



Balancing Work and Caregiving

DAY 3



Canadian
Cancer
Society

Healthy
Workplaces

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BALANCING WORK AND CAREGIVING

It can certainly feel overwhelming being an employee while providing caregiving. What are some strategies to balance these demands?

1. Check in with yourself

- How is my current self-care?
- How resilient do I feel?
- What do I need for support?

2. Be honest and proactive

- Describe your situation to your employer
- Initiate opportunities to check in
- Maintain open communication

3. Find resources

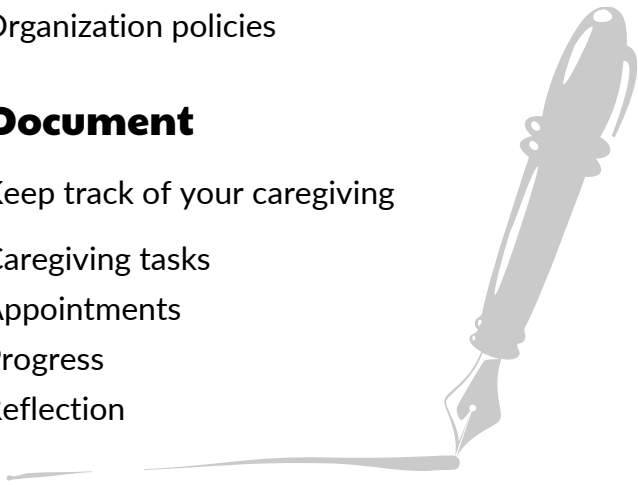
Learn what support is available at your workplace and in your community

- Flexible hours
- Coverage
- Organization policies

4. Document

Keep track of your caregiving

- Caregiving tasks
- Appointments
- Progress
- Reflection



DID YOU KNOW...

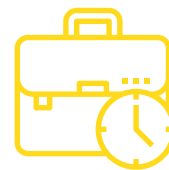
1 in 3

Canadians combine paid work and caregiving



1 in 4

caregivers report a change in employment



15%

of caregivers report health and sleep problems

