



YOU'RE  
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WE'RE  
HERE FOR  
YOU.

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THE ONTARIO

**caregiver**

ORGANIZATION

# Caring for Caregivers



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ORGANIZATION

# Our Purpose

We exist to improve the lives of caregivers in Ontario; ordinary people who provide physical and emotional support to a family member, partner, friend or neighbour.





# Every caregiver is unique

Many factors influence caregiving strengths, challenges and support needs.

# Play a Critical Role in our Health System



Monitoring medication  
and conducting basic  
medical procedures



Coordinating for or  
attending doctor's  
appointments



Providing social or  
emotional support and  
enabling their inclusion  
in society (i.e. driving  
them to programs)

# Caregivers are critical to the care recipient

- **Help improve health outcomes**
- **Feel more confident in the care they receive** when caregivers are involved.
- Caregivers feel that their involvement **improves safety and care.**



# Caregivers are critical to our society

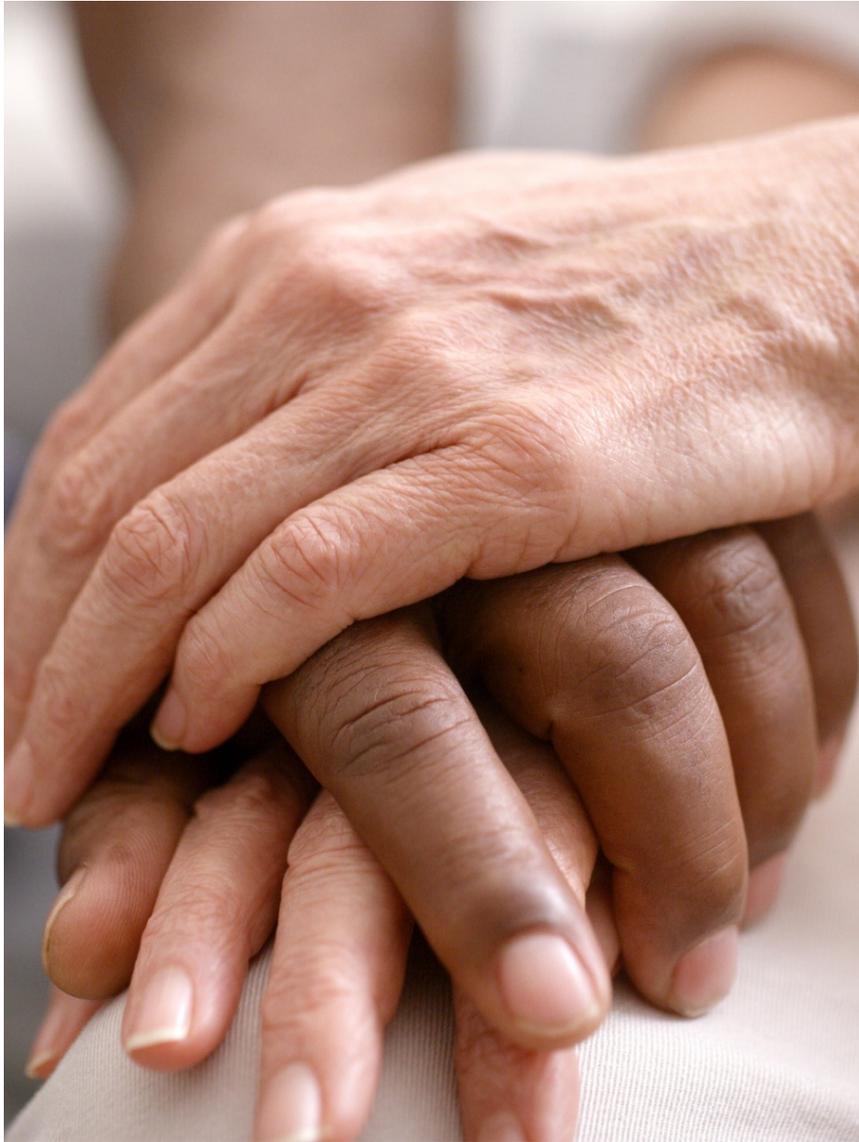
**75-90%** of care in  
the healthcare system  
and community is  
provided by caregivers

