



## How Caregivers Can Manage Debt and Stay Financially Well

Being a caregiver for a loved one is a meaningful and often selfless responsibility – but it can also come with emotional, physical, and financial strain. If you're one of the many Canadians who are balancing caregiving duties with your own personal financial obligations, managing your debt may feel like just another overwhelming task on your plate. But taking small, consistent steps can make a big difference.

The *Credit Counselling Society's* page, **How Caregivers Can Manage Debt and Stay Financially Well**, provides tips designed to help caregivers find practical, sustainable ways to manage their own debt without compromising the care they provide – or their own financial future:

- Balancing Caregiving Costs and Debt
- Creating a Sustainable Financial Plan for Caregivers
- Seeking Support and Financial Resources for Caregivers