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And team!

A day in the life of a family caregiver...

Our findings were gained through weekly interviews of 150 family caregivers living in rural and urban areas of Alberta

The 10+1 identified common needs of family caregivers



Introduction

- “Did you know that there are almost one million caregivers in Alberta?”
- That is more than one in four Albertans – individuals of every age, gender, culture and background – currently caring for a loved one.
- These caregivers may have lots of financial resources or few” (see Caregivers Alberta website, first paragraph of About Us).

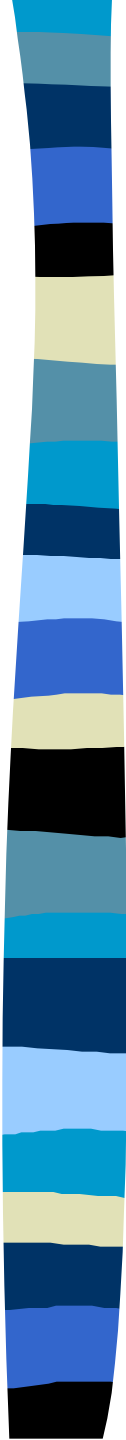


Who needs help?

- People of all ages may need help, but advanced old age is a common time when people begin to need help.
- With population aging, more and more people in Alberta will be needing help. Currently, there are 1,316,056 people in Alberta aged 65+ (14.4% of 4,42,879 Albertans).
- Among these, 72,943 are aged 85+, the age group when help is usually needed.
- One or more family members typically provide all or much of this “help”.



Thank You!





Family Caregiver Research Study

- With funding from the Government of Alberta, through Alberta Health, we are interviewing 150 family caregivers in all parts of the province to learn what they did (in the past week), and what help they got and what help they needed.
- Through these interviews, we identified 10+1 common needs of family caregivers.
- Our goal is to share this information so many individuals and groups know what family caregivers could use to help them provide care to family members not living in nursing homes.



Common Needs of Family Caregivers

1. Information needs – when starting out as a family caregiver and then at periodic times as care needs or circumstances change.



Common Needs of Family Caregivers

1. Information needs
2. Emotional support needs – it can be very tough emotionally to provide help for a loved one.



Common Needs of Family Caregivers

1. Information needs
2. Emotional support needs
3. Help with instrumental activities of daily living (such as house cleaning, laundry, shopping, home maintenance, yard work...).



Common Needs of Family Caregivers

1. Information needs
2. Emotional support needs
3. Help with IADLs
4. Help with ADLs - activities of daily living
(help with getting up in the morning and getting back into bed at night, dressing, walking around the house, going to the toilet, eating a meal...)



Common Needs of Family Caregivers

1. Information needs
2. Emotional support needs
3. Help with IADLs
4. Help with ADLs
5. Respite – getting a break from caregiving, by getting away for a few hours or days.



Common Needs of Family Caregivers

1. Information needs
2. Emotional support needs
3. Help with IADLs
4. Help with ADLs
5. Respite
6. Self-care – caregivers being encouraged and enabled to look after their own health and wellbeing.



Common Needs of Family Caregivers

1. Information needs
2. Emotional support needs
3. Help with IADLs
4. Help with ADLs
5. Respite
6. Self-care
7. Transportation – help with moving the care recipient to places outside the home, and also through having necessary things brought to the care recipient's home.



Common Needs of Family Caregivers

1. Information needs
2. Emotional support needs
3. Help with IADLs
4. Help with ADLs
5. Respite
6. Self-care
7. Transportation
8. Finances – help for when the caregiver is paying out of pocket for necessities.



Common Needs of Family Caregivers

1. Information needs
2. Emotional support needs
3. Help with IADLs
4. Help with ADLs
5. Respite
6. Self-care
7. Transportation
8. Finances
9. Anticipatory grief of the family caregiver – there is grief (sadness) about the future, with this occurring at the same time the caregiver is helping their family member.



Common Needs of Family Caregivers

1. Information needs
2. Emotional support needs
3. Help with IADLs
4. Help with ADLs
5. Respite
6. Self-care
7. Transportation
8. Finances
9. Anticipatory grief of the family caregiver
10. Anticipatory grief of the care recipient – sometimes openly shared but often seen as refusing help or being more “needy”.



Common Needs of Family Caregivers

1. Information needs
2. Emotional support needs
3. Help with IADLs
4. Help with ADLs
5. Respite
6. Self-care encouragement and support
7. Transportation assistance
8. Financial support
9. Anticipatory grief of the family caregiver
10. Anticipatory grief of the care recipient
- +1 After caregiving, many different needs



Conclusion

We hope this has been a useful information tool for you!!

We are now looking at what solutions already exist or could be helpful if developed.

Thank you!!!

To our interviewed family caregivers,

To our students who carried out the interviews,

And

To the Alberta Government and Alberta Health who recognize how much family caregivers do, and how essential they are!

QUESTIONS? COMMENTS?

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