**2.8 million**  
full-time paid workers  
equivalent

**1 : 3**

For every hour formal care,  
caregivers provide 3 more hours

**\$97.1 billion**  
annual contribution to  
Canada's care economy



**Thank You**  
**for all that you do**

# Impact of Caregiving



Time



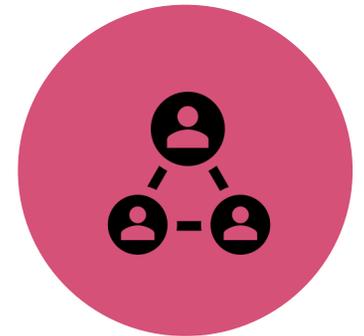
Employment &  
Work-Life Balance



Finances



Health &  
Wellness



Personal  
Relationships

# Health and Wellbeing

Nearly **80%** report feeling so tired it's difficult to get things done and feel **unable to take on more** responsibility.

**3 out of 4** are burn out and at a breaking point but have no choice but to keep going.

**Most** say they're not coping well  
– physically, mentally, emotionally.

*"Some days felt like everything hit me all at once: burnout, brain fog, loneliness, and grief."*

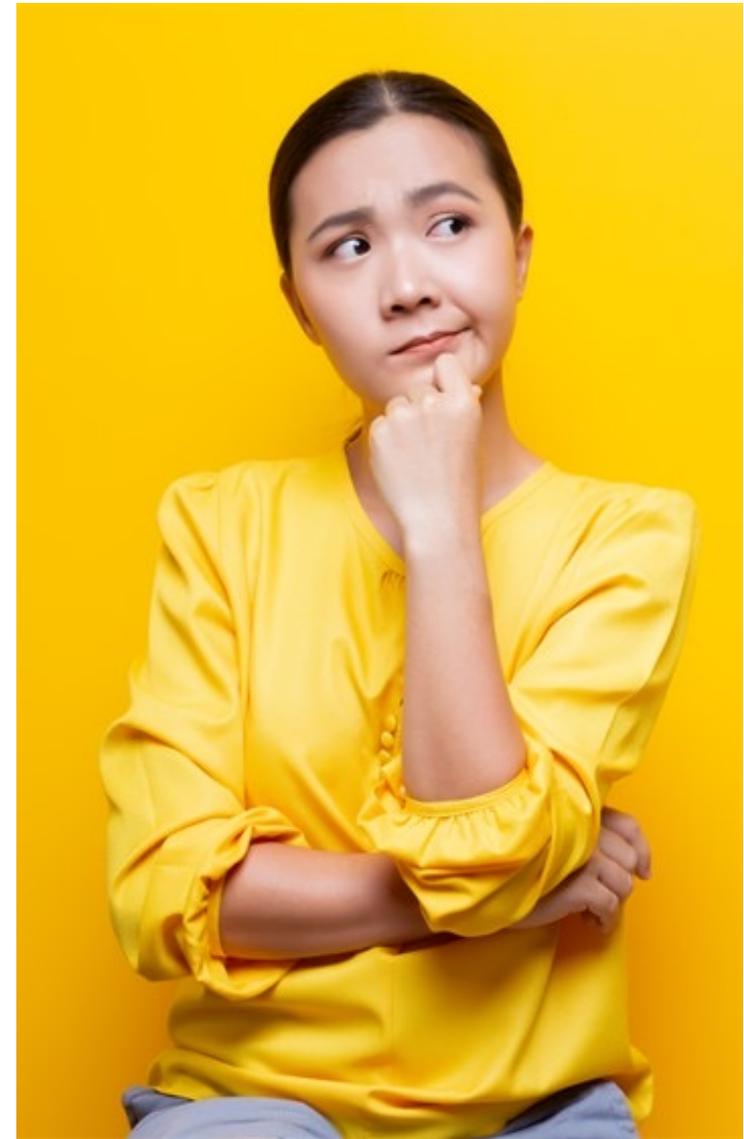
# What is Stress and Burnout?

## What is Stress?

- How our **mind and bodies respond** to a challenge.
- Happens when the **challenges we face feel greater than our resources** to manage them.
- Can affect sleep, energy and emotions, generally **manageable in the short term**.

## What is Caregiver Burnout?

- Caregiving can lead to **prolonged exposure to stress** and our ability to cope can become **overwhelmed**.
- Ongoing or immediate physical, mental and emotional **exhaustion that impacts your ability to function**.



