



Caregiver Education Project | Progress Report | March 2019

Conversations with caregivers help define their learning needs...

The Regional Geriatric Programs (RGP) of Ontario has engaged with family and friend caregivers of seniors living with frailty over the last five months. We started our discussions with a toolkit that covers seven topics (Senior Friendly 7) known to be important in maintaining the well-being of a senior living with frailty, and talked to caregivers about this resource. We have listened to their stories, and asked questions about *what* and *how* they want to learn about caregiving. We now know much more about their learning needs. We are drawing themes from the data we have collected and will develop learning objectives using a co-design process, and continuous engagement with caregivers and experts.

This is the project's second newsletter and shares our insights and next steps for the project.



Progress To Date

- ✓ **10 Caregiver events have been hosted in:**
 - Peterborough
 - Cobourg
 - Orillia
 - Kingston
 - London
 - Oshawa
 - Hamilton
 - Ottawa
 - Waterloo
 - Thunder Bay
- ✓ **We have engaged a total of**
 - 133 caregivers
 - 78 interprofessional facilitators and note takers
- ✓ Several caregivers have been able to attend focus groups despite barriers to participation, because the project was able to offset their respite and travel expenses.



Caregiver Feedback on the Sessions:

The following are some examples of what caregivers tell us:

- ✓ *"I find discussions like this are very beneficial, people talking, telling their stories, and learning from each other."*
- ✓ *"Right away, I found three or four things that ... I did not know."*
- ✓ *"I liked the information [in the toolkit] as it is in chart form in places and is readily available and easy to read."*
- ✓ *"The information in the toolkit is well presented, the font size is good."*
- ✓ *"I need access to information in the moment"*

"What I enjoyed is sharing with the other caregivers, this was very helpful. I really found today helpful."

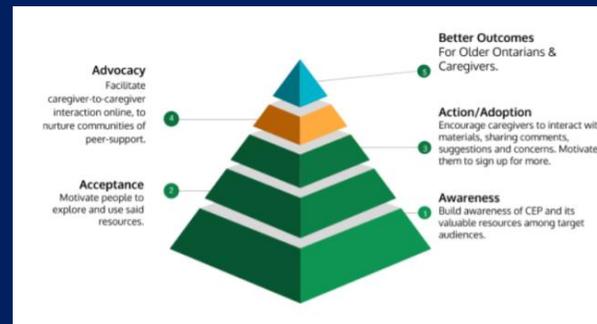
London participant

Next Steps

- ✓ A final results report will be prepared, and summarized in a simple, reader friendly "what we heard report" to share with caregivers who have been engaged in the co-design activities.
- ✓ The project team is moving into the content creation phase of the resources and researching Learning Management Systems and other accessible online learning tools and templates.
- ✓ A campaign strategy is being developed to build awareness about the project and engage 25,000 caregivers in the content that caregivers helped to create.
- ✓ Local RGPs are encouraged to identify professionals who may be able to help disseminate the educational resources to caregivers in 2019, with the goal of reaching 25,000 caregivers by the end of the project.

"Thank you, it's not often where the end users get to help design the product!"
- Cobourg participant

Broad objectives for the planned campaign



Stay Engaged!



Caregiver Advisory Panel:

Are you interested in providing advice from the perspective of a caregiver to ensure the successful development and implementation of the project?

If you would like to continue to connect with us, please register [here](#) and we will send you more information.



Educators Working Group

We have begun to gather a group of experts across Ontario, including caregivers, to help design the new educational resource. Stay tuned for more progress on this work, and how caregivers can help with design!



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"I feel less alone after being part of this session"
- Oshawa participant