



Connecting People & Community for Living Well Partners' Meeting

DATE: December 19, 2023

TIME: 9:30 to 10:30am MDT



WELCOME!
We invite you to write in the chat box
and let us know your...

NAME

LOCATION

ORGANIZATION

We will start shortly

HEALTHY AGING
CORE Collaborative Online
Resources & Education
ALBERTA



AGENDA

- Welcome!
- **Caregivers Alberta**
 - Presenter: [Darrel Gregory](#)
- Resources & FYI's
- Next meeting **January 23, 2024, 9:30-10:30am MT**
 - Featuring a presentation from the [Canadian Red Cross Friendly Calls Program](#)

December 19, 2023

Supporting Caregivers in Community

Presentation to: Connecting People & Community Partners

Darrel Gregory | Executive Director

Johnna Lowther | Director, Programs & Services



Do you identify as a caregiver?

Ask yourself:

- Do you support someone with an illness?
- Do you support someone with a disability?
- Do you support someone who is aging?
- Do you support someone with mental health challenges?
- Do you drive someone to appointments?
- Do you bring someone groceries?

Who are caregivers?



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 ONE

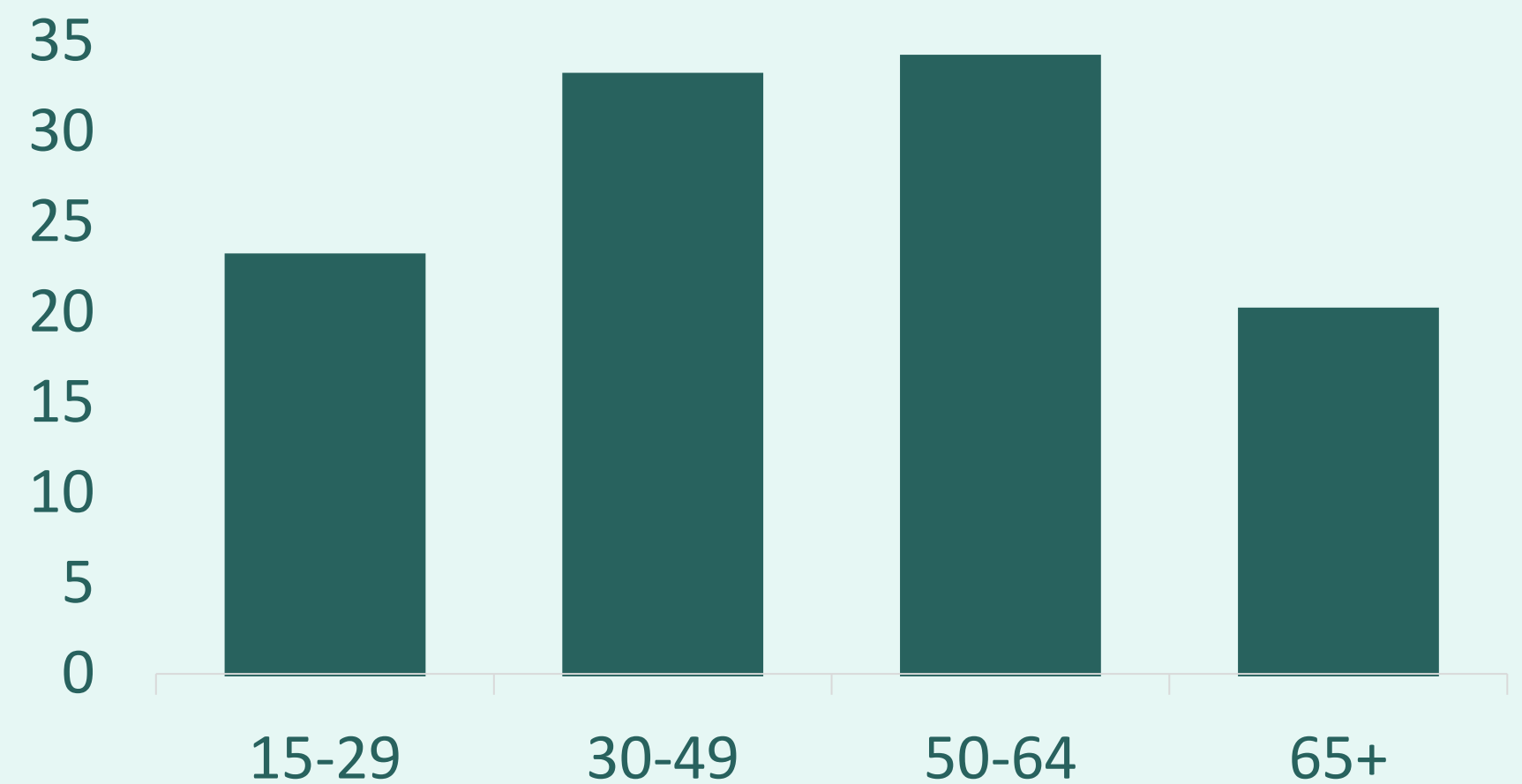
Who are Alberta's caregivers?

