

Are you supporting someone who needs help to live at home?

We are interested in your stories about providing support and the programs and education that you have found helpful -- and those that weren't so helpful. This might include information, coping strategies, or skills that you have gathered or been given in writing (e.g. brochures, handbooks), by word of mouth, on DVDs, in group sessions, on websites, etc.

The goal of our research study is to find out about good examples of programs and/or resources that provide education to people who support someone who needs help to stay at home. Then, we will make recommendations about **what the priorities should be for educational supports to meet the needs of people like you across Ontario.** The study is funded by Echo: Improving Women's Health in Ontario.

To share your story, please go to **www.CareToKnow.org**, follow the easy steps to register/join and then go to Groups > Stories about Caregiving and Getting Support.

On the website, you can read other peoples' stories, add comments and post your own story.

Or if you would prefer, you can e-mail or mail your story to:

Danielle Bender, Research Associate
daniellebender@saintelizabeth.com
Saint Elizabeth
90 Allstate Parkway, Suite 300
Markham, Ontario L3R 6H3

Thank you! We look forward to hearing your stories!

