A photograph of a caregiver, a woman with short brown hair wearing a brown turtleneck and blue jeans, leaning over to hold the hands of an elderly woman with white hair and glasses. The elderly woman is wearing a red sweater, a black vest, and a patterned scarf, and is seated in a wheelchair. They are in a room with a white wall and a colorful abstract painting in the background.

**“I’m honoured to care for my mom,  
but I’m tired and overwhelmed.  
I don’t know where to find the  
information I need.”**

## Time to Talk


**Being a caregiver often means you  
have less time to care for your own  
needs. If you’re overwhelmed or need  
support, speak to a member of your  
healthcare team. We want to help.**

**For more information about caregiving, please take one of our  
Time to Talk pamphlets or speak to your healthcare team.**

For more information on  
Connecting the Dots for  
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CHANGING  
**CARE**  
CONNECTING THE DOTS  
FOR CAREGIVERS





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