

# Resources

## L'Appui – Proches aidants

Organization dedicated to caregivers offering helpful information and resources.

📞 1 855 852-7784

💻 [lappui.org/en](http://lappui.org/en)

## Info Justice Centres

Free legal help service available everywhere in Quebec.

💻 [info-justice.ca/en](http://info-justice.ca/en)

## Quebec notaries' association (Chambre des notaires)

To find a notary.

📞 1 800 263-1793

💻 [cnq.org/en](http://cnq.org/en)

## Éducaloi

💻 [educaloi.qc.ca/en](http://educaloi.qc.ca/en)

- Web Guide *Caregivers: Practical Legal Tools*

On our website, you'll find:

- The **guide** *Caregivers: Practical Legal Tools*
- The **online article** *Caring for Your Loved One: Steps to Take at Your Own Pace*
- **Training** for caregivers

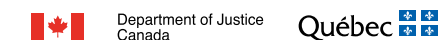


Éducaloi is a non-profit organization whose mission is to explain the law to the population of Quebec in everyday language and develop their legal skills.

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# Caring for Your Loved One: Steps to Take at Your Own Pace



## Are you a caregiver?

If you support someone close to you who is sick, has a disability, or is losing their autonomy, that makes you a caregiver.

The person you're supporting could be your partner, child, family member, or friend.

Your help can take many forms, for example:

- scheduling medical appointments,
- helping with personal hygiene,
- preparing meals.

Your role is invaluable, but can also be demanding at times. Resources are available to support you.



# Key resources to contact depending on your needs and situation

## Balancing work and caregiving

Time off and other measures can help you reduce the impact being a caregiver could have on your professional life.

Quebec's labour board (CNESST)  
☎ 1 844 838-0808  
🌐 [cnesst.gouv.qc.ca/en](http://cnesst.gouv.qc.ca/en)

## Exploring available financial aid and tax credits

Being a caregiver can lead to additional expenses or lost income.

Quebec's tax agency (Revenu Québec)  
☎ 1 800 267-6299  
🌐 [revenuquebec.ca/en](http://revenuquebec.ca/en)

Canada Revenue Agency  
☎ 1 800 959-7383  
🌐 [canada.ca/en/revenue-agency.html](http://canada.ca/en/revenue-agency.html)

## Getting informed and taking care of yourself

A free and confidential telephone service is available to offer you counseling, information, and referrals.

Caregiver Support Helpline  
☎ 1 855 852-7784  
🌐 [lappui.org/en](http://lappui.org/en)

## Identifying your loved one's needs

Your local community services centre (CLSC) can help you identify and receive the help and services your loved one needs.

Info-Social  
☎ 811  
🌐 [sante.gouv.qc.ca/en/repertoire-ressources/](http://sante.gouv.qc.ca/en/repertoire-ressources/)

## Check your loved one's legal documents

Has your loved one prepared legal documents like a power of attorney and a protection mandate? Depending on their needs and situation, you can accompany them in taking these steps while still letting them act for themselves.

Info Justice Centres  
🌐 [info-justice.ca/en](http://info-justice.ca/en)

Chambre des notaires  
☎ 1 800 263-1793  
🌐 [cnq.org/en/](http://cnq.org/en/)

## Understand your options if your loved one no longer has capacity

Depending on the situation, different legal measures can protect your loved one and allow someone else to make decisions for them. Some examples include opening a tutorship or using a protection mandate by "homologating" it.

Quebec's public curator (le Curateur public)  
☎ 1 844 532-8728  
🌐 [quebec.ca/en/government/departments-agencies/curateur-public](http://quebec.ca/en/government/departments-agencies/curateur-public)

To learn more, see our article on this topic

