



Caregiver Education Project | Progress Report – 2018



DECEMBER 18, 2018

Conversations with Caregivers

The Regional Geriatric Programs (RGP) of Ontario is listening to family and friends who are providing care for seniors living with frailty. Recognizing that caregivers have a lot to tell us about their caregiving experience, we are inviting them to share their knowledge and ideas about caring for frail seniors.

By hearing caregivers' stories and gathering their advice, the RGPs of Ontario is co-designing educational resources that help caregivers provide care. We start with a [toolkit](#) that covers seven topics known to be important in maintaining the well-being of a senior living with frailty.

This newsletter shares insights into what we are hearing and lets you know about upcoming events and other ways to engage with the project.



Progress To Date

- ✓ **5 Caregiver events have been hosted in:**
 - Peterborough
 - Cobourg
 - Orillia
 - Kingston
 - London
- ✓ **67 Participants**
- ✓ **32 Facilitators**
- ✓ **Have a look at [our video](#) about the project**



What caregivers are telling us

- ✓ Positive feedback on the importance of the 7 topics covered in the [Senior Friendly 7 Caregiver Toolkit](#).
- ✓ They want **practical ways to use the information** for all topics
- ✓ They want to receive education about frailty in different ways including online resources, booklets and pamphlets, support groups and in-home health visits.

"I have to be honest, I didn't want to come because I was so anxious – but now I feel so much lighter"
London participant

Where do caregivers find their strength?

1. Strong social supports
2. Knowledge and information
3. Support from the healthcare system and professionals
4. Really good self-care
5. Focusing on the positive feelings as a result of caregiving
6. Drawing upon a source within ourselves

"I find discussions like this are very beneficial. People talking and telling their stories, and then learning from each other. But also professionals being there, to answer our questions, and help by giving us material."

- Cobourg participant

What caregivers would like to teach other caregivers

1. Understand your caregiver role and what to expect
2. Understand the senior you are caring for
3. Get connected
4. Know how to care for yourself
5. Never stop advocating for your person



Stay engaged!

Join our 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? Ways to help include:

- Advising on co-design focus group methods and toolkit development;
- Assisting in the communication with caregivers, and liaising with Patient and Family Councils across the province; and,
- Providing advice on the sustainability of the project initiatives in future implementation work.

If you would like to continue to connect with us, please register [here](#) and we will send you more information in January 2019.

Upcoming focus groups:



January 29, 2019 11:00 am- 2:30 pm – [Hamilton](#) (St. Peter's Hospital)

Plans are in the works for Ottawa, Durham, and Thunder Bay.

Stay tuned for more details.



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