

Central East LHIN | RLISS du Centre-Est

Central East Local Health Integration Network (LHIN) Self-Management Program Powerful Tools for Caregivers Workshop

Date: August 25th, 2020

Presenter: Michael Walker, Durham Coordinat



Caregiver Challenges

- Overwhelmed by the role they are unprepared to manage
- Relying on previously learned approaches to caring for someone that is ill
- Caregivers feel guilty taking care of themselves
- Experiencing difficult emotions like guilt, depression, anger, frustration, and resentment
- Don't know where to get help or how to ask for it

Powerful Tools for Caregivers



- **Once a week for 6 weeks**
 - 1.5 & 2.5 hour adult version
 - 2 hour children's version
 - Virtual 1.5 hour adult version
- **Facilitated by two trained “Class Leaders”**
- **Small class size (8-12)**
- **Supportive education workshop – Not a support group**
- **Partnership model that connects caregivers to community resources**

Powerful Tools for Caregivers

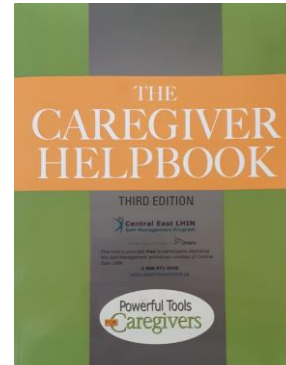
Generic content that focus on universal challenges of caregiving

- **Spouses/partners**
- **Diverse ethnic communities**
- **Adult children (of aging parents)**
- **Caregivers of Children**
- **Caregivers at different stages in their caregiving role**
- **Caregivers in different care situations**
- **Caregivers in both rural and urban communities**

Powerful Tools for Caregivers

Learn Tools for:

- Reducing personal stress
- Changing negative self-talk
- Communicating your feelings, wants and needs to others in stressful situations
- Setting limits and asking for help
- Recognizing the message in their emotions
- Dealing with difficult emotions
- Making tough caregiving decisions



Rediscovering Joy



Making an Action Plan

1. It's something YOU want to do
2. It's reachable (something you believe you can do during the next week)
3. It answers these questions:
 - What?
 - How much?
 - When?
 - How often?
4. It has a high confidence level of 6 or more (scale of 0 – 10) that you will complete your plan during the next week.



Powerful Tools for Caregivers

Outcomes:

- Increased Self-Care Behaviours
- Management of Emotions
- Utilizing Community Resources
- Self-Efficacy
- Rediscovering Joy

Caregivers Learn to Take Care of Themselves

“I would stress very strongly how important the Powerful Tools for Caregivers has been to those of us that have this very huge and sometimes overwhelming responsibility of being totally responsible for the care of another person. I cannot recommend this series of workshops highly enough.”

- Sylvia McNabb,
Powerful Tools for Caregivers participant

Minute of LHM Health Care Update.(June, 2016).*Meet the McNabbs[Press Release]*. Retrieved from http://www.centraleastlhm.on.ca/newsandevents/TellaStory_f?MeetTheMcNabbs.aspx

Contact Information

Visit our Website: www.ce.selfmanagement.ca

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