Alberta Association on Gerontology

Webinar | January | 2023

Supporting Alberta's Caregivers Valuing Their Care

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Caregivers Alberta | CARING FOR CAREGIVERS

Who are Alberta's caregivers?

Who cares?

Parents of children with disabilities

Adult children of seniors

Spouses of someone with a disease, illness or disability

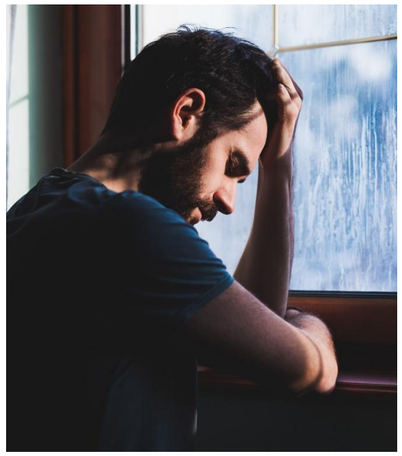
Friends, neighbours and family of a person needing care

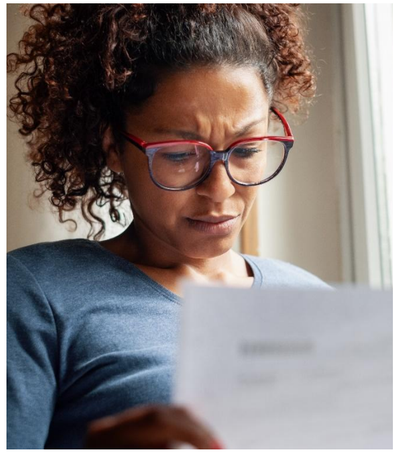
SECTION TWO

The true costs of caregiving

Caregiver burnout

Health impact





Higher risk of depression, anxiety and stress

39% feel overwhelmed

42% feel short-tempered or irritable

28% feel somewhat or very stressed

26% report that their health has suffered

Research on Aging, Policies & Practice
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Financial impact

51% miss days of paid work – missing on average 6.5 days per year, unpaid.

18% experience financial hardship **putting their current and future financial security at risk.**

85% who experience financial hardship use or defer savings **to pay for extra costs.**

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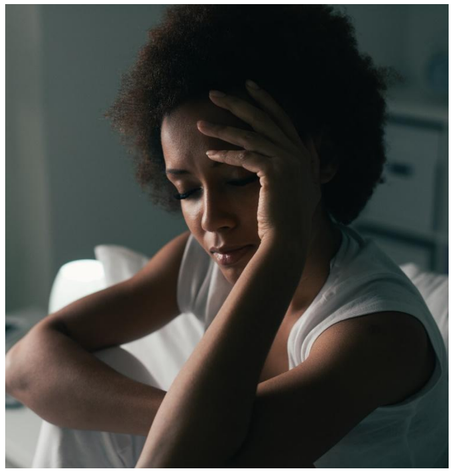
Physical challenges



- Lack of sleep
- Extra chores
- Heavy lifting
- Stress-related illnesses
- Compromised immune system

Valuing the caregiver

Caregivers Alberta and beyond

Strategic Directions

Support caregivers through the development and delivery of programs and services that address caregivers' needs.

Develop partnership and collaborate with NPO, gov't agencies and private sector to facilitate access to caregiver supports services.

Influence public policy to ensure health and social systems recognize, include, and support caregivers.

Develop the organizational and leadership capacity to effectively advocate for and advance the needs of caregivers.

Our programs and services

Support line

Caregiver coaching

Education sessions

Caregiver Support Community

COMPASS for the Caregiver

Policy advocacy

CAREGIVERS

1 in 2

Report being fatigued

Caregiver coaching

ONE-ON-ONE SUPPORT

- Free caregiver coaching
- Social work and psychology backgrounds
- One-to-one listening ear
- Help navigating the system
- Referral to resources and support
- Empowerment towards self-care and caregiver burnout prevention

780.453.5088
1.877.453.5088 (toll-free)

support@caregiversalberta.ca

Caregiver Support Community

FACILITATED PEER SUPPORT

Weekly small-group sessions

Connect with other caregivers to give and receive support

Tools and strategies to manage the ups and downs of caregiving

COMPASS for the Caregiver

SUPPORTIVE FOUR-WEEK WORKSHOP

BEING A CAREGIVER

Caregiving can be stressful, isolating, and have a negative impact on your physical and mental health. Understand your role as a caregiver and assess your strengths, challenges and overall sense of self.

BALANCING RELATIONSHIPS

Improve your communication skills to identify what you need, ask for help, and share the care. The hardest lesson as a caregiver is to regain your identity as a whole person by taking care of yourself first.

MANAGING YOUR STRESS

Learn how stress can lead to burnout and what you can do to prevent or recover from burnout. We'll explore how to shift our mindset and seek balance in caregiving.

NAVIGATING THE SYSTEM

Increase your confidence in accessing services, reflect on your caregiving journey, and plan for the future to avoid the stress associated with uncertainty.

What can YOU do for caregivers?

REFER THEM TO US

Help us build referral pathways using Caregivers Alberta referral form:

https://www.caregiversalberta.ca/get-involved/refer-a-caregiver/

CAREGIVING IMPACTS US ALL

There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need a caregiver.

- Rosalyn Carter

Let's stay connected

CONTACT US

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