

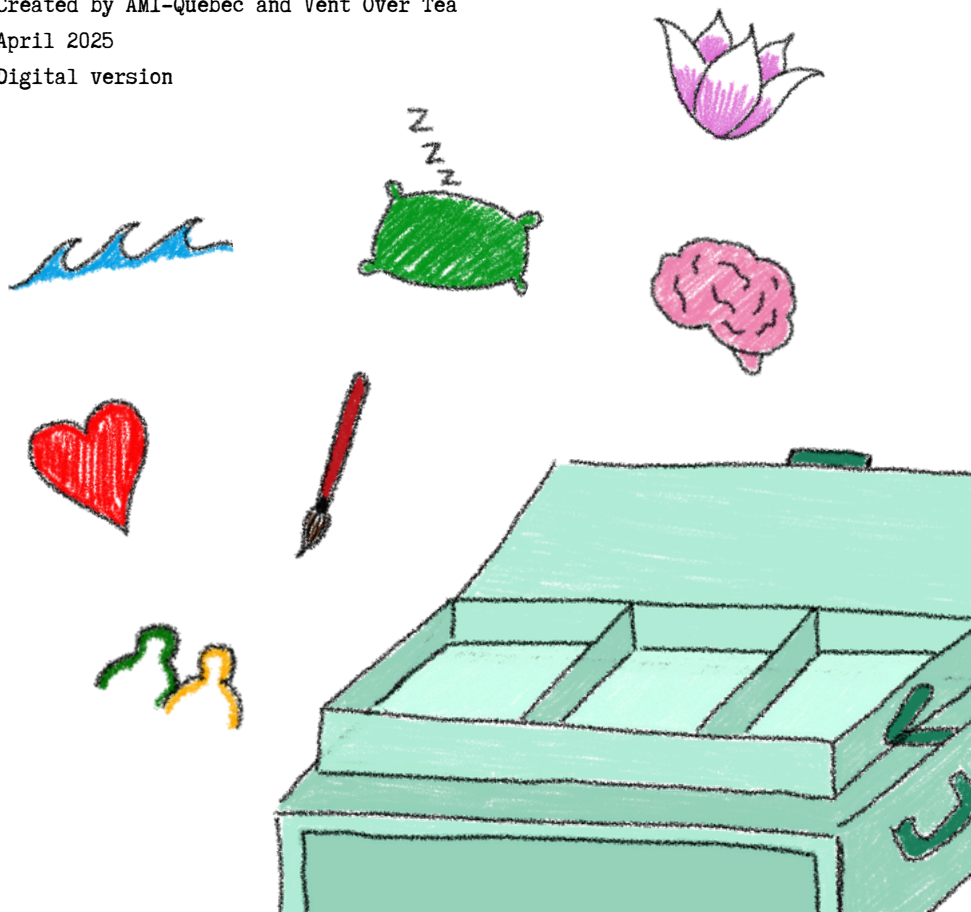
THE CAREGIVERS TOOLKIT

A zine to ensure you're supported while giving care

Created by AMI-Québec and Vent Over Tea

April 2025

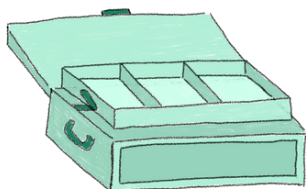
Digital version



About the zine

AM I A CAREGIVER?

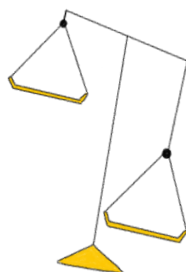
If you feel responsible for making sure someone is okay, then you can benefit from support for caregivers!



Friends and family members take on diverse roles to support someone struggling with their health, from giving emotional support to helping with medical care, finances, childcare or other practical tasks.



This is a zine to help a caregiver feel supported, even as they support someone else due to ill health, disability, or mental health challenges.

