

## Abstract Submission- POSTER PRESENTATION

**Title:**

**A Framework to Assist Family Caregivers in Acute Care**

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**Summary:**

Individuals often find themselves taking on a caregiver role when a family member or friend suffers a health related issue such as breaking a hip. They are rarely prepared to take on this role and may experience stress and negative health consequences as a result. This, in turn, can contribute to poor patient rehabilitation outcomes and/or impact home care.

The "Timing It Right" framework, developed by Cameron and colleagues (2008), uses four steps to give caregivers a better understanding of the issues they will be experiencing as their friend or family member transitions from acute care to home. The framework helps caregivers become better informed about their role and more active partners in care.

**Purpose:**

We will present the "Timing It Right" framework and its related literature.

**Methods:**

A systematic review of the literature was completed to identify any source material that examined the onset of the caregiver role. Twenty-one articles were identified and findings were integrated into the "Timing It Right" framework.

**Results:**

The framework has 4 phases. (1) The Onset Phase (Following an acute health event or patient diagnosis). During this phase, the caregivers feel anxiety and concern over the immediate survival of the patient. (2) The Stabilization Phase (Once the patient's health condition has improved). During the phase, caregivers experience relief, but may not yet realize how their friend or family members' health issue will impact their lives once the patient returns home. (3) The Preparation Phase (As discharge approaches). In this phase, caregivers spend most of their time in the acute care setting, placing other demands and responsibilities on hold. (4) The Implementation Phase (Patient returns home). In this phase, caregivers and patients adapt to life at home.

**Conclusion:**

Caregivers face many challenges as they take on the caregiver role. The challenges stated above are not exhaustive, but provide a framework that healthcare providers can use to support caregivers as they transition from acute care to home.