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Alberta Caregivers Association – Abstract submission for 11th Annual Covenant Health Research Day

This is a request for an Oral Presentation (15-30 minutes)

Title: Alberta Caregivers Association – Programs to develop resilient caregivers.

Presenter: Debra Paches, BScN, RN, GNCC
Caregiver Navigator Coordinator, Alberta Caregivers Association

Abstract:

In today's healthcare system, emphasis has turned to "community based care" and "aging in place". In order to make this work, more attention needs to be directed to the well-being of the family caregivers, to prevent increasing numbers of caregivers succumbing to health issues and burnout. The Alberta Caregivers Association (ACGA) strives to create resilient caregivers and care providers, through supports, resources and education – empowering them to find a balance between caring for their loved ones and caring for themselves.

The ACGA conducted two research projects – Shining a Light (2003) and Yours, Mine and Ours (2010), to determine the needs/issues facing caregivers and what resources/supports were needed to assist caregivers in their journey. Based on the research findings, the Alberta Caregivers Association created several programs for both caregivers and healthcare providers.

COMPASS – a program for caregivers – facilitated by a caregiver or professional aimed at gaining an understanding of the journey and how to make it less difficult.

Navigator – a workshop for health providers to learn about the caregivers experience, identify/assess caregiver needs, support self-care attitudes and practices and assist in connecting to resources.

Information Sessions – presented regularly with timely topics to educate and provide resource information for caregivers.

The ACGA started these programs in the Edmonton area and through funding grants – we are now making these programs available throughout the province. Our goal is to support and educate caregivers and thereby protect them from acute stress, give them the ability to recover from stress and a capacity for growth during their caregiver journey.

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