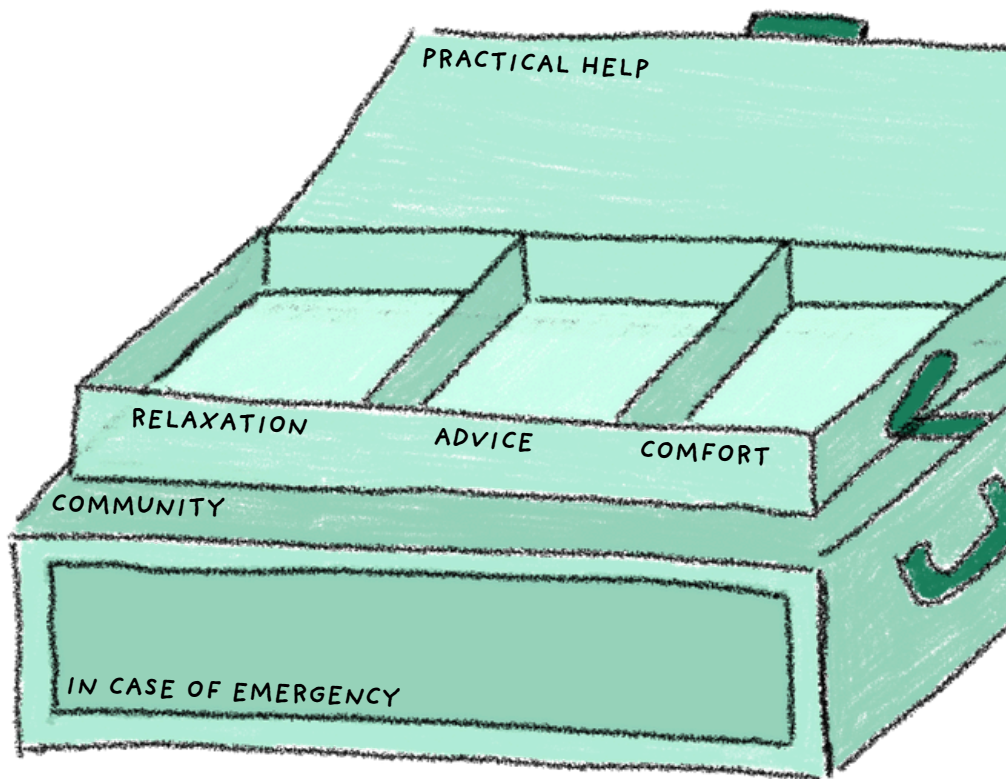


As a carer, it's important to be mindful of your boundaries and your capacity to give care - it can be tiring!

THINK OF YOUR SUPPORT SYSTEM LIKE A TOOLBOX...

If you fill up this toolbox, you can find your circle of support,
so you know where to turn to when things get tough.

Use the free space and toolbox below to jot down your answers!



Caregiving can be really tiring! Whether you're providing hands-on help, emotional support, or managing to-do's and finances, you have to be mindful that you need rest - and that doesn't just mean sleep!

