

# How to Use Your Caregiver ID



A **caregiver** is defined as family, friend and/or neighbour who provides personal, social, psychological and physical support, assistance and care, for family members and friends in need. This support can be provided for any length of time. Caregivers often don't recognize themselves as caregivers because they consider their care as a normal part of their relationship, whether they are relative, friend or neighbour. Although many caregivers feel that their role is rewarding, caregiving can also be challenging and often leaves them feeling tired, isolated, stressed and unsure where to find help.

This Caregiver ID was created to empower caregivers. There are two parts to this card; the front is an identification card, and the back supports information exchange between healthcare providers and caregivers.



## Caregiver ID - Front

The purpose of the Caregiver ID program is to visually identify caregivers within care settings and encourage their participation and important role as members of the care team. Providers often do not know who is accompanying their client/patient and the Caregiver ID provides that recognition.

*(\*A caregiver may not be the Substitute Decision Maker or have Power of Attorney.)*

*"I wore the caregiver ID to an appointment to see my husband's specialist, and the doctor noticed the card right away and asked me about it. This helped me to immediately be recognized in the appointment as a part of the communication" - Caregiver*

## Caregiver ID - back

Caregivers can be advocates for the person they are caring for. The back of this card provides a quick reference of questions to consider asking when sharing or receiving information with or from a healthcare provider.

These questions have been developed to help patients and caregivers receive the most pertinent information that they need before they leave the appointment.

*"I used the questions last time I was at my family doctors office. In the moment that you are receiving information it's difficult to know what to ask, especially if the news comes as a shock. These questions helped me get the key fact that I needed before I left the office" - Caregiver*

## How to use Your Caregiver ID

- The Caregiver ID can be kept in your wallet or purse for easy access
- The Caregiver ID can be attached to a lanyard or clip if you would like to wear it
- Anyone who provides care, in any capacity can wear the Caregiver ID.
- More than one caregiver may be present at the same time wearing the Caregiver ID.
- The Caregiver ID is yours to keep.
- You may need to explain your role as a caregiver to providers.



For more information go to  
[www.caregivershuronperth.ca](http://www.caregivershuronperth.ca).