OCO S01E04 - Parenting when you're a caregiver with Ann Douglas

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[00:00:00] Michelle Jobin: Hi Everyone, I'm Michelle Jobin and you are listening to the caregivers podcast. This podcast is dedicated to helping Ontario family caregivers. Through expert tips and resources, you will gain knowledge and validation for the ups and downs that come with caregiving. This podcast is by caregivers for caregivers. So take some time for yourself. We're glad you're here.

Today, we have teamed up with parenting expert Ann Douglas, to discuss the challenges a caregiver can face when they also have the demands of parenting on their plate. Ann is a bestselling parenting author and a regular parenting commentator for CBC radio.

She is the creator of The Mother of All Books series and the author most recently of Happy Parents, Happy Kids and Parenting Through The Storm. Ann, thank you so much for joining us today.

[00:00:57] Ann Douglas: Oh, thanks for inviting me, Michelle.

[00:00:59] Michelle Jobin: So I want to start out with some statistics that our caregivers might really understand, and it also might make them feel some solidarity with other caregivers more than half, about 54% of caregivers are parents, with about 35% with children over the age of 18 or 18 years and older and 27% with children about 17 and younger. 83% of respondents from a 2020 spotlight report on caregiving care for someone in their home, or in the care recipient's home. So there's a lot going on here with the equation of caregiving and parenting.

And there can, it can look in many different ways, but it always adds an extra layer. So when we know that we're about to step into the role of caregiving, how can we best prepare our children for this?

[00:01:50] Ann Douglas: Right. I think the big thing is to think about having an honest age-appropriate conversation. And so, you know, you want to hit both of those points, honest and that you want to help them to prepare for what lies ahead for themselves in the family, but also age-appropriate.

You don't want to, with a, you know, four-year-old be going off into, and then if this disaster happens, then we're going to have to deal with this. And so on. It's like, let's just think about what does this mean today? Like, you know, there's going to be an extra chair in the, at the dinner table or, you know, we're going to be you know, Going to a lot of doctor's appointments over the next little while, whatever it means in concrete terms, because really even for teens, they're very much rooted in what does this mean to me?

You know? And so if you can sort of think about what will be the impact on their life. I mean, maybe you'll be a little busier and a bit more preoccupied while you deal with like a, you know, an acute health crisis or something. But also, offering that layer of reassurance that, you know of course I'll be worried about grandma or aunt so-and-so, but, I'm still your mom, nothing is going to change about that. And, you know, I want you to tell me if you have any questions, let's talk through those things and you know, if you are worried about anything, you know, no question is off the table, and every emotion makes perfect sense. And I'm, you know, I'm strong enough as your parent to, to shoulder some of those emotions, because I mean, even just thinking back to when I was a kid when my grandpa had a health crisis, I was so worried about that.

I don't even know if I ever told anybody how worried I was, because I was worried about like, well, if it's my mom's dad, she's already freaked out. Like, maybe I don't want to add to that burden by saying how much I love grandpa and how worried I am about him. So I think we want to just, you know, be strong enough to carry those emotions, knowing that as the parent, it is hard. It is hard to hear your child worried about somebody else who loves.

[00:03:45] Michelle Jobin: Absolutely. And I think it, it's a really fine line of walking, staying age-appropriate but also being open and making sure your child knows that you were open to all the questions that they might have. So I'm assuming sometimes they might have really big questions.

What do you, what do you suggest that a parent does in that situation? Especially if we're talking about little ones.

[00:04:08] Ann Douglas: Yeah, I think sometimes you have to take a deep breath because sometimes the questions of a young child can be really shocking. Like, you know, they, they want to know what happens to bodies when people die.

Like they ask really graphic things that can almost knock the wind out of you. So I think, you know, it's okay to take a breath and say to yourself, you know I need a moment to think about that. Even say that to your child and, you know, well, what do you really want to know? Maybe probe what the underlying issue or worry is, as opposed to sometimes we go into information mode.

It's like, let me pull out a PowerPoint presentation and go through 800 points on this four-year-old. And they're like, ah, that's not what I wanted to know at all. I just wanted to know this one very concrete thing and to realize that their questions typically come from a place of curiosity or concern.

So even if the question catches you off guard or is like, what you were saying, one of those really big issues, like what is the meaning of life as we face this existential crisis as a family, you know, they just, they really just want to know that everything is going to be predictable in their life and that you're looking out for them as well as this other person.

