

Family caregivers are everywhere.

We see

you

And we understand the ups
and downs you face everyday.

*elizz*TM

Support for you.
Care for those who depend on you.

Visit elizz.com to discover all things caregiving.

Powered by Saint Elizabeth Health Care, est 1908.

*elizz*TM *is*

for you, the family caregiver.

It's getting the right advice.

Creating a care plan that works for everyone.

Getting help when you need it most.

Learning from others just like you.

Sharing experiences.

Creating hope and happiness.

You take care of them.

We'll take care of you.

A photograph of a man with dark hair and glasses, wearing a tan jacket over a white shirt. He is looking down at a small black smartphone in his hands. The background is slightly blurred, showing what appears to be a public space with other people. A large, stylized red word 'you' is superimposed over the image, with its tail extending across the right side.

you

Experience

All things caregiving

All in one place



Caregiver Coach

Whether you're new to caregiving or have been at it a while, an Elizz Caregiver Coach can help you get organized, reduce your stress, and boost your confidence and wellbeing. All one-on-one coaching sessions are private, confidential and conducted over the phone for your convenience.

- Helping direct you on what comes next
- Guiding you through the health care system
- Understanding and evaluating your options
- Building a plan for the person you help
- Tapping into your inner strength and building your confidence as a caregiver





Support for you



Group Support

Spend some time with people who have walked a mile in your shoes – your caregiving peers.

With Elizz Group Support, you can anonymously share your stories, gain knowledge and get support from people who relate to what you're going through.

Discussions are facilitated by a health care professional and groups are limited in size so that everyone has the opportunity to be heard. In addition, you can sign up for individual topic based webinars to gain valuable practical skills and knowledge.





Nurse Advisor

An insider view: The Nurse Advisor can explain medical terms in plain language and help you prepare for appointments with specialists and other health professionals. They can also liaise directly with anyone who is involved in the patient's care, ensuring everyone is well-informed.

Your Nurse Advisor will gather key information and health history on the person you care for and compile it into a fully secure, electronic personal health record.



Online Counselling

Let's face it – sometimes the demands of caregiving can be intense and overwhelming. If you are struggling with stress, anxiety, conflict, guilt or grief, it's important to think about your own well-being and get some support. Counselling is an effective tool to help you cope, adjust and manage major transitions and changes in your life.

This convenient service is available through telephone or email.



Support for you



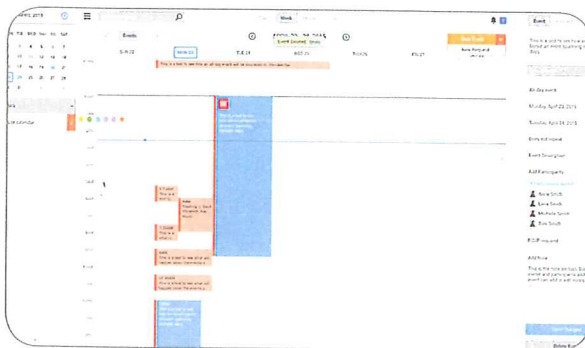
Respite Care

It's time for a break! Respite care is all about finding time to do the things you miss – whether it's getting to that yoga class, taking a vacation or crossing a few errands off your to-do list. Let our Elizz professionals take care of the person you help, while you take care of YOU! Whether you need help with house cleaning and meal prep, or more involved care such as bathing, transportation or improving mobility, Elizz can help.