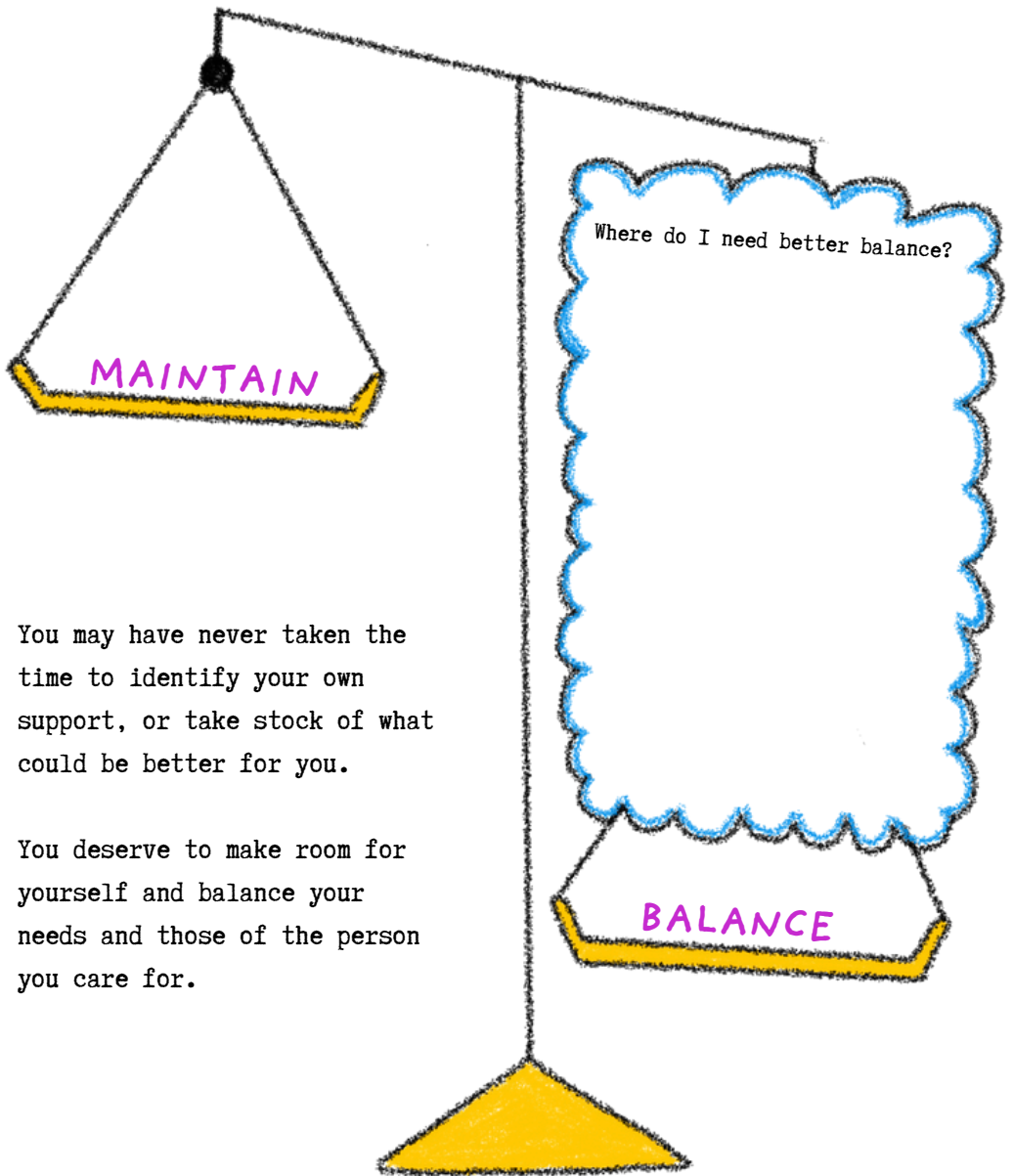


7 TYPES OF REST



What are activities or things I can do when I need each type of rest?
Write your answers under each one.



