

# Programs to Develop Resilient Caregivers

Covenant Health Research Day

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# Faculty/Presenter Disclosure

- **Faculty/Presenter:** Debra Paches BScN, RN, GNCC
- **Relationships with commercial interests:**  
Not applicable



# Alberta Caregivers Association

We are a charity that supports anyone caring for a family member or friend living with challenges owing to illness, disability or old age.

# Overview of Presentation

Caregiving as an Issue

Developing the  
Programs/Resources

ACGA Supports



# Who is a Caregiver?

People who CARE have many names:

Grandfather Inlaws Family Daughter  
CareGiver Partner Niece  
Neighbor Sister Husband Son Friend CareTeam  
Father Wife Coworker Sibling Mother  
Uncle Caret Aunt CarePartner  
Grandmother

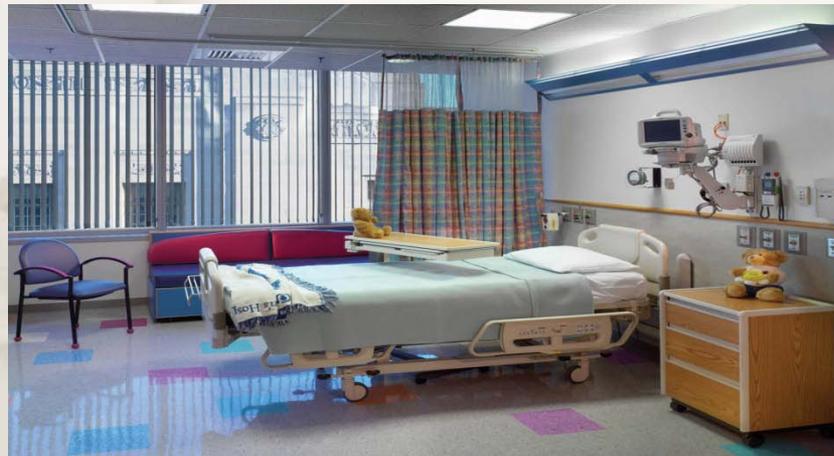


# Canadian Caregivers



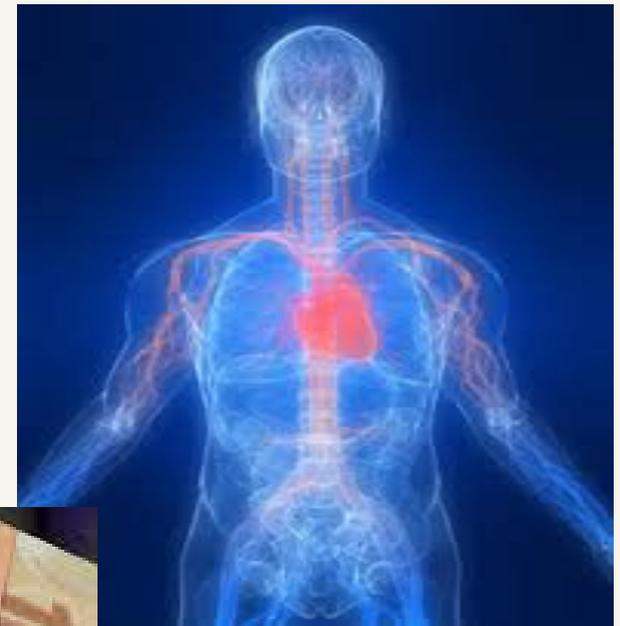
# Caregiving is a Timely Issue

- The population is aging
- Medical advances are allowing more people to live, and live longer, with illnesses and disability
- Moving away from institutional care



