BALUCHON

L'ENTRAIDE NUMBER 44

NOVEMBER 2026

1 RECOGNIZING THE VALUE OF BALUCHON'S SERVICES

A Potential Rate Adjustment Is on the Table

We've always known how much family caregivers appreciate our services, but this year, for the first time, we asked them how much they believe those services are worth. The results were clear: families are willing to pay more for our services, which have remained priced at just $15 for 24 hours of respite care since 2008.

Meanwhile, inflation has driven up operating costs, placing an increasingly heavy financial burden on the Baluchon Long-term Respite Care Foundation. In just a few years, the Foundation's share of the cost of each day of respite care has risen from 10% to 26%.

$15
for 24 hours of respite care, a rate unchanged since 2008

26%
of each day of respite care is covered by the Foundation, up from 10% a few years ago

$50
per day: what families say they would be willing to pay, on average

1 in 3
cases prepared by our clinical team never result in respite care

On average, families indicated that they would be willing to pay up to $50 per day of respite care. They also expressed openness to additional fees, particularly to reduce unjustified cancellations. Indeed, one in three cases that our clinical team spends hours preparing never results in respite care being provided. While some cancellations are understandable, such as when a care recipient moves into a residential care facility, others are less justifiable. The consequences are significant:

- Wasted days that could have been offered to families waiting for our services
- A loss of 70% of the respite worker's salary
- More than 30% of costs not covered by subsidies (net deficit) for Baluchon's finances

It is worth noting that Baluchon, an independent nonprofit organization, ended its most recent fiscal year with a deficit of $176,000.

Regional representatives of Santé Québec and the ministère de la Santé et des Services sociaux (MSSS) were also consulted. They recognize that public funding is limited and that families currently contribute less toward the cost of Baluchon's services than they do for other forms of in-home care.

Maintaining a Service That is Accessible to All

Baluchon remains committed to ensuring that its services are accessible to all. With this in mind, we are planning a modest fee increase, well below the $50 per day that families indicated they would be willing to pay. The increase will be phased in over three years, with accommodations continuing to be available for families with limited financial means. The new rates will take effect on May 1, 2027. In the meantime, we will communicate the changes directly to the families who use our services. Our goal remains unchanged: to be there for caregivers today and for years to come.

To learn more: You can obtain the survey results by contacting us at info@baluchonrepit.com.

SUPPORT BALUCHON FINANCIALLY

Cancellations: If you need to cancel a respite care session (baluchonnage) due to illness or because your loved one is moving into a care facility, please let Baluchon know as soon as possible. This gives us a chance to offer those days to another family while minimizing the impact on our respite care workers and finances.

You can also support the Foundation by **making a donation** online or using the donation form on page 4.

2 CAREGIVER PROFILE

Laura, 17 Years of Connections and Memories



Laura, a Baluchon respite care worker for 17 years

For the past 17 years, Laura has been supporting families as a Baluchon respite care worker. Before joining Baluchon Long-term Respite Care, she worked as a pharmacy technician and had also gained experience working in seniors' residences. She first heard about Baluchon almost by chance, through a personal recommendation. At the time, she didn't yet speak French, but her experience, genuine interest in people and natural ability to connect with others quickly impressed the team and earned their trust.

Over the years, Laura has cared for people from all walks of life, each with their own needs, routines and circumstances. She has learned to adapt to each family's way of doing things, always without judgment. For Laura, what matters most is respecting people's daily routines, whether that means preparing a favourite recipe, going for a walk or enjoying a song together.

One of her fondest memories is of a woman who asked her to read the Bible aloud in French every day. At the time, Laura was still finding her footing with the language, but the experience helped her forge a meaningful connection with the woman, one she remembers fondly to this day. She also recalls her very first respite care assignment, which went exceptionally well. She even took the person she was caring for to the casino! It's a memory that perfectly illustrates how no two respite care experiences are ever quite the same.

As a mother of one child and a caregiver to her own mother, Laura fully understands the importance of supporting families. She particularly appreciates the independence her work offers her, as well as the interactions that help her stay active and young at heart.

Goodbyes can be emotional moments, especially when a bond has been formed. Laura cherishes the memories of the people she has cared for and takes great pride in knowing that she was able to provide respite for families and help break their isolation.

For Laura, being a respite care worker also means enjoying life on the move, discovering new places and embracing a bit of a free-spirited lifestyle. Seventeen years later, she still loves what she does, especially because it allows her to do what she enjoys most: caring for others.

3 COULD YOU BE OUR NEXT RESPITE CARE WORKER?

Flexible schedule | **A high degree of independence** | **Meaningful relationships with families** | **Comprehensive training**

This January, Baluchon will launch a new recruitment drive to expand its team of respite care workers. Being a Baluchon respite care worker means enjoying a flexible schedule, a high degree of independence and, above all, the opportunity to build meaningful relationships with the people and families you support. It's a role that comes with considerable responsibility, but also tremendous rewards.