[00:05:17] Michelle Jobin: You're not 100% prepared to answer that question at that time, is it okay to take a breath and say, you know what, mommy or daddy will answer that for you as soon as I can or something like that.

[00:05:28] Ann Douglas: Yeah. Yeah. That's such a great question. I'm so happy you asked it and you know what? It's such a good question that I don't even have all the answers right now.

So I want to do a little bit more research. I want to talk to the doctor. I want to go online. I think about that because you deserve a great answer to such a great question, and then do come back, you can't just then go into like the witness protection program and never come back, you know?

[00:05:51] Michelle Jobin: Yeah. It's not a placeholder forever.

It's just, it buys you a little bit of time, but yes, I know my five-year-old has sometimes had questions at interesting times, you know, when I'm in the middle of a workout or things like that, I'm like, oh, I'm, I'm not really quite ready for this, but I said, you know what? I will answer that for you.

Just give me a little bit of time. In many cases, because caregiving can be something that, it adds to our schedule in a way that makes us much busier. What do we talk about with a child, and again, this, this could be a spectrum of answers based on the age, when a parent is not going to be home as often, because they are now a caregiver, because we said one of the scenarios is that we're giving care to someone in our own home.

And then the other situation is that we're giving care to someone outside of your own home.

[00:06:39] Ann Douglas: Right. Well, we had to have these conversations as a family when our kids were younger. Cause at one point when I think it was just mainly our youngest who was still at home, but my husband's parents had a lot of acute health crises in rapid succession and they live two and a half hours away.

So he pretty much every weekend had to go to that other city for like a day, maybe a day and a half, you know, just running errands for them because they weren't able to go grocery shopping on their own and they weren't able to go to medical appointments. And so they, you know, a lot and he's the only kid, or it was the only child in that family,

so he had to carry the whole caregiving load remotely. So I think all we did was sort of say to the kids that, you know, yeah, dad is busy right now with this, and it's an act of caring instead of sort of framing it in terms of, oh my heavens, this is such a burden. You know, weekends are racked like at a really negative way.

It was more like, this is what we do when we show up for family. This is an act of loving and caring and, at the same time, we don't have to be like totally virtuous saints about it. We can say some days when we're feeling frazzled or, you know, there's a family conflict where maybe there's a kid event on a Saturday and the one parent has to be out of town or whatever, like.

Role conflict is a thing. People feel frustrated and stretched thin and exhausted, and even just the emotional spillover. When you're caregiving at a distance, you're shouldering a lot of worry because you can't sort of check in moment to moment to see how things are going, and so just knowing that that parent might be a little bit preoccupied.

. But that doesn't mean that like, you know, kids have to suddenly be perfectly well behaved all the time because they can't add to that quote unquote, you know, emotional burden. But it does mean that maybe they need to have an understanding that there will be times when, you know, something breaks and somebody overreacts, because it's not just about, you know, the, the dish that got smashed on the floor,

it's actually about a worry that's happening behind the scenes.

[00:08:40] Michelle Jobin: Kids will continue to be kids through any situation, so all of that will happen. So this one might be a particularly challenging one. When we're talking about a situation where the person that we as a parent are caring for is the child's other parent.

That's a big one. So what would you say as advice in terms of explaining that situation to a child?

[00:09:05] Ann Douglas: Yes. In our family, when our kids were young and you know, we found ourselves in that situation and I was the person who needed the, the extra care. I went through a three-year-long, really deep clinical depression, where basically I was treading water.

I was, you know, doing so little. I just, you know, I didn't have the cognitive capacity to do anything more challenging than make a grocery list. And I sort of felt flattened emotionally as well. I remember it as a time of being really exhausted and basically just sitting on the couch and I almost felt like I was a spectator looking on to the family situation. And so I know my husband, like he picked up the slack in so many ways. And, you know, there were times when his nerves got a little afraid because he was way overstretched. I mean, if you can imagine working, working shift work, and then coming home and having four kids to care for, and you know, all the laundry and groceries and just miscellaneous stuff that happens in a family with young children.

So I think that the, the big message that we emphasized as parents was that, you know there are times in our lives when all of us are going to need more care than at other times, and it's not necessarily forever, but it's looking out for this person when they're in that time of need and using stories, drawing back upon times when you know, that particular child was younger.

