

# Supporting Caregivers of Older Adults: The Caregiver Toolkit

Penny MacCourt for CDRAKE & ASC  
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# Project Objectives

- ① Increased cross/inter-sectoral capacity to address caregiver needs across Canada (Project Network)
- ② Service providers will provide evidence-informed support to caregivers (Service Provider Resource Guide)
- ③ Policies and programs that affect caregivers of seniors directly or indirectly will support them (Caregiver Policy Lens)
- ④ Project products are widely disseminated and adopted

# Develop Network

- National, multi-sectoral and multidisciplinary
- Linking:
  - Caregiver, seniors', advocacy and service provider organizations
  - Government planners & policy makers
  - Healthcare educators and
  - Research centres whose work affects caregivers
- Bring together diverse knowledge, skills and perspectives related to addressing the needs of caregivers
- Facilitate knowledge exchange, collaborations and project promotion and dissemination

# Caregiver Toolkit

- [www.caregivertoolkit.ca](http://www.caregivertoolkit.ca)
- Service Provider Resource Guide
- Caregiver Policy Lens

# [www.caregivertoolkit.ca](http://www.caregivertoolkit.ca)

- One stop shop for those providing services to, or planning programs/policies for, caregivers of older adults
- Supports primary resources (Service Provider Resource Guide and Caregiver Policy Lens) by linking to educative and supplementary resources
- Section on key national & provincial resources for caregivers

# Service Provider Resource Guide

- Informed by targeted literature review, survey and 4 regional stakeholder workshops
- Contents:
  - Info about challenges caregivers experience
  - Info, tips & resources about issues arising in case management
  - Review of tools to assess caregivers personal and referral needs
  - Evidence-based interventions in caregiver support
  - consider in case management
- Being evaluated by service in a variety of settings and locations

# Content

- Development
- Assessment (articles, tools and references)
- Interventions (factors influencing outcomes, program examples)
- Issues in Case Management (CG-care recipient; CG-service provider; systemic tensions & service providers; transitions, crises & difficult conversations; difficult emotions an caregiving; inclusion and diversity; legal & ethical issues; stress & self-care).

# Caregiver Policy Lens

- Analytical framework to assess planned and current programs and policies from the perspective of caregivers
- Can identify any unintended negative effects of policies and programs on caregivers
- Provides a common framework for both the development and critique of program and policies
- Process and outcome tool; advocacy tool
- Informed by literature and key informant interviews
- Being field tested at 8 sites in 3 regions of Canada
- Being evaluated by diverse planners & policy makers



# Content

- Rationale
- Development
- Benefits
- The CG Policy Lens
- [http://caregivertoolkit.ca/?page\\_id=44](http://caregivertoolkit.ca/?page_id=44)
- Underpinning values and principles

# Links and Resources

- Respite
- Case Management
- Educational
- Mental Health
- Economic Security
- Diversity/Marginalization
- Cultural Competence
- Neglect and AbuseN
- Aboriginal
- Communicating with Caregivers
- Planning Workshops for Caregivers
- Self-Care

# How Can I Get Involved?

- Contribute relevant resource materials/links to website
- Field test the Caregiver Policy Lens
- Review the Service Provider Resource Guide
- Share your innovative practices, programs
- Become a member of our network and receive:
  - Regular communications about the project

# Project Steering Committee

Alzheimer Society of Canada

Canadian Mental Health Association

Canadian Pensioners Concerned Inc.

Canadian Caregiver Coalition

Manitoba Network of Psychogeriatric Program Specialists

Nova Scotia Centre on Aging, Mount St. Vincent University

University of Northern British Columbia

University of Victoria Centre on Aging

Vancouver Island Health Authority

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For more information,  
please contact:

Penny MacCourt, M.S.W., Ph.D.

[PennyMacCourt@shaw.ca](mailto:PennyMacCourt@shaw.ca)

Phone: (250) 756-2129