Caregivers in Alberta

DEMOGRAPHICS OF CARE

- 50% male, 50% female
- 1 in 2 are working fulltime
- 63% are in their prime earning years
- 1 in 5 are under 30
- 17% are seniors

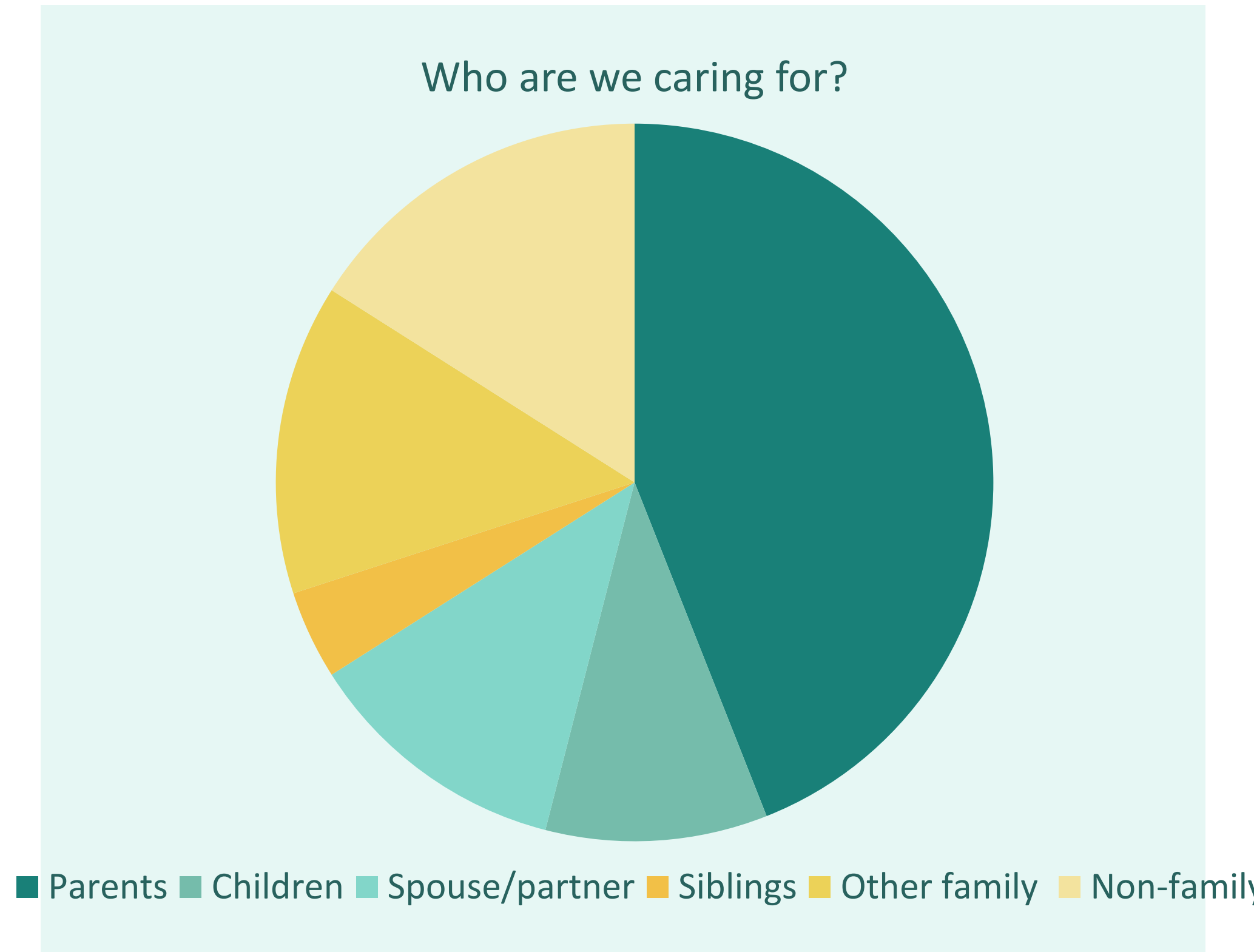
Percentage of caregivers by age group



Caregivers in Alberta

DEMOGRAPHICS OF CARE

- Nearly half are caring for a parent
- 1 in 10 are caring for a child
- 12% are caring for a spouse or partner
- 4% are caring for a sibling
- 16% are not related to their care recipient





Unpaid "informal"
caregivers are providing

80%

of care in community.