elizz™ Central

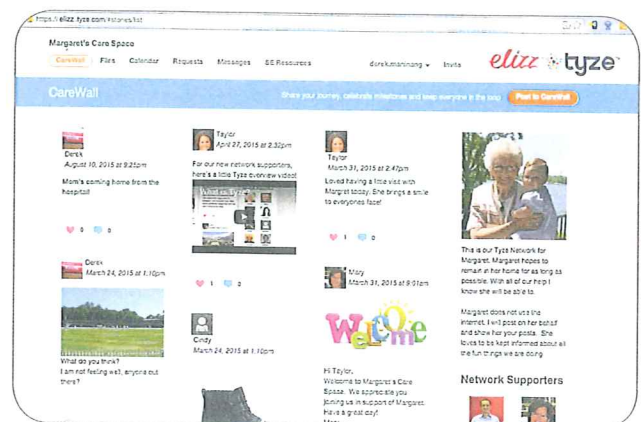
Support for you

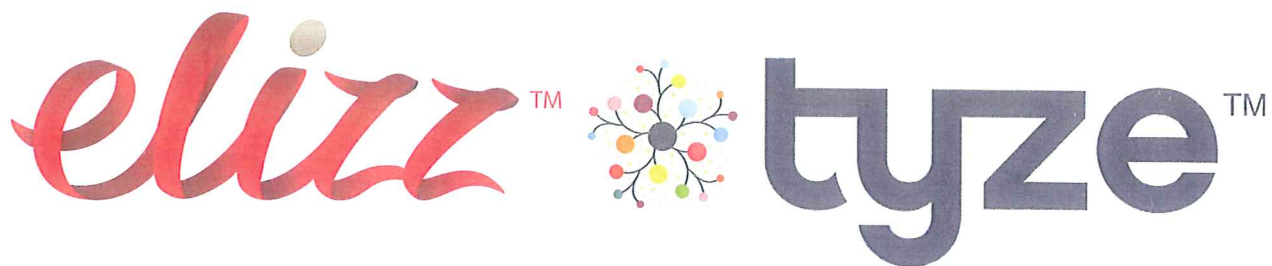
Elizz Central is your place for planning, communicating and sharing. Its your hub for all things caregiving.



Manage your services, create a care network, coordinate planning and communicate key information to everyone involved in their care.

Elizz Central is available free of charge for anyone using Elizz paid services!





Create and engage a community of care around your loved one.

Friends, family, Health Care Professionals and community members; they all want to help but how? Elizz Tyze is a social network based specifically on the person receiving care.

What is Elizz Tyze?

Tyze is an online tool that brings people together around someone receiving care. If you're receiving care or helping to care for someone, chances are you could use a hand. Tyze is a simple way to get organized and keep everyone informed.

Elizz Tyze is included with your Elizz Central portal; available when you purchase any one of our services.



In-Home health services

Elizz provides a full range of home health services, including nursing, personal support and rehabilitation. No matter what the need is, Elizz has the specialists and expertise to be able to provide care where people are most happy – at home. Here are some of the In-Home Health Services we offer:

- Dietetics
- Foot Care
- Nursing (RN)
- Nursing (RPN)
- Occupational Therapy
- Physiotherapy
- Social Work
- Speech Language Pathology
- Personal Care
- Companion Care



Companion Care

Elizz companions are more than just helpers. If you're caring for someone who could use a little help around the house, and a friend to visit and check in to make sure they are doing okay, an Elizz companion is the right choice.

All of our companions receive comprehensive training, criminal background checks. Our companions go above and beyond to support your important person.



Services for them



Personal Care

Whether the one you care for has just come home from the hospital or has dementia, our staff has the training and experience to know how to help. Our trusted staff can assist with personal care needs such as bathing, toileting and dressing as well as assisting with feeding, moving in bed and other specialized tasks.

Elizz staff are also able to assist with cleaning around the house, making meals, getting to and from appointments, or even spending time to visit.



Virtual Visits

With everything caregivers are juggling, it can be hard to regularly check in on the person you're caring for, especially on those extra busy days. With Elizz Virtual Visits, we help you support the person you're caring for, giving you peace of mind that they are taken care of and are content and safe at home.



Patient Counselling

Sometimes we need to talk to a professional who knows what it means to be going through changes in our health or experiencing other challenges in life. If the person you're caring for is feeling stressed, depressed, or lonely, or if it seems like they could use help in coping with a difficult situation, patient counselling can help.

Elizz counsellors will help to support you and the person you're caring for. Together, you will develop practical strategies and skills for coping with life's challenges.