



Let us **RECOGNIZE** caregivers as a living force of our community!



25% of the adult population of is a caregiver;



85% of care provided to people with loss of autonomy are provided by caregivers ;



33% of people who are accompanying a senior are unaware that they are caregivers.

How to contact us



579-888-0211

To reach the reception line 7 days a week : ext. 0



information@lantraidant.com

To reach the reception line 7 days a week :
ligne.daccueil@lantraidant.com



L'Antr'Aidant



www.lantraidant.com



205, Principale, Saint-Sauveur,
(Québec) J0R 1R0 (Headquarter)

651, 5e Rue , Saint-Jérôme, (Québec) J7Z 2W8
(Rivière-du-Nord's service point)

24, Rue St-Joseph,Sainte-Thérèse (Québec)
J7E 3L6 (Thérèse-De
Blainville service point's service point)



Organisme communautaire
en proche aidance
L'Antr'Aidant



Our mission

To help improve the living conditions of caregivers of sick, and/or of vulnerable adults and/or seniors living with a loss of physical and/or cognitive autonomy.

Our approach

Recognize

Their expertise



Am I a caregiver?

- I am concerned about the aging process, illness or loss of autonomy of a loved one.
- I'm worried about the state of health of someone close to me.
- I feel responsible for the vulnerability or loss of autonomy of someone close to me.
- I sometimes feel overwhelmed by the challenges posed by the physical and cognitive aging of a loved one.
- I feel the need to be understood, informed and supported.



You recognize yourself in one or more of these statements?

You are a caregiver!

The needs of caregivers

1. Be informed.
2. Update their knowledge to adapt to the situation.
3. Be listened to and guided without judgment.
4. Develop skills and a support network.
5. Access to local resources.



Our activities and services

- ⌚ Psychosocial and information reception line available 7 days a week
 - Support
 - Information/ registration
 - Referencing
- 💬 Personalized psychosocial support
- 👥 Weekly support groups
- 🌐 Clic.Aidant virtual support groups
- 🤝 Caregiver coaching
- 🎓 Training sessions
- 📢 Conferences and awareness activities
- 🛠 Tools and capsules #SolidarityCaregiver
- 🤝 L'Amalgame - Community of practice for caregivers