for vital information. Key documents are in different locations; there is no single, up-to-date list of medications; and emergency contacts are not posted in a visible place. For a person with dementia, who cannot speak for themselves in a crisis, or for a senior living alone, where no one else is home to help, this lack of preparation can have serious consequences.

Why It Happens: Overlooking the "What If"

It is understandable why emergency planning gets pushed to the bottom of the list. You are consumed by the demands of the present moment. However, with a progressive illness like dementia, a crisis is not a matter of "if" but "when." For a senior living alone, an emergency can happen without warning and without anyone else present. The peace of mind that comes from having a clear plan far outweighs the initial discomfort of creating one.

What To Do: Assembling a Clear and Actionable Plan

A strong emergency blueprint has two components: a comprehensive information kit that can be grabbed in a hurry, and a simple, visible summary for first responders.

The "Grab-and-Go" Binder

Create a single, brightly coloured binder with all vital information.

- **Vital Documents:** Include photocopies of their provincial health card, photo ID, and Powers of Attorney for Personal Care and Property.

- **Medical Information:** This is the most critical section. Maintain a comprehensive list of *all* medications (including dosages and reasons), any allergies, and contact information for all doctors.
- **Behavioural Notes (for Dementia):** This section is invaluable for hospital staff. Include a brief summary of what triggers agitation or anxiety for your loved one, and what helps to soothe them (e.g., "Becomes anxious in noisy environments," "Is calmed by listening to music from the 1950s," "Responds best to simple, one-step instructions").

Emergency Scenario Planning

- **Medical Emergency & Hospitalization:** A hospital can be a disorienting and frightening place for someone with dementia. Plan for a family member to stay with them as much as possible to provide comfort, prevent wandering within the hospital, and advocate for their needs.
- **Missing Person Plan:** If your loved one with dementia wanders and gets lost, act immediately. First, call 911. Then, grab your emergency binder with their recent photo and list of possible destinations (e.g., a former home or workplace). Begin searching the immediate area, as many individuals are found within 1.5 miles of where they disappeared.
- **Fire Escape:** A home fire escape plan must account for mobility issues. If your loved one has dementia, they may become confused by the alarm. Practice the route and ensure there are two ways out of every room.

The Visible Information Sheet

Paramedics are trained to look on the refrigerator for emergency information. Post a one-page sheet there with magnets. This table provides an at-a-glance summary for first responders, saving critical time.

| Category | Information |
|------------------------------------|---|
| Full Name & DOB | |
| Address & Phone | [Full Address and Landline/Mobile Number] |
| Key Medical Conditions | |
| Known Allergies | |
| Primary Emergency Contact | |
| Secondary Emergency Contact | |
| Family Doctor | |
| Location of "Go-Binder" | [e.g., On the bookshelf in the living room] |
| Provincial Health Card # | [Number and Version Code] |

A Caregiver's Perspective

"Develop a game plan for the years ahead. Thankfully, somebody advised me of that early on. Our game plan was that we wanted my father to live with us for as long as possible and then have him go to an Alzheimer's unit that's in a great facility that's close to us."- *Irwin, 52, whose 85-year-old father has Alzheimer's disease*

Checklist: Prepared for Anything

- ☐ Create a "Grab-and-Go" binder with copies of all essential medical and legal documents.
 - ☐ Add a "Behavioural Notes" section to the binder to help hospital staff care for your loved one.
 - ☐ Post a one-page emergency information sheet on the refrigerator.
 - ☐ Create a "Missing Person Plan" including a recent photo and list of potential destinations.
-

Conclusion

As we reach the end of this guide, let's return to the core message. Ensuring the safety of your loved one, especially one living with dementia or living alone, is not about achieving an impossible standard of perfection. That path only leads to exhaustion. Instead, safety is built through a series of thoughtful, consistent, and manageable actions. It is about creating a safer home, building a shield against fraud, and having a clear plan for emergencies. Each small step you take reduces the overall risk and, just as importantly, reduces the burden of worry you carry every day.

Remember the immense value of the work you do. Unpaid family caregivers like you are the bedrock of our country's care system. Your role is not just an act of love; it is an essential contribution to the fabric of Canadian society. You have strength and resilience that you may not always see in yourself, but it is there in every meal you prepare, every appointment you attend, and every moment you offer comfort.

You are not alone. Share this handbook with family to start a conversation and share the responsibility. Do not be afraid to ask for help from your community and to lean on the vast network of Canadian organizations like the Alzheimer Society of Canada, which offers support groups and resources across the country. Most of all, remember that you are part of a community of millions of fellow caregivers who understand the challenges and the rewards of your journey. You are seen, you are valued, and with these tools, you are better equipped for the path ahead.



You Don't Have to Do This Alone

Caring for a loved one is an act of love, but it can feel heavy. If you are worried about keeping your parent or spouse safe at home, we can help.

At ConsidraCare, families trust us for nurse-managed home care, GPA-certified caregivers, and clear, honest pricing with no hidden fees. Our team uses proprietary, award-winning technology to keep you updated in real time, and we match caregivers not just for skills but for compatibility and companionship.



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peace of mind—for you and for
the person you love.