

Baluchon Long-term Respite Care's mission is to offer respite over several days to caregivers caring for non-autonomous loved ones at home, and to provide support and guidance throughout the in-home respite care process, both before and after the baluchonnage.

BALUCHON'S MISSION



ARE YOU A CAREGIVER? IT'S OUR TURN TO HELP YOU.

Taking care of someone the way you do is admirable. But it's also demanding, and the mental and physical burden can sometimes feel very heavy. Sometimes you need a break to be able to help your loved one properly. So it's important to take care of another very important person: yourself! This is where the baluchonnage comes in.

WHAT IS A "BALUCHONNAGE"?

Since 1998, Baluchon Long-term Respite Care has been offering an in-home respite service. At the time of the baluchonnage, the caregiver can take a well-deserved break and be replaced by a respite worker who will provide the necessary care while allowing the care recipient to remain in his or her environment. This is a 4 to 14-day respite period during which the respite worker is present 24 hours a day in your home. She not only takes care of your loved one, but also of your house, animals, plants, shopping, meals and so on. In short, she does everything you do while you take your well-deserved rest outside the home.

HOW MUCH DOES A BALUCHONNAGE COST?

The daily cost to families is just \$15; this price hasn't changed in the last 15 years. Accessibility is at the heart of Baluchon's mission.

IS THE SERVICE AVAILABLE IN MY REGION?

Yes, respite care services (baluchonnages) are offered all over Quebec, from Gatineau to the Îles-de-la-Madeleine.

ISN'T IT ONLY FOR THE LOVED ONES OF PEOPLE WITH ALZHEIMER'S?

Since 2021, Baluchon Long-term Respite Care has extended its service offering to almost all family caregivers, regardless of the condition of the person being cared for. If you're a caregiver of someone over 18 and you need a break, you can get respite.

HOW CAN I GET THIS SERVICE?

To obtain respite services, you must be referred by a member of the public health network. Your social worker is the best person to do this.

If you don't have a social worker, a nurse, occupational therapist, family doctor or other healthcare professional can complete the request form available on our website. Please plan for about three months between receipt of the request and the start of the baluchonnage.

I'M AFRAID WHEN THE TIME COMES, I'LL HAVE TROUBLE LEAVING HOME

This is completely normal. All caregivers get this feeling! But with over 20 years' experience and a 95% satisfaction rate, we've become an indispensable resource for hundreds of caregivers who, once they've experienced it, don't hesitate to do it all over again! Read their comments below.

BALUCHON LONG-TERM RESPITE CARE

RECIPIENT OF THE COMMUNITY INVOLVEMENT AWARD FROM THE HEALTH AND SOCIAL SERVICES NETWORK'S AWARDS OF EXCELLENCE

BALUCHONNAGE: Enjoy the Benefits

- A significant decrease in your feeling of being overwhelmed due to the role of caregiver.
- The longer the baluchonnage (8 to 14 days), the more it benefits you.
- You will appreciate the quality of the support provided by the respite worker, who ensures your well-deserved rest from daily life.

STAGES OF A BALUCHONNAGE

1

PRE-BALUCHONNAGE

This is the knowledge transfer stage. You'll have a long telephone interview with one of our agents several weeks in advance. We want to know as much as possible about you, the person you're caring for, along with this person's habits and preferences. We'll then match you with the best caregiver for your specific needs. On the first day of respite, you'll spend four hours with the caregiver (and your loved one), showing her around your home and explaining your habits and daily activities. It's also a great opportunity for the caregiver to build a bond and gain the trust of the care recipient.

2

BALUCHONNAGE

You leave your home for a well-deserved respite. Always diligent and empathetic, the respite worker provides all the care required. She remains present 24 hours per day and keeps a Care Journal throughout her stay in your home.

3

POST-BALUCHONNAGE

After the baluchonnage, we send the Care Journal and a survey to you. Each baluchonnage is rigorously monitored, and all feedback from the caregiver and the care recipient is taken into account.

"5 stars! Wow! I haven't felt this relaxed in three years. Thank you for being part of my life now. What a wonderful discovery that has made my life a little easier in the last three years. Gold star!"

-Céline

HELP US TO **HELP OTHERS!**

I would like to make a donation:

\$25 \$50 \$75 \$_____

Please send your donation to

Fondation Baluchon Répit long terme

10138, rue Lajeunesse, bureau 200,
Montréal (Québec) H3L 2E2

Name: _____

Address: _____

City: _____

Province: _____

Phone: _____

E-mail: _____

I want my donation to remain anonymous

A tax receipt will be issued for donations of \$20 or more.

Thank you!



ABOUT OUR RESPITE WORKERS

RESPITE WORKERS FROM ALL OVER QUEBEC WHO TAKING CAREGIVING TO HEART

Not just anyone can become a respite worker. After a meticulous selection process, the chosen candidates must undergo rigorous training that is commensurate with their responsibilities and Baluchon's standards of quality.

A respite worker needs to show empathy, and approach everything not only with respect for the capacities (and incapacities) of the person being cared for, but also with respect for the wishes of the caregiver. Communication is also essential, even if spoken language isn't always possible. You can count on exceptional people who have a deep sense of humanity and are fully committed to their work.

To find out more, head to our website, which is packed with information:

www.baluchonrepit.com

Take a look especially at the "I am a caregiver" section.

BALUCHON LONG-TERM RESPITE CARE FOUNDATION

The Foundation is used to fund respite days. At a time when Quebec's aging population is becoming an unavoidable issue, help us keep our rates affordable while offering more respite to more caregivers: make a donation today! A tax receipt will be issued for all donations of \$20 or more.

"We were fortunate enough to call on the services of your organization to support my 101-year-old grandmother. Rita's presence was a true relief for all of us. My grandmother felt supported and respected at all times, with all her needs. Mrs. Rita is a professional caregiver. She has a calm personality, and she knows how to make the right decisions, even in unforeseen circumstances. We have nothing but thanks for her and Baluchon."

-Teresa

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BALUCHON
Répit long terme à domicile



LET US
HELP YOU.