



Increasing Caregivers' Networks Positively impacts Patient-Centered Care

Introduction

Millions of Canadians take on the responsibility of caring for their loved ones. (*StatsCan*). With most of the caregiving duties typically landing on one person, they become tired, overwhelmed, and feel they have no sense of control resulting in many facing clinical depression. Feeling desperate and not sure how to ask for help, their caregiving role suffers, and their loved one and family is negatively affected.

Our Healthcare system is struggling, cost and demand for care is expected to double (*CMA*), resources are running thin, and burnout is on the rise.

If we lose our caregivers to burnout, our healthcare system would collapse.

Support Networks:

"An individual's viewpoint of being able to count on someone else in times of need."

About 3.5 million Canadians indicated not having adequate social network support (1 in 10). Lacking a support network can significantly affect physical and mental health outcomes, employment rates, economic growth, democratic participation, crime rates, and levels of life satisfaction in the country. (*The conference Board of Canada*)

Caregiver Care & Their Networks

In 2018, caregivers in Alberta spent 15.1 hrs./wk. on average providing care. (*UofA*)

The risk of family caregiver anxiety, stress, and burnout significantly increases with 21 or more hours per week. (*Caregiver Centered Care*)

Numerous studies highlight the lack of support for caregivers, which impacts their ability to provide effective care for their loved ones, their family relationships, and their health and wellbeing.

Method: *Team CarePal* surveyed 50 Caregivers to find out what their biggest hurdles are. We determined they are overwhelmed and using multiple different tools to coordinate their networks and find resources which is increasing burnout.



1. Respite
2. Distress & Burnout
3. Emotional Pain
4. Balancing Caregiving & Life
5. Lack of Education and Confidence for their Caregiving Role



Has the strength of your relationships with your support network increased or decreased from the beginning of your caregiving journey?

42% of Caregivers Support Networks Decreased

What tools or resources are you currently using to get respite?

48% Use family & friends
36% said they get no break
12% Battle Fatigue, Exhaustion, Loneliness and Overwhelm

What tools are you currently using to get education and supports on how to be a successful caregiver to your loved one?

24% Google
8% Social Media
6% Books & Videos

What tools are you currently using to coordinate care and help among friends and family?

66% Use phone calls, text and email
24% Don't have help

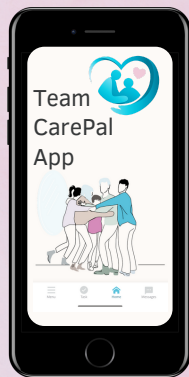
What tools are you currently using to create and maintain a healthy life balance as a caregiver?

28% Struggle With Little to No Life Balance
22% Use Support Groups
20% Use Family



Opportunity:

Enlisting in the help of family and friends is one of the best ways to reduce caregiver burnout.



Team CarePal app is being built around the pain points of family caregivers to transform the family caregiving experience through partnerships with care associations across the country. By increasing caregivers' networks, family collaboration, curating resources, and supporting caregivers' mental health, we will lower caregiver burnout and elevate patient-centered care.

Acknowledgements:

It is only with the collaboration and support of so many others before us paving the way to make a difference, that innovative solutions like *Team CarePal* can join in and help the millions of caregivers and families.

Thank you.