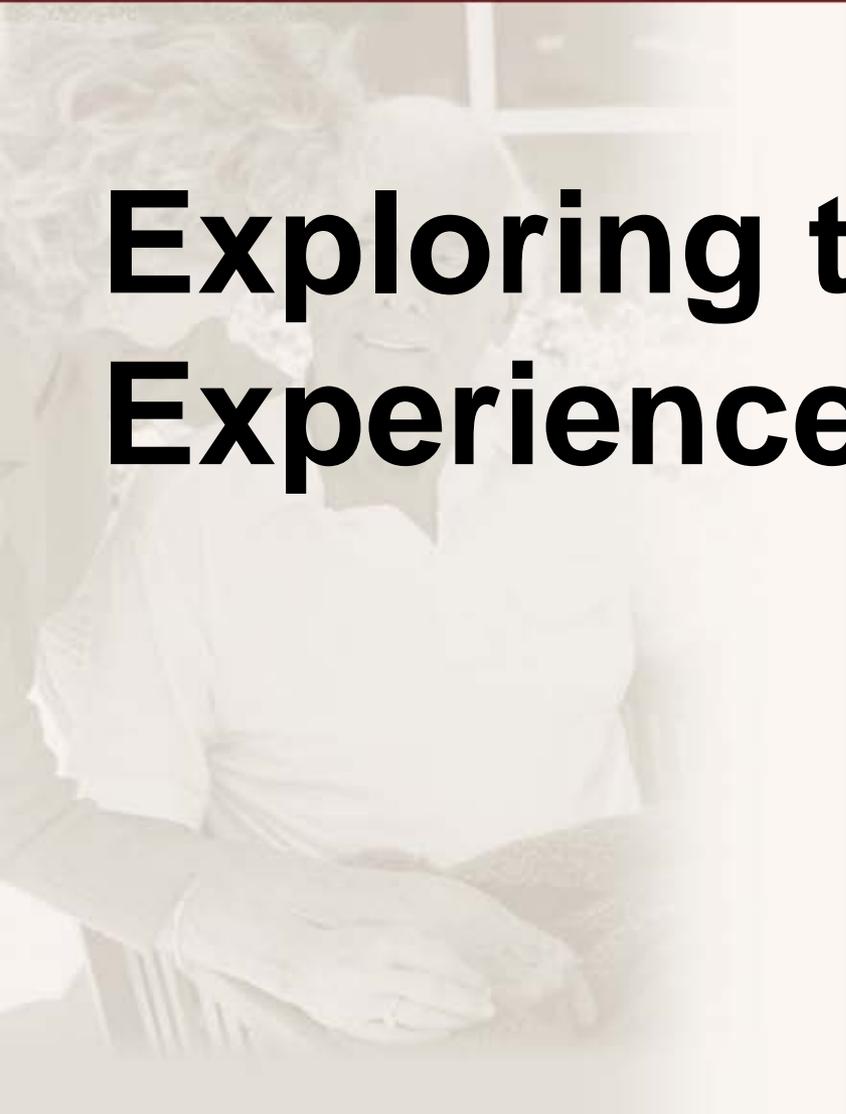


# Impact on Caregivers





# Exploring the Caregiver Experience



*A Family  
Caregiver*



# **Shining a Light on Family Caregivers' Issues, Strengths and Needs**

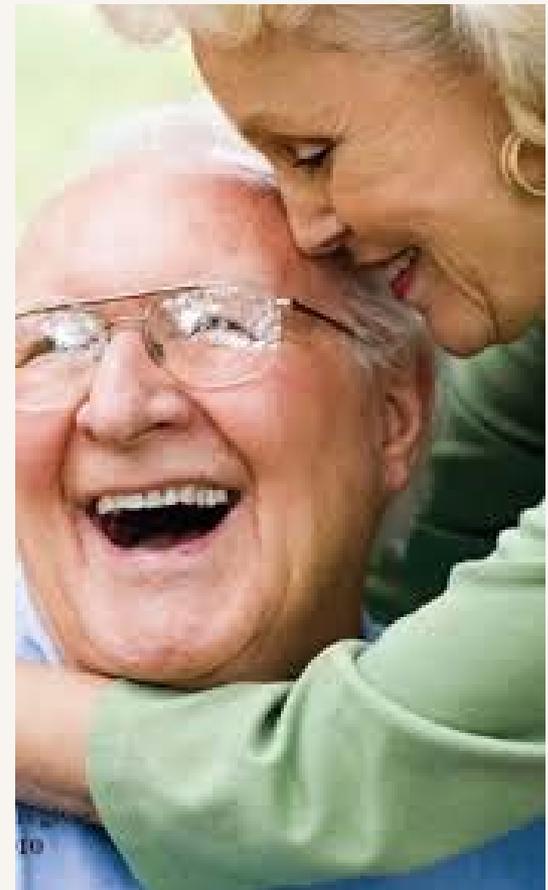
[www.AlbertaCaregivers.org](http://www.AlbertaCaregivers.org)



# 2010 - Yours, Mine and Ours

- Policy makers
- Health care delivery system
- Practitioners
- Care organizations
- Service delivery providers

[www.albertacaregivers.org](http://www.albertacaregivers.org)





Alberta  
Caregivers  
Association  
*Caring for Caregivers*

A faded, light-colored background image showing a caregiver, possibly a woman with short blonde hair, sitting and holding the hand of an elderly person with white hair. They are both smiling, suggesting a caring and supportive interaction.

