



Caregiving: Past and Future Supports in Alberta

Panel on Caregiving
Institute for Continuing Care Education and Research

October 1, 2015

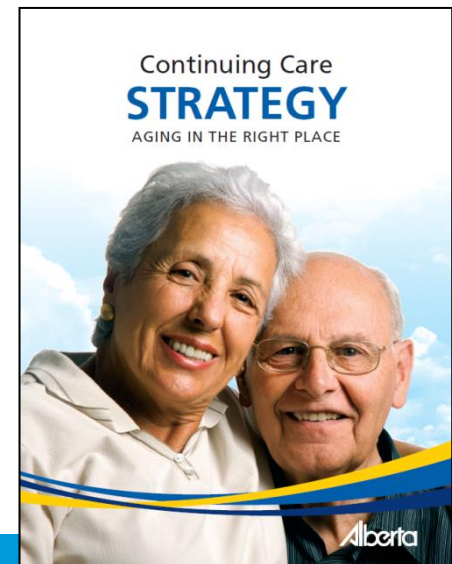
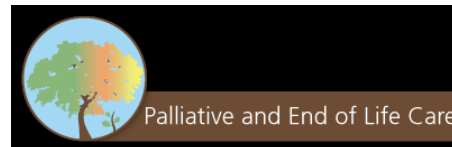
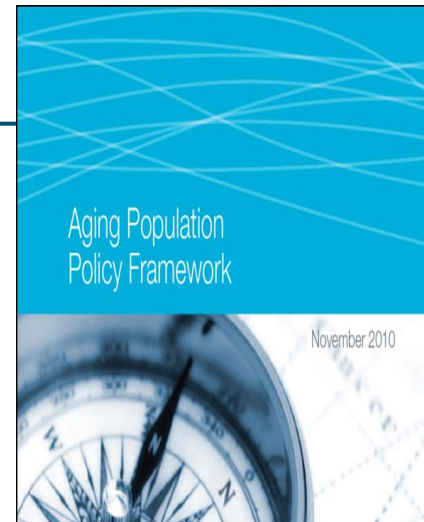
Laura Forsyth, Alberta Seniors

Supporting the health and well-being of caregivers

- Aging Population Policy Framework
- Continuing Care Strategy: Aging in the Right Place
- Palliative and End of Life Care Framework (AHS)

In Development ...

- Alberta Dementia Strategy and Action Plan
- Alberta Home and Community Care Program: Directional Policy
- Continuing Care Strategy and Action Plan
- Mental Health Review
- AHS Caregiver Strategy



Caregiver Supports Alberta Health Services

- Family Caregiver Centre
- Home Care Program
- Adult Day Programs
- Caregiver Support and Enhanced Respite demonstration project
- Self-managed Care Program
- HealthLink
- Dementia Link
- Destination Home
 - Caregiver College
 - Dementia Care Team provides Caregiver Supports



Other Government Initiatives

- Service Provider Guide to Understanding the Impact of Caregiving
- Special Needs Assistance for Seniors
- Compassionate Care Leave
- Federal/Provincial/Territorial Initiatives
 - Jurisdictional scan of supports for older employed caregivers (2013)
 - HSPA Pre-conference event – panel discussion on older workers and caregiving (January 2014)
 - Work and Care Webinars – for employers and caregivers (Sept 2014)
 - Caregiver Readiness – development of resources, including a video, checklist, tip sheet, and promotional kit (current project)
- Health Care Innovation Working Group
 - Supporting Canadians Living With Dementia Forum – Oct 23

Potential Research Questions ...

- What are the unique needs of caregivers from culturally-diverse backgrounds? What are some effective ways of addressing these needs via interventions and policies?
- What are the unique needs of caregivers for diverse diseases, disabilities, and populations? What are effective ways of addressing these needs via interventions and policies?
- What types of interventions foster lower levels of stress and burnout among caregivers? How might these be applied in the Alberta context (particularly rural areas)?
- How do we enhance the capacity of individuals to fulfill their caregiver role while balancing other life demands?

Potential Research Questions ...

- How do we proactively identify and address caregiver stress? What are the long-term impacts (cumulative impacts) of caregiving stress on health, mortality, finances, and family relationships?
- What are the long-term impacts of various caregiving interventions on the well-being, health, and mortality of caregivers? What are the best practices?
- Which financial and employment support approaches can enhance caregiver well-being?
- What is know about the positive impact of informal caregiving on those being cared for – in terms of longevity, quality of life, overall cost to health systems?