



Self-Identification

DAY 1



Canadian
Cancer
Society

Healthy
Workplaces

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ARE YOU A CAREGIVER?

Family or friend caregiver: A family member or friend who gives unpaid care to an adult, either at home or in a facility, who has a physical or mental health condition, chronic illness or frailty due to aging.

DO YOU HELP ANYONE IN YOUR LIFE OR COMMUNITY WITH THE FOLLOWING ...?

- Transportation
- Meal preparation, cleaning, dishes
- Home maintenance
- Running errands for/ with the person (e.g. grocery)
- Personal care (e.g. bath, shower, getting dressed)
- Medical procedures or treatments
- Attending appointments
- Coordinating care, support services or appointments
- Providing support or care from afar
- Finance (e.g. banking, paying bills, legal concerns)
- Talking to doctors, nurses, care managers etc. to understand what needs to be done
- Handling crises and arranging for assistance
- Visiting or regularly calling to ensure someone is safe and has their day-to-day needs met
- Providing emotional support

IF YOU CHECKED OFF AT LEAST ONE OF THE ABOVE ITEMS, YOU ARE A FAMILY/ FRIEND CAREGIVER.