Like when you were a baby, we didn't say, well, you've had your, you know, your 45 minutes of hands-on care for the day. So, you know, we're just going to park you on the shelf for now. It's like, no, whatever that family member needs in that moment, that's what you try to give. And so I think just that idea of the ebb and flow of care that happens over a lifetime.

It's not always predictable. And sometimes, the sandwich metaphor comes out so often because of this, like so often it can happen where those layers and layers of care are getting, you know, stacked on top of one another. And I think even just with the sibling thing, I mean, we had siblings who at various times needed extra care because of a mental health or neurodevelopmental or behavioural challenge. And so saying to the other kids, like you know, we're really looking out for your brother right now because this is a really tough time for him, but it won't always be this hard. We just need to get over this next road bump as a family, and then hopefully it'll be smooth sailing for the next little while.

Fingers crossed.

[00:11:26] Michelle Jobin: You spoke a little bit just a few moments ago about saying, look, it's okay to acknowledge that this is a challenging thing, but to try to frame it positively. And I think that's a great approach and saying, look, look, this is, this can be challenging caregiving, but it's worth it. It's worth it because this is what we do.

We show up for our family or the people that we love. So we know that many caregivers do find their role very fulfilling, their role as caregivers. How can we help our children find the familiar fulfillment in caregiving as well? So let's say for example, children who may need actually to step in and help mom and dad be a caregiver for an elderly parent.

[00:12:09] Ann Douglas: Yeah, I think a couple of things come to mind for me. One is to really recognize that every caregiving relationship is going to be unique. So if there's like a couple of grandchildren having a relationship with that aging grandparent each one of those relationships will be unique and likewise like, you know, within the family.

So I think, think about what it is about that particular relationship that is really unique and special. Like when I think back to one of my grandmothers, who's no longer living. She saw me as a writer before anybody else in the family did. So, so much of our relationship was rooted in a shared love of books and reading and storytelling and, you know, strong belief in the importance and power of family.

So, the things we shared over the years were very much rooted in that, like, I can think of a time when I was a child and I had eye surgery one summer and I couldn't read books by myself because I had, you know, I wasn't able to see, and she would come to my house and read me stories outside on the lawn in summer time.

So that was her being the caregiver to me. But it was like a reciprocal thing. It's like a passing of the torch back and forth, or the Baton as you, you know, extend that care. So I think, look at what's unique about that parent-child relationship. And again, think about age appropriate opportunities and expectations.

I recently interviewed a woman for a book I'm working on and she talked about how in her family, there was this expectation that girls in particular, in the family were expected to be sort of like live-in caregivers to extended family and that she was sent for an entire summer to provide care for an aging relative.

And, and she was only about 13 or 14 at the time. And it struck me that like, that felt to her more like an obligation than an opportunity or a chance for like, you know, genuine giving. So I think, you know, that is a big expectation to put on the shoulders of a 13 or 14 year old. So maybe just to sort of think what is appropriate for this five-year-old or twelve-year-old and their personality as well.

Like, you know, if it's something that requires a lot of reliability and predictability, maybe don't give it to that kid in your family who's very much in the moment and maybe a little absent minded, like what if they're supposed to help, you know, get a meal ready for a family member and they might forget it's lunchtime?

[00:14:31] Michelle Jobin: Yeah, it could be also that their contribution to the caregiving is simply spending time with the person that is receiving care while, while the adults do the things like getting medication or preparing meals or transportation or things like that.

[00:14:46] Ann Douglas: Yeah. We forget that that emotional support thing is the thing that is probably the most valuable, because a lot of other types of tasks could even be, you know, sort of like contracted out to a third party that isn't even part of your family, but nobody wants to contract out love, you know? So that's the, you know, that's the unique contribution that a child at any age can make.

And I mean, sometimes it's just like making a card or doing a craft or something, those, those from the heart things, or, or what I think would be of most value to that person.

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[00:15:20] Michelle Jobin: All family caregivers, face challenges, which is why the Ontario Caregiver Organization created the peer support program. This program is a free resource where you can share your experiences with other caregivers to help build your confidence and make you feel more supported by those who understand what you're going through.

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[00:15:51] Michelle Jobin: Yeah. We actually had my son make cards for all of his relatives that we can't really see right now, including my grandmother and his grandparents and things like that. And they just loved it so much.

