

## **Update from The Honourable Deb Schulte, Minister of Seniors**

The COVID-19 pandemic has been especially tough for seniors and their caregivers. Caregivers play a critical role in helping seniors cope as they navigate their new normal in their day-to-day lives. For some caregivers, this can lead to increased levels of stress, anxiety and, in some cases, depression.

As a caregiver, it is important to maintain the mental health and well-being of the seniors in your care. It is equally important to invest in self-care, because caregivers' effectiveness and health can suffer if left unaddressed.

### **Self-care tips for caregivers**

Simple things like taking a walk, practicing your favorite hobby, taking time to meditate or relax and including yourself on the list of people you are taking care of can help to alleviate some of the daily stressors that caregivers experience.

### **Support for seniors and their caregivers**

The Public Health Agency of Canada has a webpage dedicated to [COVID-19 resources for seniors and their caregivers](#) featuring information like how to take care of your mental health during the pandemic and what to do if you develop symptoms of COVID-19. They have also developed a helpful guide on [Self-Care for Caregivers](#) that talks about some common sources of stress for caregivers and how to manage them effectively.

### **Gradual and safe reopening of Service Canada Centres**

The Government of Canada recently [announced](#) the gradual and safe reopening of the in-person Service Canada Centres. We have put in place new safety measures to be consistent with public health guidelines, such as signage to manage physical distancing, limited seating in waiting areas, clear barriers at service counters and enhanced disinfecting of our offices. Seniors and caregivers who require in-person services should check if their [local office](#) is open. They are encouraged to make a request for an appointment through the [eServiceCanada](#) portal or access online services at [Canada.ca/service-canada-home](#)

I appreciate this opportunity to update you on the Government's COVID-19 response for seniors. Thank you for everything you are doing to help keep seniors healthy and supported during this challenging time.

Together, we can, and we will get through this.

### **Spread the news:**

I hope you'll take a minute to ensure this message reaches as many seniors and the people who support them as possible. Please share it with your networks in whatever format works for you, such as social media, email or your newsletter.

### **Resources:**

To find out more about our COVID-19 response for people, please see:

<https://www.canada.ca/en/department-finance/economic-response-plan.html>

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