

What is the Caregiver Toolkit?

The Caregiver Toolkit contains two resources: the Service Providers' Resource Guide (SPRG) & The Caregiver Policy Lens (CGPL). Both of these resources are user-friendly and designed to raise awareness, and provide information about, issues faced by caregivers of older adults.

The **Service Providers' Resource Guide** provides evidence-informed information and tools about caregiver assessment and interventions, and resources and suggestions to address issues in case management.

The **Caregiver Policy Lens** is an evidence-informed principle-based framework for reviewing and developing policies, programs and practices that affect caregivers, from the perspective of caregivers and in order to avoid any unintended negative effects on caregivers. It can be used at any stage of development, implementation or evaluation.

Background

The Caregiver Toolkit is funded by the Government of Canada, allocated to Dr. Penny MacCourt and the BC Psychogeriatric Association (www.bcpga.bc.ca).

The Caregiver Toolkit was informed both through existing research and through consultation with 300 caregivers, service providers, caregiver advocates, program managers and policy analysts from across Canada.

Measures were taken to include caregivers from diverse backgrounds and caregivers who are marginalized, in both rural and urban areas.

The Caregiver Toolkit



To facilitate programs, policy and practice that support family/friend caregivers of older adults.

www.caregivertoolkit.ca



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Caregiver Policy Lens

The CGPL is designed as a series of 11 categories of questions, organized as a checklist. Questions are designed to be answered with a yes/no/don't know/need more information. Responses are then scored and developed into an action plan. Categories of questions include:

- √ Caregiver voice and inclusion
- √ Collaboration
- √ Evidence-informed
- √ Respect & Dignity
- √ Diversity & Marginalization
- √ Choice, Self-Determination & Independence
- √ Accessibility
- √ Caregiver Assessment
- √ Sustaining Caregivers
- √ Sustaining Systems
- √ Fairness and Equity

This resource also includes:

- √ An overview of Canadian caregivers
- √ Challenges in obtaining support identified by caregivers, and
- √ Values, principles and key concepts underpinning caregiver support.

These, and other resources designed to help support caregivers, can be accessed at:

www.caregivertoolkit.ca

Service Providers' Resource Guide

This is a series of practical support tools designed to increase cross and inter-sectoral capacity to address caregiver needs across Canada. This comprehensive resource includes:

- √ A review of Caregiver Assessment Tools
- √ A review of Caregiver Interventions
- √ Issues in Ongoing Case Management
- √ A directory of Federal and Provincial Economic Security Policies to Support Caregivers
- √ A directory of Federal and Provincial Non-Profit Resources

These resources are designed to be used by a diversity of front line workers, program managers, policy analysts, administrators, health educators, advocates, and anyone interested in strengthening caregiver resiliency through service provision to address caregiver needs across Canada.

What are the benefits of using the Caregiver Toolkit?

- √ Increased awareness of the value of caregiving, and the challenges caregivers experience.
- √ Facilitate the identification of any unintended negative effects of policies, programs and practice on caregivers.
- √ Promote the inclusion of the caregivers both as partners in care and in the development, implementation and evaluation of policies, programs and practices that affect them.
- √ Increased ability to identify, clarify, and solve issues that affect caregiver resiliency.
- √ Identifies both gaps and best practices in programs, policy and practice.
- √ Tools can be used separately or jointly.
- √ Evidence-informed, practical and easy-to-use.

Using the Caregiver Toolkit can help build a shared community of practice without adding to workload or resource issues. In turn, including caregivers' needs strengthens their resiliency and the sustainability of systems that support them.

