

Are you a caregiver?

Do you spend time each week doing any of the following (without being paid) for someone you know?

- Helping with domestic tasks, errands or house cleaning?
- Helping with medication, hygiene or medical care?
- Helping with legal or financial matters?
- Checking on the person's well-being or safety?
- Organising appointments or accompanying the person to appointments?
- Helping with communication: translating or interpretation?
- Defending the person's rights within the health care system?

If you answered **YES to any of the above items, you are a **CAREGIVER****