



The
**Dementia
Society**
Ottawa and Renfrew County

TAKE A BREAK, MAKE A CONNECTION: PROGRAM BENEFITS



TAKE A BREAK

As a caregiver to someone living with dementia, taking a break can be a challenge: there's always so much to do and your attention is always required. But caregiving is more manageable when you make time for yourself.

Caregivers of people living with dementia experience stress and exhaustion more often than the average person. This is why accepting help is necessary to sustaining your ability to provide the quality of care you want to give.

While your loved one is virtually connecting with a volunteer, this program provides an opportunity for you to take a break. This time can be a welcome change from the constant pressure of always being "on", allowing you to step back while someone else steps up to make a meaningful connection happen.

MAKE A CONNECTION

Human connection is essential for us all, and is especially important for the person you're caring for. Dementia affects each person differently, but often communication and cognitive issues get in the way of making a connection.

Our volunteers share the belief that connecting is key to feeling valued. They are passionate about providing meaningful social interactions with their matches each visit. With some background information about your loved one, we match a trained volunteer who'll connect with your loved one in a positive and engaging way.

Whether it's a conversation about a shared interest on the phone, or a fun activity on Zoom, their objective is the same as yours: ensuring time well spent.

You can join in to get to know your volunteer as well. It may help give you the confidence to step into another room for that much needed break, or to join in and recharge your own energy.

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