



Les **Aidants**
du Haut-Saint-Laurent

Celebrating 25 years!

Special Edition Newsletter

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We are proud to celebrate our 25th anniversary with YOU!

This special edition of our newsletter aims to highlight the success and evolution of our mission to support caregivers in the Haut Saint-Laurent territory.

25
years

Les **Aidants**
du Haut-Saint-Laurent

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Caring for your loved
one starts with caring
for yourself

Our history

THE BEGINNING

A collective effort

It all started between 1993 and 1995. It was found that there was a problem in the region that needed to be addressed: the exhaustion of caregivers. Local organizations had therefore identified that it is absolutely necessary to pay special attention to caregivers of older adults, as this would promote home support so that older adults can stay in their homes for as long as possible.

The municipality of Saint-Chrysostome was selected as the ideal location because it already had a large number of elderly clientele who received services from the CLSC with the purpose of keeping elderly persons in their home for as long as possible. Many of them were also known by the Centre communautaire multi-services Un Coin Chez-Nous.



As a result, several members of the community banded together to create the organization Les Aidants Naturels du Haut-Saint-Laurent. The organization was inspired by the Association des familles soutien des aînés de Saint-Hubert (AFSAS), a recognized organization in the Montérégie region. The organization's approach was inspired, among other things, by a book written by Michelle Arcand and Lorraine Brissette. Thanks to the Regroupement d'organismes montréalais d'aidants naturels (ROMAN), our employees have developed their expertise in order to provide services and support caregivers in a way that's adapted to their reality.

The next steps

NOW

EXPANDING OUR CLIENTELLE

In recent years, there have been reflections in the community on how to find solutions to emotionally support other caregivers who are responsible for a person with a loss of autonomy who is not necessarily a senior. A request was made to develop our expertise for this clientele in the same vision as the government action plan in caregiving that came out in the fall of 2021.

As a result, we will be working to develop services for a person or a parent caring for a loved one with an intellectual or physical handicap. We wish to offer emotional support to this clientele. More details will come in the next couple of years.

Follow us on social media to stay informed:



OUR ROLE IN THE COMMUNITY

For many years, Les Aidants du Haut-Saint Laurent has participated in various activities and consultation committees aimed at improving the quality of life of caregivers and seniors.

Our contribution and our involvement in the community has made a positive impact. We have supported hundreds of caregivers in keeping their loved one at home as long as possible.

We are committed to making a difference and contributing to the social transformation of the community:

- raise awareness about the role of a caregiver
- promote recognition and good treatment
- counter elder abuse
- participate in social issues
- provide information on resources
- break isolation
- support caregivers in their distress
- enhance the caregivers ability to respond
- address the causes of caregiver's impoverishment
- improve their quality of life

Important dates

1993 to 1995

Identification of the importance of special attention to caregivers of older adults in the region

1997

Creation of Les Aidants Naturels du Haut-Saint-Laurent, with the help of partners in the region, such as the CLSC and Community Center UCCN

Development of training services, volunteer respite services and coffee-meetings

2008

Start of our at-home respite program

2009

Ceremony to Honour the Deceased

2011

Hiring of the first counselor in support of caregivers and relay-respite service thanks to L'Appui financing

2013

Point of service in Huntingdon, as well as the development of a project on grief with the Comité de concertation des aînés HSL.

2014

In partnership with the Huntingdon CLSC, development of the palliative care respite. And hiring of a 2nd caregiver support worker

2015

Relocation of the head office next to the CLSC in St-Chrysostome

2016

Addition of reflective workshop for end-of-life support

2017

Winner of the Jean Latreille Prize of the Montérégie Cancer Network for our palliative care respite

2018

Winner of the Gala des gens d'affaires of the Chamber of Commerce of Salaberry-Beauharnois and Haut-Saint-Laurent and collaboration at the 2nd Salon des aînés du HSL.

2020

Strategic planning 2020-2025 which brought a revision of the services offered, as well as an adaptation of the telework in connection with the pandemic.

