

Caring for Others[®]

On-line Support System for Caregivers



Caring for Others helps organizations provide support and value to an often overlooked ally in improved patient outcomes: the caregiver.

By providing on-line, facilitated support group meetings for caregivers, organizations are helping patients with chronic conditions extend the time that they can remain at home while at the same time are increasing their value to the patient/caregiver community.

Baycrest

A Web-based Program to Support the Caregiver

Caring for Others is a Web-based program that provides something that can be difficult for organizations to provide routinely and that caregivers have difficulty accessing: a chance to talk to other caregivers in a setting facilitated by clinicians.

By allowing caregivers the chance to attend facilitated peer support sessions on-line, organizations can support family caregivers who often cannot take time away from home or who live at a distance from agencies providing face-to-face support groups.

The Benefits

- Reduce the need for travel and the costs of face-to-face support groups by providing facilitated sessions on-line
- Increase the perceived value that your organization provides to patients and caregivers
- Reduce the time that patients are in a hospital or institution by supporting the important role of the caregiver
- Provide consistent clinical information and support activities to caregivers

Meet the Scientist

Developed by the scientists at Baycrest, a leading research institute, Caring for Others was led by Dr. Elsa Marziali, senior scientist at the University of Toronto and faculty member at Baycrest.

“We’ve created a program that helps caregivers to cope with the emotional burden of caregiving, thereby extending the time that the care recipient can remain at home instead of being placed in an institution,” she said, “By supporting the caregiver this way, organizations are supporting better patient care and are increasing their value to communities.”



A Full Solution for Supporting the Caregiver at Home

Caring for Others provides a full set of materials, facilitator manuals and a process for supporting the caregiver without the need for them to travel.

Includes:

- A computer training manual for users, who are often older adults with limited computer skills, to enable quick access to the Web site's different features;
- Information handbooks for each chronic condition (dementia, Parkinson's, stroke, traumatic brain injury [TBI]) that provide information about the disease prognosis, course, strategies for managing caregiving tasks and a focus on caregiver self-care;
- An intervention training manual that guides the clinician facilitating the support group;
- A full on-line system for holding facilitated support groups for caregivers, facilitated by a clinician.

Caring for Others has been developed to include specific support for caregivers in disease groups that include dementia, Parkinson's, stroke and TBI.

In studies undertaken to date with **Caring for Others**, over 150 caregivers have participated in 10 weekly sessions facilitated by a health professional followed by 10 additional on-line weekly sessions where the group functions in a mutual self-help mode.

Getting Started in Your Organization

What We Provide:

If your organization helps patients with chronic disease, or works in the areas of dementia, Parkinson's, stroke, traumatic brain injury, the **Caring for Others** program will let you provide support for caregivers in a cost-effective, scientifically developed format.

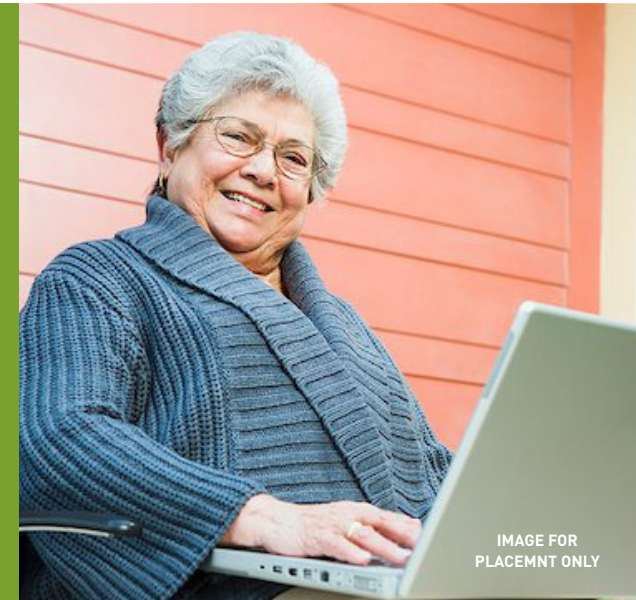


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Baycrest

Enriching Care
Enhancing Knowledge
Enlightening Minds

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