Providing Baluchon respite care is unlike any other job. It requires being fully present, both physically and mentally, for several days at a time. Adaptability is essential, as respite care workers must be able to step into someone's daily life without trying to change their routines or way of doing things. No two assignments are alike. Each person has their own needs, pace of life, and physical and cognitive abilities, and respite care workers must be able to adjust accordingly while maintaining a calm, positive presence.

Above all, we're looking for people with a natural desire to help others, who enjoy connecting with people and genuinely care about their well-being. We're looking for individuals who can quickly build trust, exercise sound judgment and recognize someone's needs, even when those needs go unspoken. People with backgrounds in hospitality, hairstyling or customer service, for example, often have qualities that make them well suited to the role. Former family caregivers are also warmly encouraged to apply.

Baluchon provides comprehensive training to help new team members build the practical skills they need to complement their natural compassion and interpersonal abilities.

Becoming a Baluchon respite care worker is, above all, an opportunity to enjoy a deeply rewarding experience while making a real difference in the lives of families. Our next recruitment drive begins in January, and we look forward to meeting new people interested in joining our team! More information will be available on our website soon.

Know someone who would be a perfect fit? Someone caring, attentive and always ready to lend a hand? We'd love for you to tell them about us!

4 YOUNG PEOPLE AND CAREGIVING: TWO OVERLOOKED REALITIES

We recently took a closer look at the role young people play in the context of family caregiving. Since 2023, our team has noticed a sharp increase in requests for respite care from parents with a minor child or young adult living with, among other things, an autism spectrum disorder, an intellectual disability, a physical disability, or complex needs. This demand drives us to help these families and adapt our services to their growing needs.

20%
of people receiving care in Quebec are under 35

6%
of Baluchon's current clients are under 35

13%
of family caregivers are between 15 and 29

21%
of these young people often or always feel lonely

In Quebec, 20% of people receiving care are under the age of 35, yet this age group accounts for just 6% of Baluchon's current clients. This gap doesn't mean the need for support is any less pressing. Rather, it points to barriers in accessing our services, largely due to a lack of funding to meet the demand.

Young people are also on the other side of the caregiving relationship. In Quebec, 13% of family caregivers are between the ages of 15 and 29. Of these, 21% say they often or always feel lonely, highlighting how the impact of caregiving can extend well beyond the responsibilities of everyday life.

At Baluchon, supporting a young person or family often means making a difference in the lives of everyone around them. Respite care can provide much-needed relief not only to the person receiving care, but also to their parents, siblings and the young family caregivers who support them.

As the need for these services continues to grow, we want to expand access to respite care for people under 35 and their families. To make this possible, we are currently seeking major funding partners who share our commitment to supporting young people and their loved ones.

Source: La proche aidance au Québec: Institut de la statistique du Québec



Carolanne (bottom right) is a family caregiver who lives with her grandparents, both of whom have Alzheimer's disease, and her two children, one of whom has cystic fibrosis. Thanks to Baluchon, she can take her children camping. It's respite care that makes a difference across four generations.

5 THANK YOU TO OUR DONORS

To each and every one of you, thank you for your incredible generosity and support.

We extend our heartfelt thanks to the 325 individual donors who contributed a combined $85,000 to our Foundation between September 2025 and September 2026. Donations ranged from $10 to $5,000, and every gift, no matter the size, made a difference. Every dollar donated goes directly toward providing much-needed respite care.



325

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$10 to $5,000

gifts of every size, all appreciated

The real cost of one day of baluchonnage averages **$750**, and it is **thanks to your donations** that we can maintain such a quality of service and offer families respite at an affordable price.

FONDATION BALUCHON
Répit long terme à domicile

1 I WISH TO MAKE A DONATION:

Monthly donation:

☐ $10/month ☐ $20/month ☐ $50/month ☐ Other _____

One-time donation:

☐ $25 ☐ $50 ☐ $100 ☐ $200 ☐ Other _____

Name: First name: Telephone:

Email: Address:

City: Province: Postal code:

I wish for my donation to remain anonymous ☐ Yes ☐ No

I would like to receive L'Entraide by email ☐ Yes ☐ No

2 I WISH TO BECOME A MEMBER:

☐ ($20 membership fee)

Payment method: ☐ Cheque ☐ Visa ☐ Mastercard

Cardholder name:

Card no.: **** ****

Exp. date: Security code (3 digits):

Please send your donation to Fondation Baluchon Répit long terme at 10138, rue Lajeunesse, bureau 200, Montréal (Québec) H3L 2E2

A tax receipt will be issued for donations of $20 or more. Charity registration number: 854604758 RR0001

Thanks to each and every one of you for continuing to give life to Baluchon Répit long terme and, by extension, to the families we have been supporting for 27 years!