

## LOVE WITHOUT SPARING: NATIONAL CAREGIVER WEEK 2020

**Baie-Comeau, November 6<sup>th</sup>, 2020** – The Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord wants to celebrate National Caregiver Week 2020, which takes place from November 1<sup>st</sup> to 7<sup>th</sup>, and takes this opportunity to thank all caregivers, but also to remind everyone of the importance of supporting them.

This year's theme is the exhaustion and poor financial conditions of caregivers, and with the slogan "Love Without Sparing", the campaign wants to highlight the caregivers' positive attitude and the fact that too often, they spare no effort, do not count their hours and do multiple tasks, at the risk of getting exhausted. The campaign also emphasises the sacrifices caregivers make to take care of their loved ones.

### **\$84 500 to support caregivers**

We also take this opportunity to mention that the CISSS de la Côte-Nord will receive \$84 500 that will be used to improve the support to caregivers in the region, whether they are caregivers for seniors or for people with intellectual disabilities, autism spectrum disorders, physical disabilities or mental health disorders.

For more information about the National Caregiver Week, go to <https://ranq.qc.ca/en/services/national-week/>.

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