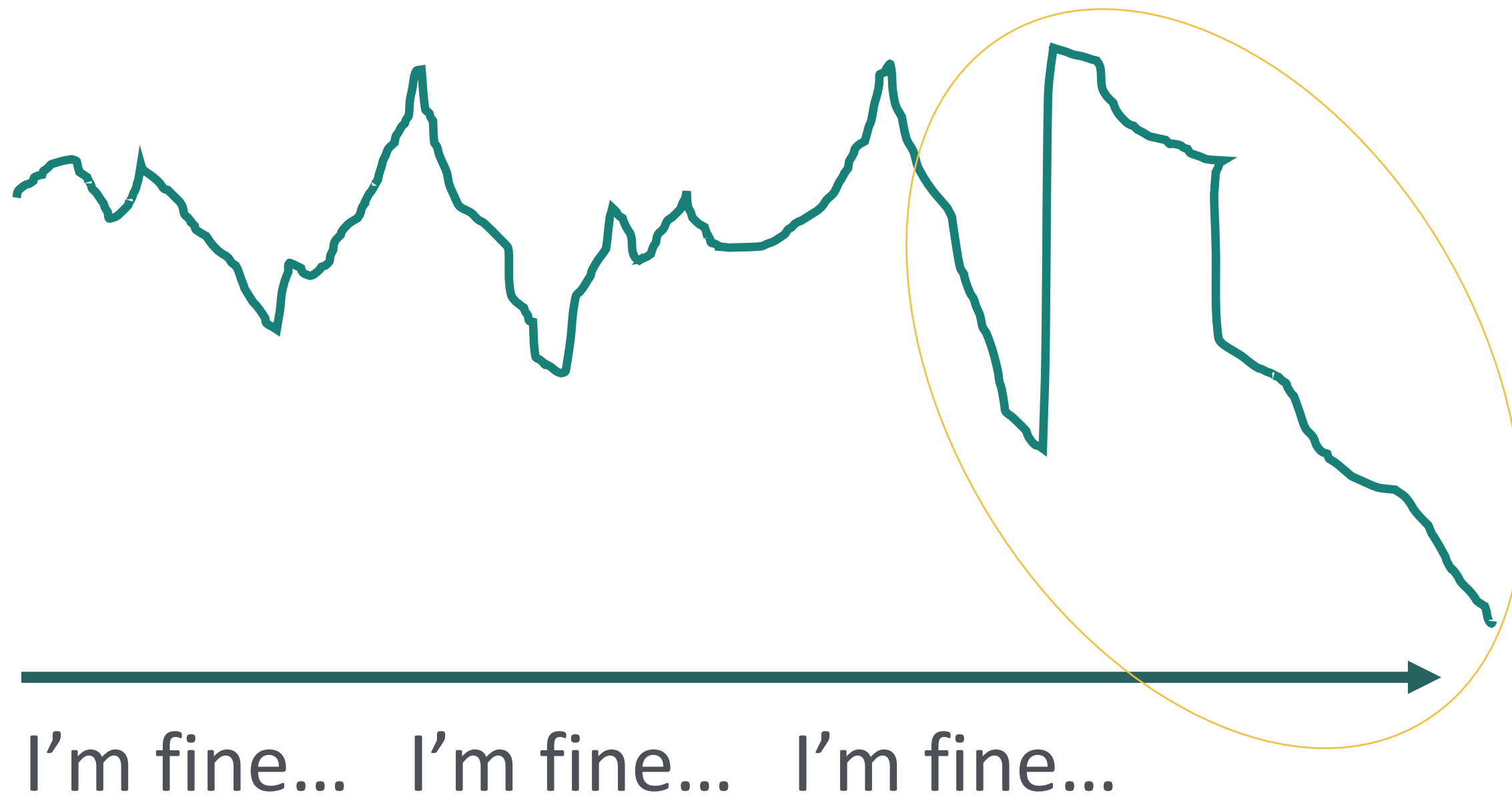
Caregivers and the economy

OVER **1 MILLION**
CAREGIVERS IN ALBERTA

Saving the economy **\$12 billion** a year

Providing **647 million hours of unpaid care** a
year

Caregiver burnout





SECTION TWO

Care for the caregiver

Caregivers Alberta and beyond



Caregivers
Alberta | CARING FOR
CAREGIVERS

MISSION

Caregivers Alberta exists to empower caregivers and promote their wellbeing.