# Indicators of Stress and Burnout

## Body

- Overwhelming, chronic fatigue
- Insomnia
- Changes in sleep patterns
- Lack of energy
- Frequent illness
- Changes in appetite
- Weight fluctuations
- Physical aches and pain

## Mood

- Depression, anxiety
- Mood swings
- Irritability
- Loss of motivation/enthusiasm
- Increased cynicism/negativity
- Hopelessness
- Helplessness

## Behaviour

- Withdrawal from responsibilities and activities of interest
- Isolation from others
- Neglect of personal needs
- Substance use
- Unhealthy behaviours

**Talk to a healthcare professional**

# What can I do?

Good news! Stress and burn out **can be managed and reduced** by,

- Being aware of what you have control over
- Knowing your personal indicators of stress
- Routinely using your stress management habits
- Cultivating healthy mindset and self-compassion
- Accessing support



# What is out of my control?

Diagnosis and progression of illness

Taking care of our own personal health

Staff shortages

Including ourselves on our list of priorities

Expectations of ourself / self-compassion

Waitlists

Working within systems – health care, financial, etc

## What is in my control?

Limited respite options

★ **Making a plan to manage levels of stress and avoid burn out**

Seeking support for ourselves

Availability and eligibility of services

Building your support network

Lack of time for ourselves

Setting aside time for ourselves

What consumes our thoughts

# Reflection question

Where do you notice the first signals of stress in yourself?

- Body
- Mood
- Behaviour



Stress and burnout is very common and can affect your overall health and wellbeing.



Feeling this way can impact the care you're able to provide.



**Managing stress is key** to supporting your own health and wellbeing, and to sustain the care you provide.

**Taking care of yourself is not a luxury,  
it's a necessity**

# **Tips and tools to help manage stress**

## Let's build a mini stress management plan...

- Helps you **prioritize yourself** during busy days.
- **Based uniquely on you** and what helps **you** feel rested, supported and replenished.
- **Removes the guess work** of what to do when you need a break.

## Moments for Me that Matter



As a caregiver, so much of your energy goes toward looking after others. It's easy to forget that your well-being matters too. **Taking care of yourself is not a luxury, it's a necessity.** When we care for ourselves, we're more likely to be physically and emotionally well. This allows us to be our best selves, for ourselves and others.

Taking a little time now to create a mini-plan can set you up for success later. It helps you prioritize yourself during busy days and removes the guesswork of what to do when you need a break. This activity is designed to help you build a mini-plan that's uniquely yours—based on what helps you feel rested, supported, and replenished.

### Spur of the Moment

Three healthy and helpful things I can do for myself when I only have 5-30 spare minutes:

### Weekly

One thing I'd like to aim to do each week to boost my sense of well-being is:

### My Strengths

Three words that describe me that I'm most proud of (in caregiving or beyond):

### Words to Carry with Me

A personal mantra or piece of advice I want to remember for tough days:



How can we help?

# The Ontario Caregiver Organization Programs and Services



## **The Ontario Caregiver Helpline**

1-833-416-2273 or  
ontariocaregiver.ca

Free of charge phone  
support 24/7 and  
live chat  
(Mon-Fri 7 a.m. - 9 p.m. ET)

Available in 150+  
languages



## **1:1 Peer Support & Online Support Groups**

Connect with other  
caregivers in a  
supportive environment,  
share your experiences,  
challenges and  
successes and receive  
direct support



## **Caregiver Coaching**

Up to six 1:1 support  
sessions to work-  
through caregiving  
challenges. Coaches  
provide problem-  
solving and goal-  
setting strategies



## **Monthly Webinars (live and recorded)**

OCO hosts live  
webinars presented  
by subject matter  
experts on a variety  
of timely and  
important topics



## **The SCALE (Supporting Caregiver Awareness, Learning & Empowerment) Program & SCALE Together**

An 8-week program  
targeting caregiver mental  
health and well being.  
Providing education, tools  
and small group or 1:1  
counselling sessions to  
caregivers

# SCALE Program – Nurturing Caregiver Mental Health and Well-being



Weekly Psychoeducational Webinars and Resources (Live or Recorded)