Cause we haven't seen my grandmother in person for quite some time. Brings me to my next question, because we're going to talk about the very, you know, different and challenging and extraordinary situation that we are in right now, and that is the COVID-19 pandemic. 54% of caregivers say that it is becoming more difficult, I find this actually even a lower statistics than I would think, but they say it has become more difficult to manage their caregiving responsibilities since the COVID 19 outbreak. So, and taking that into consideration, how does a parent with young children even begin to tackle their caregiving and parenting roles with the added stress of COVID-19 starting out with what, at least at the time we're recording right now here in the province of Ontario, all learning is happening at home. It's all virtual at homeschool. So let's tackle this right now. Yeah.

[00:16:53] Ann Douglas: Yes. I think it's so important to acknowledge everything that you're feeling as that parent slash caregiver person. I mean, if you are feeling overwhelmed, It is for good reason.

I mean, you have been carrying a really massive load and you've been doing so for a very long time. So, I think that if we try to deny those feelings, it actually ramps up our feelings of overwhelm and anxiety, because what happens is we don't magically make the, the worry and the workload disappear, we just divide our attention so that we're trying to focus on, you know, remote learning or our job or taking care of our family member or whatever it is. And then we're trying to suppress the worry in the background and that's actually really cognitively and emotionally draining. So the better, healthier way to do it is just to say, Yes, I'm feeling like really weighed down right now, this is a lot, and it makes sense that I'm feeling that way to validate those emotions for yourself and then really modify your expectations so that they're like realistic. Like there are some things that have to happen no matter what because they're, you know, their health and safety issues are basic sort of like, you know, life maintenance things.

You can't not go grocery shopping cause you're busy one week, you have to still do that. But there are a lot of other things we can put on the back burner or we can do in a less you know, less ambitious way. Like we just came through the holiday season, and so I decided I only was going to do two things over the holidays.

I was going to buy holiday napkins and I was going to bake one kind of cookies, and that would be my holiday production. I actually, you know, vastly exceeded my expectations by putting out a row of decorations on a shelf, so, you know, but if I had said to myself, well, we're going to pretend it's just a normal holiday and I'm going to do all these things and I'm going to mail parcels all over the place.

And, you know, like it just, it w I would have felt defeated and stressed and it would have been all self-imposed. So I think just really saying normal expectations don't apply when you're living through a pandemic and to cut yourself a lot of slack and, and make friends with people on social media who have massive clutter in the background, when you see photos of their home, like don't hang out with the neat people. This is not the time for that.

[00:19:07] Michelle Jobin: No, and it's okay if the kids have their PJ's on and it's okay if the house isn't maybe as organized as possible, you know, that I think, I think as long as we're all getting through with the, the minimum that we need to do, I think maybe is it's it's okay. I'm on, I'm on board with you for that.

How about another thing, which I have found to be a bit of a challenge right now, and that's less sports and recreation to occupy children. I find that my son needs that physical activity to really sort of be more centered. I find that he's just in a better frame of mind and I'll look, I'm going to admit there's been a lot more screen time in my house since especially mid December, I would say so, so how do we, how do we, how do we tackle this?

[00:19:52] Ann Douglas: Well, you know, January is a tough month in the best of times, and this is not the best of times, right? Like I think we all tend to get a little bit of cabin fever and you know, we spend more time indoors than maybe is ideal. So I think for me, a lot of it is like figuring out a way to get outdoors because that's great for your mental health.

And in a way where you can actually enjoy it. So maybe doing something fun and playful you know, spending time in nature, if you're lucky enough to have, you know, trees in your neighbourhood, it doesn't have to be like a forest, just like, hang out with your favourite neighbourhood tree and burn off some of that energy.

Like you can do that indoors and you can do that outdoors depending on the number of children and the physical layout of your home. You know, you may not necessarily want to turn it into like a gym where you're running sprints and your living room, but maybe there's some other way to, you know, to let off some of that steam, because that is a big piece.

I, myself go for two walks a day, just because I can see the difference in terms of my, my functioning, my ability to focus on my work and my ability to manage my emotions. If we have like, super icy days where you're just trying not to break anything by going outdoors, and, and I don't go as far I can tell the difference in myself.