VISION

We envision an Alberta where caregivers are valued, respected and supported.

Overview of programs and services

Support line



Caregiver coaching



Education sessions



Caregiver Support
Community



COMPASS for the
Caregiver



System Navigation



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.

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

Caregiver coaching

ONE-ON-ONE SUPPORT

- Free caregiver coaching
- Social work and psychology backgrounds
- One-one-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





Supporting care in community...

Through agency partnership and collaboration

- Ambassador program
- Work & Care
- Referral pathways



Being an Ambassador for Caregivers Alberta is about connecting people in your community with the supports they need while they are caring for a loved one.

This can happen in many ways



ONE-TO-ONE

- A caregiver who is struggling
- Someone you know or don't
- Sharing our program & contact info



COMMUNITY FACILITIES

- Connecting with onsite staff
- Placing brochures in high-traffic spots
- Arranging presentations for caregivers



SHARING YOUR OWN STORY

- If you've been a caregiver and/or received support from us
- Social media, website, newsletter, etc



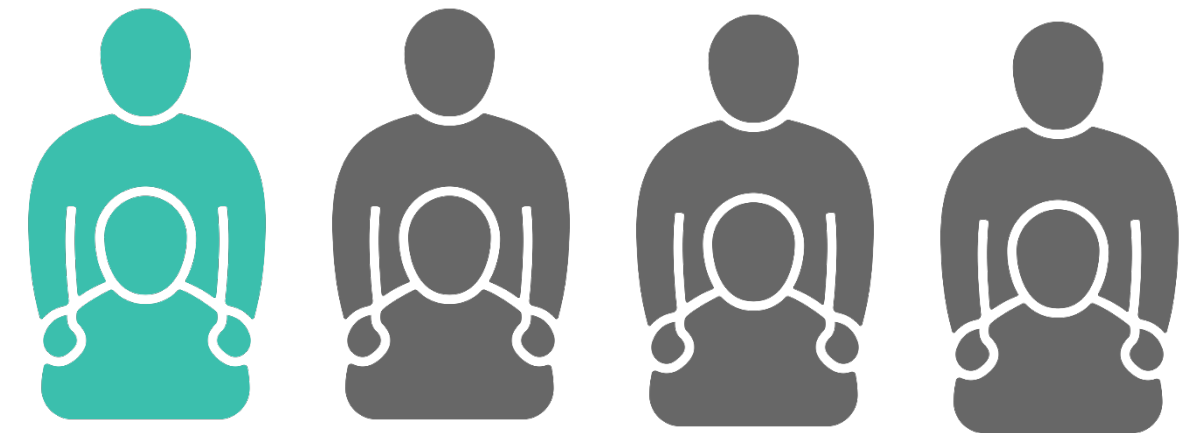
ADVOCACY & NETWORKING

- Background or interest in government
- Share issues that matter to caregivers
- Help us get in front of decision-makers

work & care

creating caregiver-friendly workplaces





1 in 4 people in the Canadian labour force is a caregiver for family and friends



Employed caregivers face reduced job security, reduced work-life balance, and delayed career advancement

Partner with Caregivers Alberta

For more information please contact:

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Work & Care Project Manager

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Ph: 780-453-5088 TF: 1-877-453-5088

Caregiving is a workplace issue

Employees are struggling to balance work and care.
We can help you help them.

- Discover the benefits of caregiver-friendly workplaces: cost savings, employee retention, reduced downtime and improved employee well-being
- Find out how to implement policies and programs that will strengthen your organization and support your employees
- Access training for your managers and supervisors on supporting family caregivers at work and for employees on how to better balance work and care



work & care
creating caregiver-friendly workplaces



What can YOU do for caregivers?

REFER THEM TO US

Establish a referral pathway and partnership to better serve caregivers in your community.

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

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CAREGIVING IMPACTS US ALL

Caregivers Alberta services have been supportive and empowering. I'm not sure what I would do without their support!