Individual and/or Group Counselling

8-week program includes the following topics:

- **“I feel burned out”**: Resetting your mind and body
- **“I feel like I am not doing enough”**: Managing Feelings of Guilt and Failure
- **“I feel overwhelmed”**: Managing Caregiving Stress through the Power of Noticing
- **“I don’t know how to change things”**: Navigating Grief and Helplessness in Caregiving Relationships
- **“I feel angry and resentful”**: Navigating Difficult Emotions within Caregiving Relationships
- **“Who am I aside from a caregiver?”**: Rediscovering Yourself by Embracing Self-Compassion
- **“I feel like nobody appreciates me”**: Setting Boundaries within the Caregiver Relationship
- **“I feel alone”**: Creating Meaningful Connections

**Begins**  
**Feb 3 (EN)**  
**Feb 12 (FR)**

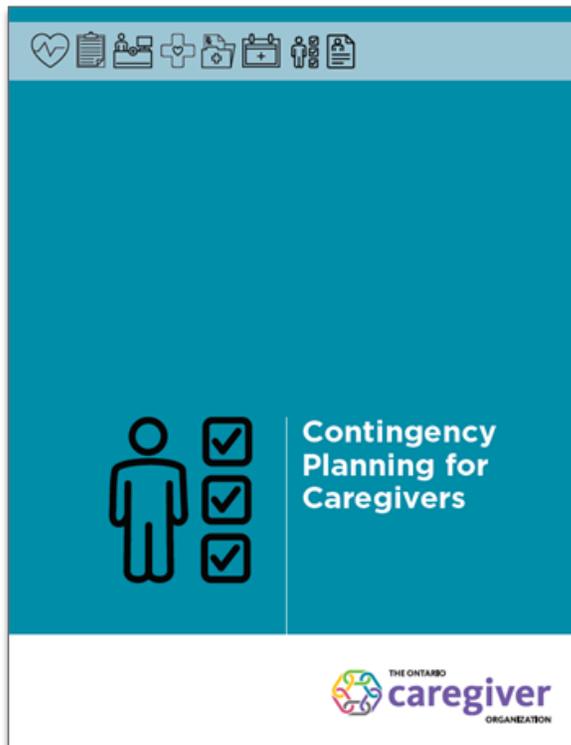
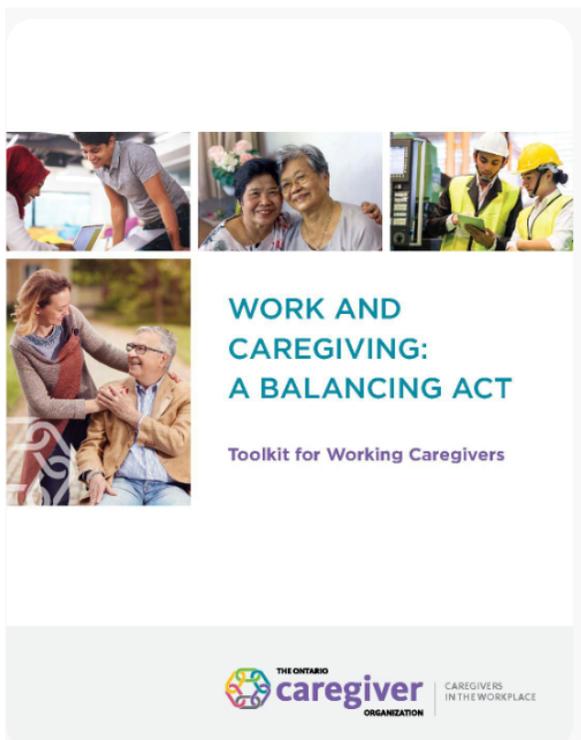
# I am a Caregiver - Toolkit



**Provides helpful information and activities for new or experienced caregivers.**

- Cantonese
- Mandarin
- Tamil
- Punjabi
- Tagalog
- Farsi
- Gujrati
- French
- Black adaptation
- 2SLGBTQAI+ adaptation
- Indigenous adaption
- Long Term Care adaptation