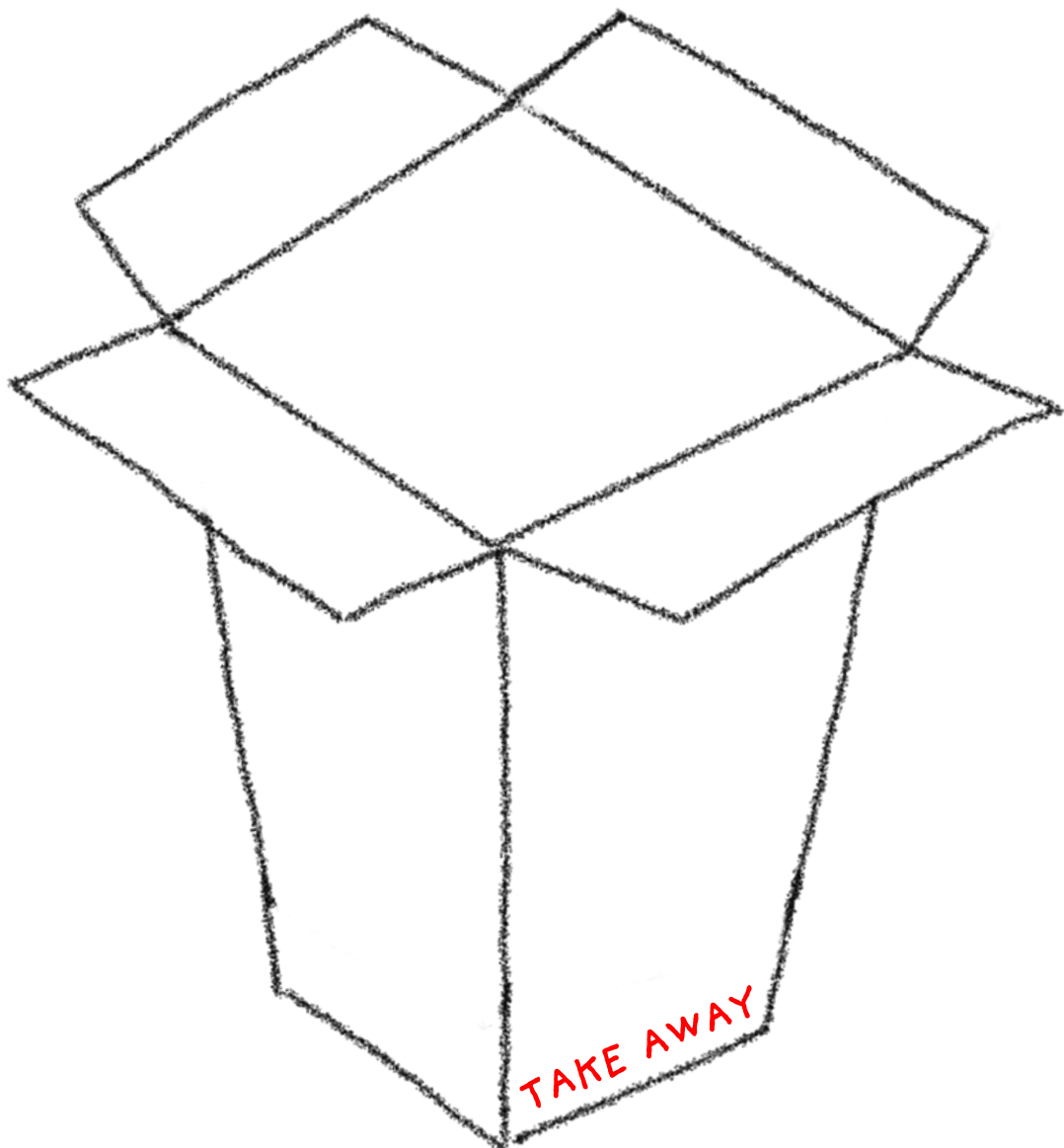


You may have never taken the time to identify your own support, or take stock of what could be better for you.

You deserve to make room for yourself and balance your needs and those of the person you care for.

WHAT DO I WANT TO BEAR IN MIND?

Write down notes, affirmations, reminders, or whatever
you feel you need to take away from this zine.





LAST CHECK

You want what's best for the person
you care for, but you can't do
everything. Remember to...

☐

PUT YOUR SAFETY FIRST

☐

RECOGNIZE YOUR NEEDS

☐

DEFINE YOURSELF BEYOND
YOUR CAREGIVING ROLE

☐

SEEK HELP AND REST
WHEN YOU NEED IT



And remember - you're not alone.

AMI-Québec and other community organizations have resources to help you on your caregiving journey, and are always here to listen and support.