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Our Website:

www.anxietycanada.ca

Provincial Associations

British Columbia:
www.anxietybc.com

Manitoba:
www.adam.mb.ca

Ontario:
www.anxietydisordersontario.ca

Quebec:
www.ataq.org

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ADAC/ACTA has decided to find a theme for our newsletters. We chose Caregivers for this issue. We can become caregivers when we least expect it and we are often ill prepared for this new title. Whether you are caring for an anxiety disorder sufferer or for a sick loved one, the demands on your life are huge. We hope this newsletter can be of help to you.

From the President

Anxiety disorders can be a very disabling and frustrating burden for those who suffer from them. This struggle is often not detected by others but even less visible is the struggle of those who care for loved ones who suffer with anxiety. Caregivers/close companions of sufferers will also carry a significant burden.

The initial part of the journey potentially holds a confusing array of thoughts and feelings including misunderstanding and misinterpretation. The caregiver may internally question what is wrong with the sufferer and wonder why he/she can't "just get over it"... "or just push harder." The more intense fear that anxiety disorders create, can be difficult to understand from the perspective of the caregiver. For many people this will lead to misinterpretation as if the sufferer was only being stubborn or manipulative, which is far from the truth.

Part of misinterpretation may arise with anger, and its frequent companion – guilt. It is difficult to assist someone with their shopping if they are too fearful to leave the house. Many caregivers will take over more of the usual tasks/errands of daily life, as the easier option rather than convincing, or attempting to force

SUDOKU PUZZLE

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9, without repeating any.

		3		4		5	9	
6					3		2	
5	2		9	6			7	
	1	8		2				9
			8			7	5	2
	5	7	3	9				
					2			1
3	9			7			4	5
8	4		6		9		3	

From:
[http://www.theteacherscorner.net/
printable-worksheets/make-...1](http://www.theteacherscorner.net/printable-worksheets/make-...1)

the sufferer to take up their usual routines. The unfortunate consequence is that this will maintain the fear by not allowing opportunities for working with the fear and gaining any small measure of confidence. This trap, which may be motivated by guilt or frustration on the part of the caregiver, affects both sufferers and caregivers. Neither is able to directly address the problem and are in fact compounding the problems by exhausting the caregivers and effectively showing the sufferer that they are not capable, maintaining their deep fears/anxieties.

A large part of our role at ADAC/ACTA is to assist all who suffer the effects of anxiety disorders – caregivers and sufferers alike, to have access to the best resources and information which is key to coping with anxiety. Problems are maintained in the absence of understanding and the educational resources which we provide directly address many of the questions and confusion. Understanding the issues and what to expect can be a significant comfort to all concerned. Anxiety disorders are difficult to cope with however, they can improve with treatment and education. As caregivers, it is important to understand that the burdens must be shared and support honoured. If you or someone you know is a caregiver be aware of the need to also be supported and take breaks, find someone who can listen to your unique issues, and maintain your compassionate energy to be directed not only to your loved ones but also to yourself.

Sherry Holt, M.ED

From the Executive Director

It appears fall has arrived; the warm summer air has been replaced by chilly winds that are spreading the first of many colourful leaves in my yard. Those of us living in Ontario and Quebec feel a little short-changed after a very rainy summer. I have a new found respect for our friends living in B.C. who I'm told experience 8 months of rain a year but who ironically had a spectacular summer.

There are various government programs available to caregivers. The following sites list services for seniors. Whether you are a caregiver or a senior suffering from Anxiety Disorders, it is worth having a look at your provincial government website.

Newfoundland:

www.seniorsresource.ca;

PEI:

www.gov.pe.ca/seniors ;

Nova Scotia:

www.gov.ns.ca/seniors;

New Brunswick:

www.gnb.ca/0017/Seniors;

Québec :

www.aines.info.gouv.qc.ca/en ;

Ontario :

www.ontario.ca ;

Manitoba :

www.gov.mb.ca/shas/ ;

Saskatchewan:

www.health.gov.sk.ca/seniors ;

Alberta:

www.seniors.alberta.ca ;

B.C.:

www.hls.gov.bc.ca/seniors/ ;

Northern Territories:

www.hlthss.gov.nt.ca/seniors/default.asp ;

Nunavut Territory:

www.gov.nu.ca/education/eng/is/programs.htm#progforseniors

One of my fondest summer memories was having the privilege of meeting John Macartney, a British gentleman who spent several months driving across North America raising awareness about Post Traumatic Stress Disorder (PTSD) and rose quite a bit of money along the way. The Anxiety Disorders Association of Canada is honoured to have been chosen to share the profits with *Assist Trauma Care* in the U.K and with *Sidran Institut* in the US. John was hosted by many British car clubs during his incredible journey, and I thank all of them for welcoming him with such enthusiasm and warmth. I met him while he was in Montreal and again in Vancouver, this time accompanied by his lovely and very supportive wife, Liz, at his final Canadian stop. He is a true inspiration of what perseverance can achieve. Please go to our website for more on John's story and the TriumphTrans-AmeriCan Charity Drive.

