



Supporting Carer-Workers: 5-Point Checklist for Carer-Employees

1

Determine what kind of supports may be available from the health care system and not-for-profit organizations such as Carers Canada and the Canadian Alzheimer's Society.

2

Determine what kind and how much support may be available from family, friends & neighbours.

3

Inquire about the available accommodations at work, such as flextime, or support via your employment assistance program (EAP).

4

If comfortable, connect with your supervisor and Human Resources Department about your situation so they can best support you.

5

Prioritize self-care: do at least one thing each day for you!

For more information, please consult the FREE Carer Organizational Standard at www.csagroup.org/article/b701-17/ OR VISIT <https://ghw.mcmaster.ca/>.