2021

Honorable mention of the Award of Excellence 2020– dedicated to caregivers of the Réseau de la santé et des services sociaux

2022

The organization becomes:

Les **Aidants**
du Haut-Saint-Laurent

and celebrates their 25th anniversary!

A new look

A new mission and look



A new mission accompanies a new look. We are proud to announce that we have developed a new brand for your organization. We have dedicated many hours to reflecting on our brand so that it best corresponds to our clientele and our mission. This is why we have decided to reveal our new logo and mission for our 25th anniversary. A new celebration invites a new journey that we can experience together.

A new mission

Prevent exhaustion and offer support and tools to caregivers responsible for a person with a loss of autonomy to enable them to better exercise their role and improve their quality of life.



Municipalities served

We serve the entire territory of the MRC du Haut-Saint-Laurent and its thirteen municipalities (Dundee, Elgin, Franklin, Godmanchester, Havelock, Hinchinbrooke, Huntingdon, Howick, Ormstown, Saint-Anicet, Sainte-Barbe, Saint-Chrysostome and Très-Saint-Sacrement). The head office is located in Saint-Chrysostome. With nearly twenty employees, the organization mainly offers psychosocial support services, training and respite.



An
innovative
approach

AN ANSWER TO THE
NEEDS OF
CAREGIVERS

Over the past 25 years, the organization has grown exponentially! Innovation has played an important role in its growth, as has its mission and vision. These elements have allowed us to adjust to the needs of caregivers in our community and to reorganize the services offered.

Thanks to the collaboration of its dynamic and professional team, the journey went smoothly.



When it comes to the journey of caregivers, changes and challenges are frequent! This is why the team will accompany them throughout their journey.

Les Aidants du Haut-Saint-Laurent is committed to promoting, raising awareness and improving the quality of life of caregivers so that they can continue their journey with joy and vitality.

It is also possible to put in place a respite service. To do so, a qualified respite worker will be matched with the caregiver to provide their loved one security and comfort, so that the caregiver receives a break from their responsibilities.



Thank you!!!

We would like to thank everyone who has supported the organization over the past 25 years! Without YOU: our members, our volunteers, our employees, our financial partners, our collaborators, we could not be here today.



Our mission

EXPANDING OUR MISSION

Our vision for the next 5 years (2021-2026):

Stand out in the market by our structure, our supervision and our fair working conditions.

Propose a warm, human service offer, adapted to the needs of the clientele and the capacity of the organization.

To be a diversified funding organization in order to have better viability and autonomy.

To be known and recognized as a flagship organization among partners, collaborators and the general public.

At the organization, we focus our services on caregivers by focusing on:

Respect
Benevolence
Dynamisme
Professionalism
Expertise



Our different areas of intervention:

Provide support and tools to caregivers to enable them to better exercise their role and improve their quality of life.

Prevent physical and emotional exhaustion related to the roles of caregivers who support a person with a temporary or permanent loss of autonomy.

Promote the interest and rights of caregivers so that they receive support and services at home to be able to take care of their loved one.

Raise awareness among the population and community workers about the reality of caregivers.

Testimonials

Testimonial on our respite services

After briefly working for Les Aidants, I saw how essential their services are to a community. Things change, however, and six or so years later, I am personally benefitting from Les Aidant's services. I look after and live with my father, and if not for the wonderful at home support that we receive in respite care, our situation might be very different. We work out regular scheduling for respite care for a skilled individual through a remarkable coordinator.

- Jane H.

Testimonial on our support services

Since 2015, I have been a member of Les Aidants du Haut-Saint-Laurent. This organization has been an important influence in guiding me to care for myself, and more importantly to care for my husband, to the best of my ability. The counsellors are always available to answer any question or concern we may have. They are dedicated with complete professionalism to their work. This is an essential service for our community and I trust it will continue to assist others.

- Donna M.

The Team



Thank you to Claude DeBellefeuille
for her generous donation!



Claude
DeBellefeuille
Députée de Salaberry-Suroît

Foyeux anniversaire!

25 ANS AU SERVICE DES GENS, FÉLICITATIONS!

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