

# Caregiver Perceptions of Support Programs in Calgary

Research giving voice to Caregivers of people over the age of 55.

Graciously Presented By:



Canada 



# Introduction

*“35% of Canadians, age 45 and older were providing informal care to a senior on a short term or long term basis.”*

*~Canadian Community health Survey (2008/2009)*

# Methods

## Surveys

Caregivers  
Agency



Clip Art

## Interviews

10 current or recent past utilizers  
of the Kerby Adult Day Program



Clip Art

# Results



Clip Art

## Top 3 Barriers:

- 1) Lack of knowledge
- 2) Cost
- 3) Burnout

## Surveys

85% Females; 15% Males  
70% NW & SW Calgary; 30% NE & SE  
Average Age: 55-64  
Length of being a caregiver: 4-7 yrs.

## Greatest Areas of help:

- 1) Emotional support
- 2) Respite
- 3) Increased system navigation

# Results

## Interviews



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- 1) Awareness
- 2) Formal and Informal Support
- 3) Financial Support
- 4) Coping and



# Awareness

*“There are programs out there, there is assistance like you wouldn’t believe that nobody seems to know anything about. It has been hit or miss and finding out about it on our own and everything requires paperwork and interviews and so on.”*



# Formal and Informal Support

*“[At the Kerby Centre Day Program] They are so nice, they bend over backwards and their volunteers are lovely”.*

*“He has a very good friend well I should say we have a very good friend ..... He takes him every single day except Wednesday for coffee in the afternoon.”*



# Financial Support

*“... anything that involves seniors and their affordability [would help caregivers], because not everybody can afford you know the same things right?”*





# Coping

*“It you know, at first, I thought, it’s like anything else, ok, I’m doing this...by the end of January I was just you know.....just sort of fell apart because you’re trying to do so many things. Just, I was like that far from crying every time you turned around. Ah, and then finally my daughter booked a session at the Alzheimer’s Society and that’s the best thing we could have done.”*

# Recommendations

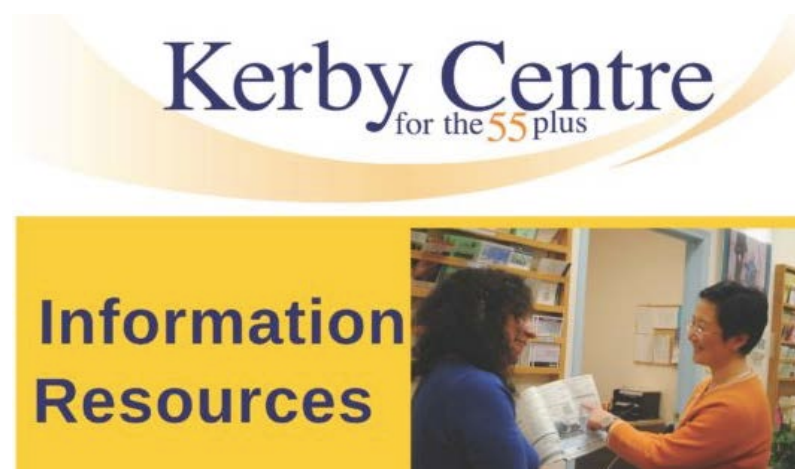
- 1) Peer Support
- 2) One-to-One counselling
- 3) Advocacy
- 4) Recommendations for the Adult Day Program



Kerby website

*"It would be a central [place], it doesn't even have to be an interpersonal thing, just something that you could phone or go in and say "What are the support groups in my area? Give me the names of them."*

# Response to Research Since Publication



Thank You!

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