And I think that's the case with kids. And I guess the big thing as a parent is you can't sort of like curl up on the couch with a blanket and a bowl of popcorn and say, kids it's really important to go outdoors and get physical activity. They want you there. That's what will make it fun. And even the teenager who rolls their eyes and looks at you like

I really don't need you going outdoors with me. Sometimes they actually do want you to go outdoors and maybe this is the year to try something fun and new as a family. If anybody is like totally uncoordinated and they want to know, is it possible to do snowshoeing? I can tell you as a totally uncoordinated person, it is possible to do snowshoeing, even if you just don't see yourself as an athlete.

[00:21:46] Michelle Jobin: It's fantastic exercise as well. And it's a great way to experience nature. And even on those days, the one thing I've implemented on the days that are really more challenging to get outside because of the weather. Although we do try to get outside as much as possible, we have a video game that's sort of like a dance party video game, and we have, you know, dance parties in our it, because it's gamified, my son's really into that. So that's at least been some activity that we can do on those really difficult days when, when it comes to weather.

[00:22:16] Ann Douglas: Yeah, I've been so inspired by all the families who've been doing their own TikTok video dance things as a family. Now my family would never do that for 10,000 different reasons, but it is very fun. And for people who are creative and uninhibited and just think that would be cool, it is cool. And you do inspire other people across the miles

[00:22:36] Michelle Jobin: and it's getting up and moving around, I think, which is the most important thing.

Cause it is, like you said, in normal times, it's really tempting to just kind of curl up on the couch in January. So we are working on that.

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[00:22:46] Michelle Jobin: The Ontario Caregiver organization has created a series of free webinars to help caregivers in their role. From financial planning for caregivers to mental health, these webinars provide support and resources to caregivers across the province on a wide range of topics.

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[00:23:18] Michelle Jobin: What should caregivers, who are parents, be watching and observing in their children with regards to their children's mental health?

Because this is, this is such a big, big component, I think again at all times, but when you add this layer of caregiving on perhaps we have a relative that is sick or a family member that is sick, or some other loved one, how, how do you feel that that might affect children's mental health and what, what should we watch for,

[00:23:46] Ann Douglas: Right. Well, I know a lot of organizations have been doing research throughout the pandemic and we are seeing rising rates of anxiety in children, and so I think that we don't all want to hit the panic button and conclude that every child in Canada or Ontario has likely developed an anxiety disorder.

But on the other hand, we don't want to just say, of course everybody's anxious, it's a pandemic, and sort of shrug our shoulders and move on. So I think you just want to take advantage of your parent radar, you know, your child's so well because you've spent, you know, months or years of your child's life, getting to know them and their regular patterns.

So if you see like a marked change in their mood or their energy level or their behavior, pay attention to that. And if you're concerned, there are all kinds of virtual supports still available to parents, even in the midst of a pandemic. So find out what's available and sometimes all you need is a phone call with a clinician, somebody to give you a few strategies, or just to validate that you're doing all the right things to support your child.

Cause often it comes down to over and over again, just validating the child's emotions, really being willing to hear the hard feelings. Somebody posted a list on social media the other day of all the things that their child was hoping for in 2021. And it was heartbreaking things like, I want to have a birthday party, I want to have a sleepover, I want to spend time with my friends, like, you know, just normal childhood stuff. So I think that we can allow our kids to share those feelings and we can also help them to look forward to happier times ahead because you know, we have data on past pandemics and pandemics do come to an end.

We do come through them and out the other side right now, we're at sort of the scary part of the graph. So I think just helping our kids to hold onto hope and optimism, but in a realistic way, not like, you know, yay, we just turned the page on a calendar for a new year. Everything's magically, perfect. It's not going to be magically perfect.

And really when was life ever magically perfect? Challenge is baked into the human experience. And I think sometimes as somebody who's been through a number of challenges, it can actually be a gift to go through something challenging and come out the other side because you, you, you appreciate little things so much more and you know, not to sound too, sort of like Pollyannaish about it, but really we grow and learn a lot and we develop coping strategies.

A lot of the coping strategies I'm drawing upon now are strategies learned during really hard times earlier on in my life. And so when the pandemic hit, I knew that I would get through this one way or another, because I've been through really hard stuff before. And all the people who are caregivers, you've been through hard times.

So I'd say, give yourself credit for all that earlier learning and all that hard-earned wisdom and strength and tell yourself you're doing a great job, in a really, really difficult situation. Validate and encourage yourself.

[00:26:45] Michelle Jobin: Pandemic aside, would you apply the same sort of thinking and advice to, you know, just looking at how a child's mental health might be affected by this new element of caregiving that's in the family.