# Other Helpful Toolkits

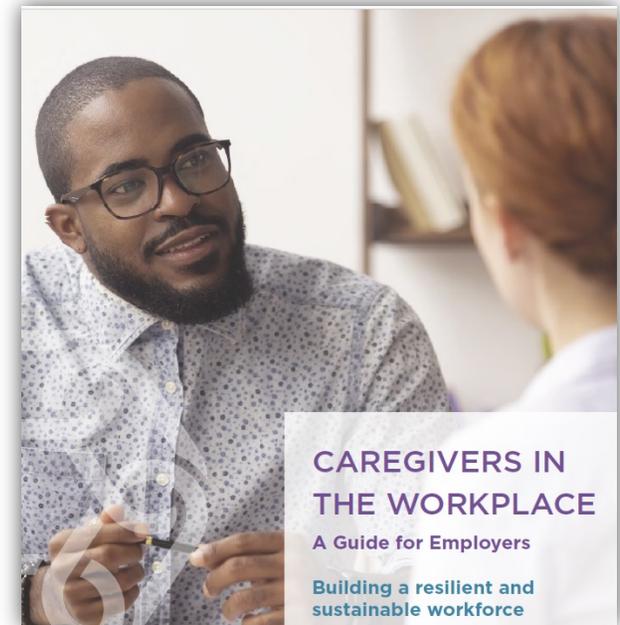


## Support for Employers

Help address the challenges faced by working caregivers and build caregiver-inclusive workplaces.

Tools, Strategies and Training including:

- Guide for Employers
- eLearning
- Tailored training sessions
- Support for leadership, HR, managers and staff



# eLearning for Caregivers



## Caregiver 101

**45+ min.** Learn about caregiving roles, conflicts in caregiving, caregiver burnout, what to expect, developing resilience, and what supports are available.

[Click to enter this course](#)



## Caregivers Partnering with Health Professionals - A Strategy that Works

**1+ hrs.** Learn about the value of your caregiver role, how to effectively

[Click to enter this course](#)



## Roadmap to Caregiving: The Realities of Mental Illness and Addictions

**2+ hrs.** Learn how to navigate the unique and challenging experiences when

[Click to enter this course](#)

## eNewsletters

Receive information and updates about our programs directly to your inbox. It is a great way to stay connected and be reminded that we are here for you!

- For caregivers
  - Monthly updates
  - Weekly 90 second reads
- For providers
  - Quarterly



Scan me to join

# Information & Resources

- Monthly webinars
- Podcast stories
- Toolkits and guides
- eNewsletters



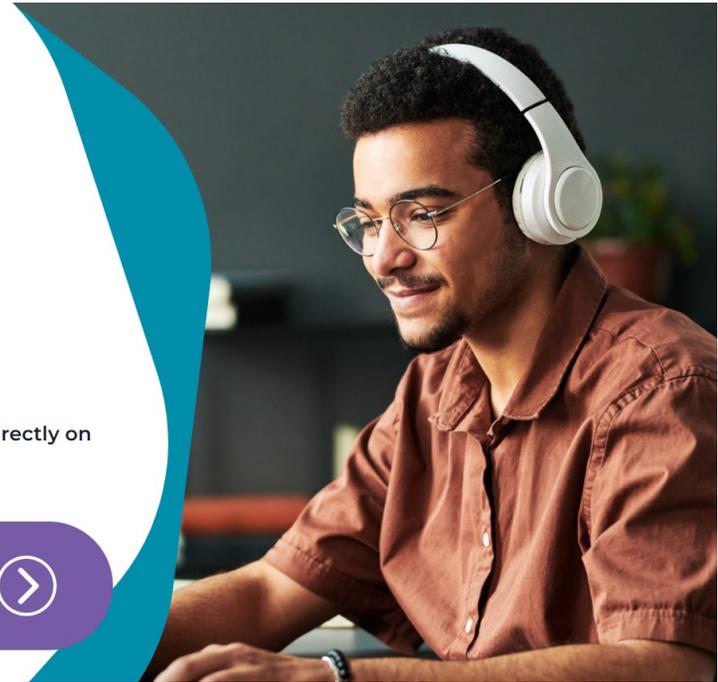
Scan me to join



## Quiz

Take our quiz to get helpful resources based directly on your needs.

Take our one minute quiz



[ontariocaregiver.ca](https://ontariocaregiver.ca)

# Thanks for coming!

Stay in touch



[info@ontariocaregiver.ca](mailto:info@ontariocaregiver.ca)



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