

ABOUT CAREGIVERS



28% of
Canadians
over 15



Provide +70%
of care

\$25 billion saved
in seniors care
alone



Impacts physical,
mental, social and
financial well-being

Alberta Caregivers Association aims to empower caregivers and promote their well-being

RESEARCH NEEDS



Promoting Caregivers' Well-Being

- Effectiveness of caregiver support programs (individual and group): psychosocial, respite, different delivery methods
- Differentiate between “support to be a better caregiver” and “support to maintain well-being”
- Economic impact of supporting caregivers early (ex. delay in LTC admissions)
- Prevalence of depression, stress, health impacts
- Assessing caregiver needs

RESEARCH NEEDS



Role of Caregivers in System

- Model for including caregivers and their needs in care planning
- Education for 'professionals' about experiences of caregivers

Caregivers and Economics

- Business case for employers, how best to support caregivers
- Financial compensation for caregivers

Specific Caregiving Groups

- Lots of research re: caring for seniors and dementia, less on mental health and other issues
- Overlooked groups in caregiving: men, youth and young adults, cultural connections