

Powerful Tools for Caregivers

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Powerful Tools
FOR Caregivers

Presentation Overview

1. Current Caregiver Situation
2. Powerful Tools for Caregivers Overview
3. Challenges of Caregiving
4. Tools for Self-Care
5. Video
6. How to Engage
7. Questions and Answers

The Caregiver Crisis

- In Canada, nearly 3 out of 10 people are family caregivers
- Could result in negative consequences that are: Psychological, Physical and Financial
- Caregiver distress has doubled between 2010 – 2014

We can't afford to lose family caregivers.

Powerful Tools for Caregiving (PTC)



Powerful Tools
FOR Caregivers

Powerful Tools for Caregiving (PTC)

- Evidence Based
- In 2012 it was recognized by the **Administration on Aging** as having met its highest level of criteria for evidence-based programs
- Currently delivered in 40 States

Focuses on the Health of the Caregiver

Powerful Tools for Caregiving (PTC)

Class sessions are once a week for six weeks:

- 2.5 hour Adult to Adult
- 90 minute Adult to Adult
- 2 hour Adult to Children

Addresses a Diverse Group of Caregivers:

- Long distance caregivers
- Care receiver living with care receiver
- Care receiver living in long-term care
- Caregivers in both rural and urban
- Diverse Ethnic Communities
- Caregivers at different stages of their caregiver role

Powerful Tools for Caregiving (PTC)

Twenty-Two Workshops Delivered

- 20 Six-Week Adult to Adult
- 2 Six-Week Adult to Children

Two Trainings delivered over the course of the past year

- Graduating 26 new Class Leaders in the Central East LHIN, and 3 leaders for the South West LHIN

Partnerships

AGAPE Caregiver Services

Alzheimer's Society

Adelaide Place Retirement Residence

Applewood Retirement Residence Peterborough

Brain Injury Association of Peterborough

CAST Canada

Cedarbrook Community Centre

Community Care Brock Township

Community Care City of Kawartha Lakes

Community Care Northumberland

Community Care Peterborough

East GTA Family Health Team

East Scarborough Storefront

Grandview Children's Centre

Haliburton Highlands Health System

Hearth Place Cancer Care Support Centre

John Street Senior's Centre

Ontario Shores

Parkinson's Society

Peterborough Regional Health Centre

Port Hope Community Health Centre

Royal Gardens Retirement Residence

South Courtice Arena (Complex)

St. Paul's L'Amoreaux Centre

St. Peter's Anglican Church Cobourg

Sunderland Legion Centre

Toronto Employment and Social Services

Workshop Methods of Learning

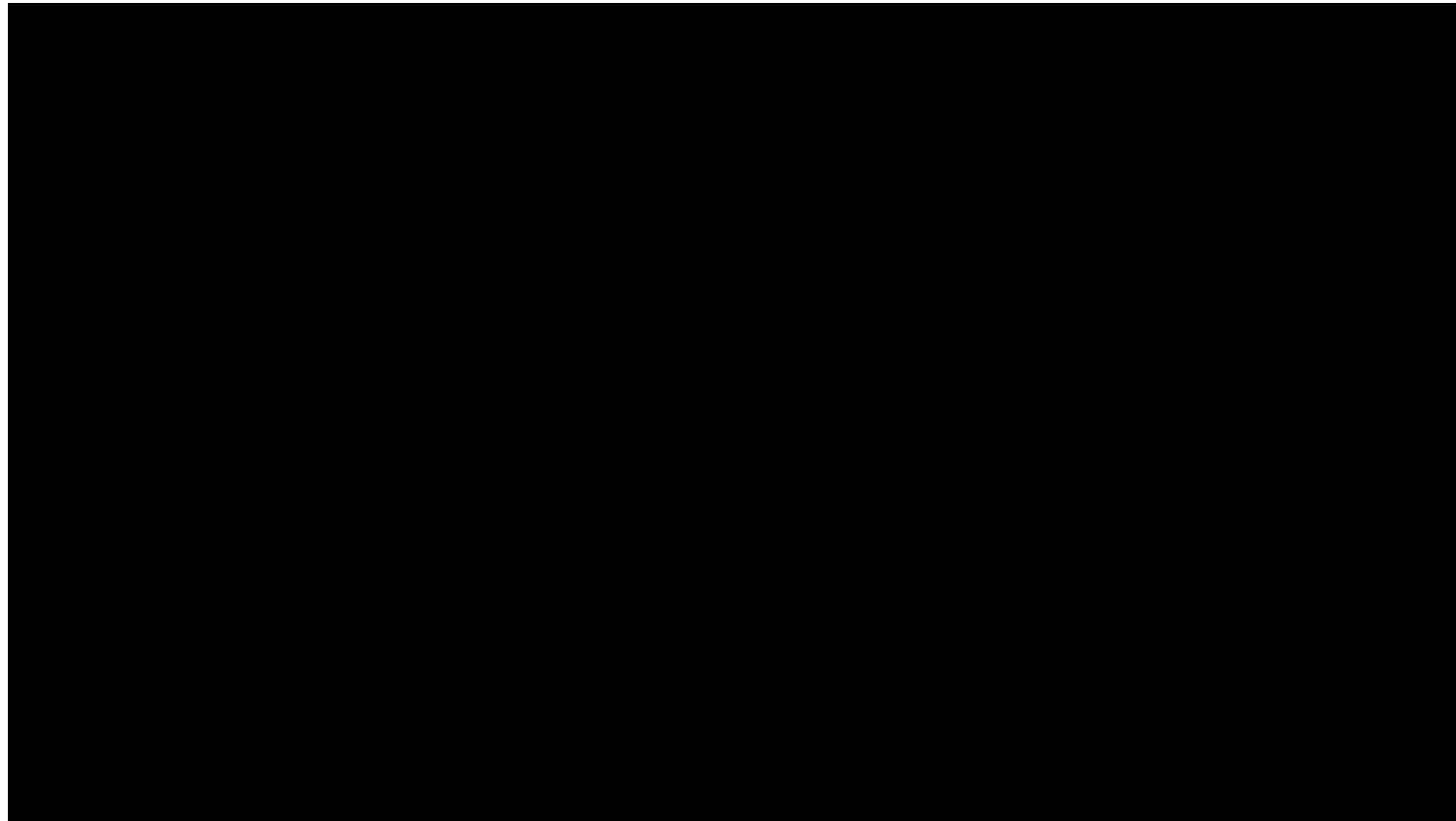
- Small Groups
- Leader Presentations
- Discussion
- Brainstorming
- Modeling
- Brief dramatization and Video
- Committing to a weekly action plan
- Great resources supplied including the Caregiver Help Book

Tools for Self-Care

- Reducing personal stress
- Changing negative self-talk
- Communicating your feelings and needs to others
- Setting limits and asking for help
- Dealing with emotions such as anger, guilt, and depression
- Making tough caregiving decisions
- Committing to a Weekly Action Plan

Powerful Tools for Caregivers Video

https://www.youtube.com/watch?v=r3_ngoI1KGk



Four Outcomes of PTC

- Better Management of Emotions
- Increased Self-Care Behaviours
- Awareness and Access to Community Resources
- Increased Self-Efficacy

Rediscovering Joy



Learn More

- Host a workshop
- Apply for training
- Refer Caregivers to the workshops

Resources

- Powerful Tools for Caregivers Background and Class Overview
- Meet the McNabb's
- Testimony's
- [Powerful Tools For Caregivers Video](#)

