



**Live
Every
Day.**

Victorian Order of Nurses

Hamilton Niagara Haldimand Brant

*Community Support Services: Program
Overview and Caregiver Support and Education*

Presented by: Dana Simpson, Coordinator, Caregiver Education



About VON – Who we are



- Non-profit, charitable organization with over 125 years of providing care
- Provide clinical, personal and social supports to help individuals live well and remain independent at home and in their community
- 75 different programs through 52 site locations in Ontario and Nova Scotia
- Over 1 million clients served each year and counting





93%

Autonomy

Safety





VON Services



COMMUNITY SUPPORT SERVICES

- Adult Day Programs
- Overnight Respite Programs
- In-Home Respite Services
- Falls Prevention and Exercise

VOLUNTEER SERVICES

- Tele-Touch
- Volunteer-Assisted Medical Transportation
- Volunteer Visiting
- Hospice Volunteer Services
- Meals on Wheels





Caregiver Support and Education



Human beings are naturally subject to periods of dependency, and people without disabilities are only **“temporarily abled”**.

-Eva Fedder Kittay, *The Ethics of Care, Dependence, and Disability*

Canada's Caregivers: Scope of Impact



25% of Canadians over the age of 15 are caregivers.
(Statistics Canada, 2020)



Many are "dual caregivers".
(Statistics Canada, 2020)



25% of older adults are caregivers.
(Arriagada, 2020)

Canada's Caregivers: The Impact on the Individual



Caregivers often **worry** about...

- Not knowing what to expect
- Navigating and advocating for services
- The Balancing Act
- Contradicting emotions
- Losing themselves in the process
- Not being able to fulfill The Promise



Canada's Caregivers: The Impact on the Individual



While caregiving can be a very **rewarding** and **fulfilling** experience fostering **joy** and **intimacy**, it is also common for caregiver to experience...



- Stress
- Anxiety and depression ("2am thoughts")
- Guilt
- Resentment
- Anger
- Frustration
- Isolation
- Compassion fatigue
- Caregiver burnout (24/7)

More than 1/3 unpaid caregivers report experiencing distress (CIHR, 2020).

Caregivers: The Impact on the System



“With 93% of older Canadians living at home, **unpaid or informal caregivers provide up to 75% of care services**, which equates to about **\$24–\$31 billion in unpaid work annually**”

(Health Council Canada as cited in Stall, 2019).



“Caregiver stress has been associated with the **decline of the caregiver’s health**, overlapping domains of physical, mental, and psychosocial health”

(Adelman et al., as cited in Hall & Holtslander, 2022).

Canada's Caregivers: The Impact of Social Support



C.S. Lewis once wrote, "The typical expression of opening Friendship would be something like, '**What? You too? I thought I was the only one.**' And instantly they stand together in an immense solitude." (Brown, 2021)

CARING FOR THE CAREGIVER: Respite and Programming



Caregiver Programming



- **Free** programs designed to support caregivers in every aspect of the caregiving journey
- Registration is required
- In-person and online options available
- Seasonal program flyer distributed to community partners and caregivers

Caregiver Education & Support



1. Caregiver Education Series “From Stress to Strength”

- Self-care
- Resilience
- Navigating the system

2. Caregiver Support Groups: Virtual and in person

3. One-on-one Support: Decision-making support, topics not appropriate for a group setting

Caregiver Outings

- **Create a sense of community**
- **Accessible**
- **Self-care centric themes**



CAREGIVER OUTINGS: "TOURIST IN TOWN"

Summer outings to look forward to

JUN	30	WESTFIELD HERITAGE VILLAGE GUIDED TOUR 1-2:30PM
JUL	28	BOTANICAL GARDENS, HENDRIE PARK, "STOP AND SMELL THE ROSES" 1-2:30PM
AUG	25	ART GALLERY OF HAMILTON, "ARTFUL MOMENTS" 1-3PM

-LIMITED SPACES AVAILABLE AND REGISTRATION REQUIRED-

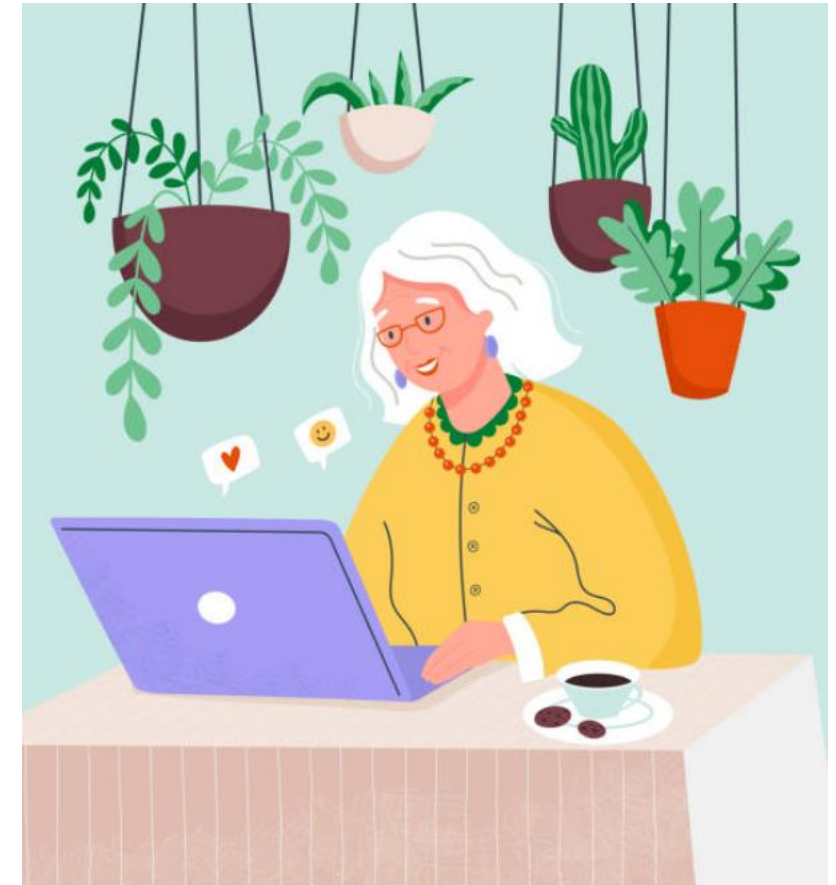
CALL OR EMAIL DANA SIMPSON TO REGISTER:
905-523-1055 X408 / DANA.SIMPSON@VON.CA

Caregiver Education & Support



Upcoming Education Sessions

- Reframing Caregiving: Ethics of Care
- Understanding the Science: Reading Peer-Reviewed Literature for Beginners
- Past, Present, and Future of Caregiving
- Roles, Transitions, and Decision-Making
- Communication Strategies for Caregivers



Caregiver Education & Support: Moving Forward



- Community Partnerships
- Population-specific education and support programs
 - Cancer
 - Stroke
 - LGBTQ+
 - Siblings
- Seminar and Discussion Series

Thank you.

Please reach out anytime.

Dana Simpson

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