Do you think that there's anything in particular you would say, or to watch out for?

[00:27:07] Ann Douglas: I think just to really know if, if what you're seeing is not “normal” for your child. Like if a child who's normally really outgoing, retreats and just wants to hang out in their bedroom and they seem sullen or angry, you want to, you know, open the dialogue and find out what's going on with that child.

And you know, just, sort of just, I think just give them the message that no emotion or no, no feelings are off limits that if you're feeling grumpy, because they're, you know, something about your life has changed, we want to know that. And it doesn't mean we can magically troubleshoot everything, but you at least want to be able to say it makes sense that you're feeling disappointed because now this thing that you were looking forward to has had to change in some way, and also, let's be creative. Let's brainstorm the possibilities together. Like, maybe we could do this thing, but on a different day that doesn't conflict with, you know, your family members' medical appointments.

[00:28:02] Michelle Jobin: Do you think that you would advise people to check in regularly with your children on, on this status of caregiving or how they're feeling about this element of their lives that, you know, perhaps you are the caregiver, but it does affect the child and it affects the family as a whole.

Would you suggest that we kind of check in with kids really regularly on this.

[00:28:23] Ann Douglas: I think it's a great idea. And I think to do so in an open-ended way. I mean, it's just like when you're, you're talking about like first day of school worries. If you say did everything go okay at school today? Did anything awful happen?

You know, you're framing the conversation in a particular way. So I think just like, you know, how's it going? I noticed that you spent a lot of time doing a craft with grandma or whoever, and it looked like you were both really having fun, in fact, I heard a lot of giggles when I was in the kitchen. So what was that like?

And sort of, you know, saying, getting them to say, you know, yeah, it was really fun. You know, she told me some stories about what life was like when she was growing up and then your child might tear up and you can just sit there and pause and say what? Well, I'm worried about grandma. And then you can talk through those feelings as well, because caregiving is like an emotional cocktail, isn't it?

And it doesn't matter what age you are, like just worrying about that person and loving that person. It's like the flip side of that relationship where you care so deeply, and that makes you sometimes worry so much.

[00:29:26] Michelle Jobin: I think we perhaps touched on this a little bit, but is there ever a time we should begin to include our children in caregiving responsibilities?

We talked about things that are age-appropriate in different ways, but do you think we should sort of keep that completely separate with our relationship from our children? Or is this a case by case in age-appropriate?

[00:29:45] Ann Douglas: Yeah, I think it's probably very much an individual situation because you might have a child who's naturally nurturing and caring and they love doing things.

Like I had one sister who used to love to rub people's feet when they were in the hospital. Wouldn't have been my go-to thing, but, you know, she takes a lot of pleasure in sort of providing that physical comfort to people. So it felt natural for her to do that for one of our grandmas when she was in the hospital.

Whereas with me, I love to share things I'm learning. So I would be standing there saying, oh, I heard this really interesting story on the news, or I read this in the paper. And so, you know, not everybody has to gravitate into the same group and we all have days when we're feeling, you know, grumpy or exhausted.

And so you don't have to be your best caregiving, junior self all the time. You could just sort of like, you know, dip into that role when it feels right. And I think the big thing, as, as we've talked about before, it's just making sure that you're not asking a child to carry responsibilities that are beyond their ability or their interests because you know, childhood is a limited time offer and it's, you know, it's something we want them to be able to take advantage of.

[00:30:52] Michelle Jobin: You've had so much great advice today for our caregivers, and I appreciate that so much. And I'm sure a lot of people would like to be able to perhaps read or hear more of the work that you do. Where can we find you?

[00:31:04] Ann Douglas: Probably the best place to go would be www.anndouglas.ca and that's sort of like a launching pad to all the social things and, you know, sort of, I guess like a little list of my books and you know, that kind of thing.

So I guess if you wanted to meet me online somewhere, that would be the place to go.

[00:31:23] Michelle Jobin: Wonderful. Ann, thank you so much for being here to chat with us.

[00:31:26] Ann Douglas: Thank you, Michelle. It was a really warm and wonderful conversation. Thank you.

[00:31:31] Michelle Jobin: A pleasure for me as well. Thank you.

Thanks so much for listening. We hope you enjoyed this episode.

You can access more details about support services on our website, Ontariocaregiver.ca. Until next time I'm Michelle Jobin and you have been listening to the Caregivers Podcast. We hope you have a wonderful day.