- client, coaching services

Let's stay connected

CONTACT US

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support@caregiversalberta.ca



RESOURCES & FYI's




Webinar recordings:

- [Navigating Household Food Insecurity in Primary Care: A Nutrition Guideline](#)
 - Dr. Richard Lewanczuk, Kally Cheung & Shawna McGhan
- [Strengthening Foundations for Patients Facing Household Food Insecurity: Experience of a Primary Care Clinic](#)
 - Kally Cheung, Dr. Joseph Ojedokun, Lacey Smoole & Shawna McGhan

WEBSITE: www.ahs.ca/cpclw

Connecting People & Community for Living Well

Transforming local care and supports to build and sustain wellbeing



Our team works provincially with rural multi-sector community teams to build and sustain the wellbeing of local underserved populations such as seniors impacted by dementia, and others who may benefit from enhanced support within their community.

[At-a-Glance](#) [Model & Resource Bundle](#) [Our Team](#) [Progress to Date](#)

Featured

[Summary of Lessons Learned \(2020-2023\)](#) and [Social Return on Investment Report](#) now available

Highlighting actions at the community, provincial and system level, and value created through the CPCLW project.

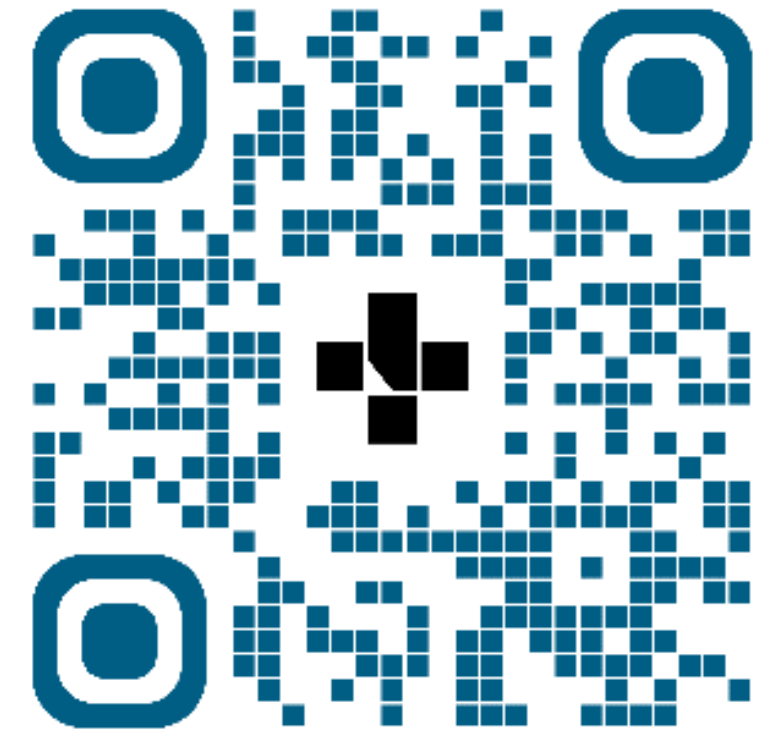
Local Stories & Case Studies

Examples of community partnerships, action and successes across Alberta.

[More >](#)

Evidence of Impact

- [Activities & impact infographic \(2020-2022\)](#)
- [Applied Research Summary, Health Canada Grant \(2023\)](#)
- [CPCLW final evaluation report | Summary \(2023\)](#)
- [Lessons Learned: 2020-2023](#)



- Email us at: cpclw@ahs.ca
- Visit our website at: www.ahs.ca/cpclw
- View our playlist on [Healthy Aging Alberta - YouTube](#)

JOIN US ON HEALTHY AGING CORE ALBERTA

<https://corealberta.ca>

The screenshot displays the website's header and main content area. At the top left is the logo for 'HEALTHY AGING CORE ALBERTA Collaborative Online Resources & Education'. To its right is a dropdown menu set to 'CORE Alberta' and a search bar. Further right are a globe icon, 'LOG IN', and a 'SIGN UP' button with a right-pointing arrow, highlighted by a red arrow labeled '1'. Below the header is a dark blue navigation bar with links for 'Home', 'Groups', 'Funding Opportunities', 'Network Partners & Organizations', 'Resources', 'Training & Events', and 'News'. The 'Home' link is highlighted by a red arrow labeled '2'. The main content area features a large hero image of people at a table with the text 'Healthy Aging CORE Alberta'. Below this is a sub-header: 'The knowledge hub connecting organizations that support and advance independent living for older Albertans', followed by another 'SIGN UP' button with a right-pointing arrow. On the right side, there is a featured community group card for 'MC MI NK +21' with a '+ JOIN' button, highlighted by a red arrow labeled '3'. The card title is 'Connecting People & Community for Living Well' and the description begins with 'Connecting People & Community for Living Well is a provincial initiative within Alberta Health Services that...'. A partial 'Are info help' text is visible at the bottom left of the card.

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