# Supports through Alberta Caregivers Association



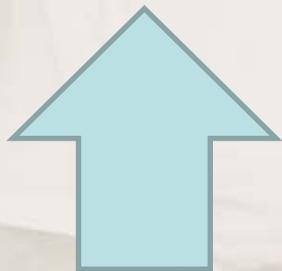
Feeling  
Isolated

Knowledge  
of  
Resources

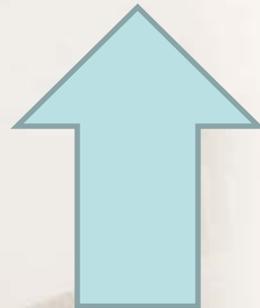
Handle  
the  
Unexpected

Manage  
own  
Health/Affairs

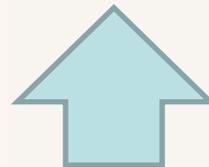
Take more  
time for  
Self



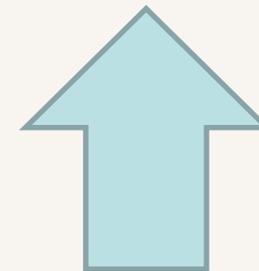
**<25%**



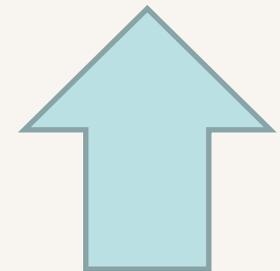
**30%**



**16%**



**26%**



**26%**

Improvements noted in surveys done at Modules One and Eight



# Caregiver Supports

**Caregiver Advisor** (2014) 211 clients  
(2015) 341 clients

**Caregiver Information Sessions**





# Professional

## Caregiver Navigator

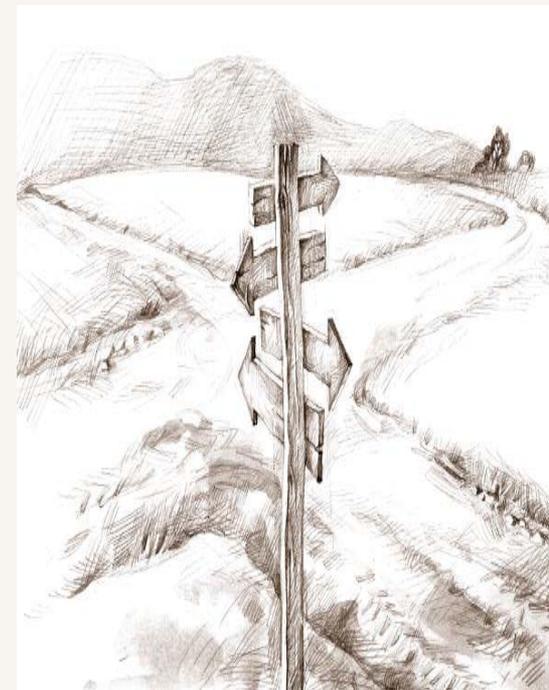
(2014) 6 workshops = 64 participants

(2015) 15 workshops = 107 participants

## Caregiver Support Team

(2014) 29 members

(2015) 46 members





# ACGA is reaching out....





# Resources

Alberta Caregivers Association

[www.AlbertaCaregivers.org](http://www.AlbertaCaregivers.org)

Caregiver Toolkit

<http://caregivertoolkit.ca/>



***“If Canada’s health-care system were a plant, family caregivers would be its roots – fragile, vital and invisible.”***

**Silver Donald Cameron, 2003**





Thank you for this opportunity to present to you today.

Are there any questions?