It is great gestures like John Macartney's that allow us to put on programs. The money raised from his event will be put towards a free consumer awareness evening on PTSD which will be held during our Scientific and Academic Conference in Vancouver in April. This evening will be particularly poignant as ADAC/ACTA will hand out the very first Earla Dunbar Consumer Award. Ms. Dunbar was the ADAC/ACTA Consumer Advisory Committee Chairperson since its inception in 2002. During her tenure, she was an active spokesperson, creating awareness about the challenges associated with living with an anxiety disorder. In her quest to remove stigmas and educate those suffering with disorders, the medical community and the general public about the various disorders, Earla Dunbar remains a shining example of courage and determination. Please see our website to find out how to nominate a deserving recipient.

Get your mittens out the next season is just around the corner!

Geneviève Charette

While researching the topic of caregivers we found a few really good websites. However, be advised that ADAC/ACTA is in no way affiliated with these organizations and takes no responsibility for the material included in these websites.

From Quebec:

We found a bilingual website called Care-ring Voice Network. In honour of Caregivers Week in Quebec (November 2-9) it launched Not Superhero Campaign. Be sure to check out www.caringvoice.com

Another find was an American website called *Healthy Place, America's Mental Health Channel*, in which there is a section on Caregivers. This website provides some good tools to help caregivers and anxiety sufferers.

<http://www.healthyplace.com/anxiety-panic/caregiver/anxiety-disorders-caregiver-homepage/menu-id-1295/>

Please email us and tell us what kinds of articles and topics you'd like to see in our newsletter.

You may submit articles for the newsletter and our review team will let you know if your article has been chosen.

Consumers Speak Up!

by Gord Brown

Care-giving can be a full time, demanding job. Therapists and psychiatrists interact with their patients on a limited basis, once or twice a week for an hour or so, and they are intentionally distant. Therapists are not friends, and they're not supposed to be. As a caregiver on the other hand, you face it every day. Mood swings, anger, anxiety. From what I have learned, the most important thing that you can do is to understand what is happening. That is the only way that you will be able to help. Not only the person you are caring for, but yourself as well.

Coming to understand what is happening has helped me to become a better caregiver, and more importantly to understand the limits of what I can do. With my wife's knowledge and permission, I have become involved in her therapy as much as I can, going with her to some of her appointments, getting to know her doctors and therapists. One of the most helpful things that I have done is to have sessions on my own with her therapist, where I have been able to talk candidly about how I feel and how things are affecting me, and he has given me a clear understanding of what to expect, and most importantly how to take care of myself so that I can help to support my wife as she heals.

Getting frustrated and sometimes upset is natural, and happens to caregivers. Keeping a journal helps me to have a place to express these emotions, and work through them. It's the illness that causes the emotions, and writing them down allows me to see that, and to understand what I am feeling, and deal with it without letting it affect my wife.

There are internet resources available for caregivers, and I urge you to use them, to better understand what is happening to you and your loved one. Understanding is a vital step, and can help everyone.

Gord is a member of the Anxiety Disorders Association of Canada Consumer Advisory Committee.

A special thanks goes out to our youngest fundraiser, Jessica, a middle school student who recently did a school project on Anxiety Disorders and raised money for ADAC/ACTA. Her proud father, a mental health specialist, was on hand to answer questions from her classmates and demystify the subject of Anxiety Disorders. Jessica put together a beautiful montage of facts about the various Anxiety Disorders and some of the famous people who suffer from them. Showing that Anxiety Disorders are Real, Common and Treatable, and that people can go on to accomplish great things despite their disorder. Way to go Jessica!

ADAC/ACTA is pleased to announce the creation of *The Earla Dunbar Consumer Award*. Ms. Dunbar was the ADAC/ACTA Consumer Advisory Committee Chairperson since its inception in 2002. During her tenure, she was an active spokesperson, creating awareness about the challenges associated with living with an anxiety disorder. In her quest to remove stigmas and educate those suffering with disorders, the medical community and the general public about the various disorders, Earla Dunbar was and remains a shining example of courage and determination. Please see our website for more information about Ms. Dunbar, the award and how to nominate a candidate.

www.anxietycanada.ca

Think of making a donation to ADAC/ACTA to honor a friend this holiday season. Simply go to our website and make a donation online or download a donation form when paying by cheque. If donating online please specify in the MESSAGE section, if you want a Christmas or Hanukah card and be sure to include the person's mailing address.

Thanks to our Platinum Corporate Sponsor  AstraZeneca

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Do be taken off our emailing list, please send an email and write "unsubscribe" in the subject.

Ce document sera disponible en français sur notre site web à partir du 30 novembre