



**CARING
COMPANION**

PATRICIA'S STORY

HELP PATRICIA TAKE A BREAK AND HAVE A 'DOUBLE DOUBLE'

Caring Companions provide caretakers with much needed respite. Something as simple as grabbing a coffee can prevent caretakers like Patricia from suffering caretaker burnout.

Patricia and Belinda are in our Caring Companion Program and are currently on the waitlist waiting for a new volunteer. Patricia has been caring for her sister Belinda for the past year since bringing her to Calgary from Nova Scotia. Belinda was in an accident in Nova Scotia and Patricia brought her to Calgary to take care of her. Patricia was first connected to one of our SeniorConnect Social workers who helped set her up with services to help provide support to her sister. One of the resources was the Caring Companion Program. Belinda's favourite thing to do is to go to Tim Hortons' (where everyone knows her). She loves to socialize and meet new people. Patricia recently told us "I love my sister, but sometimes I need a break." This program allows just that, a break for a caregiver and companionship and friendship to the person being cared for.

I also asked Patricia why she decided to take care of her sister.

She answered:

Number 1-She is my sister

Number 2-I know she is being cared for

Number 3-Thanks to all the organizations including Calgary Seniors' Resource Society and Alberta Health Services, I am getting a lot of help and it's helping Belinda. She is so much happier. Without the support, things would have been a lot different.

~ Shannon, Calgary Seniors Volunteer Coordinator

It costs Calgary Seniors an average of \$250 to recruit, screen, train and manage each new volunteer. We require 15 new volunteers to keep up with the growing demand for Caring Companions.

For \$250, you can Adopt a Grandparent and help Patricia and Belinda.