

5 LifeStages of Caregiving

Helping

Caregiver starts helping 'a bit more than usual' with everyday activities like shopping, meals, transportation, appointments and banking.

Involved

Caregiving activities increase and may involve dressing, bathing and managing medications and treatments. This stage may follow a new diagnosis or hospitalization.

Intensive

Often the longest caregiving stage, with complex and increasing care needs.

All Encompassing

Care needs are all-encompassing and may be 24/7. In addition to everyday activities, caregiver completes medical tasks and collaborates with health care team. Major impact on home/work life is likely.

Closing

Caregiving comes to a close through major transition – i.e. return to independence, placement in long-term care, or death. Caregiver may experience loss of the important caregiving role, in addition to grief, guilt, loneliness, acceptance and relief.

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caregivers are
everywhere.

We see

you

And we understand the ups
and downs you face everyday.

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In-Home & Virtual Care



Caregiver support for you.
Home care services for those
who depend on you.

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Home Care Services

Our Elizz nurses, personal support team, and rehab staff are there to give you peace of mind, with professional in-home help for the person in your care.



Health care specialists ready to help individuals at all stages of life.



A trusted friend and voice to be there when you can't.



Assistance with bathing, toileting, feeding or just getting to that appointment.

Virtual Health Services

Get expert support and advice from a network of virtual health care professionals including navigation specialists, nurses, social workers, and counsellors.



Get set up for success! The Caregiver Coach will help you build a care plan that works for everyone.



A health care insider to help you understand and prepare for the journey ahead.



Struggling with stress or guilt? This effective tool will help you adjust and cope.