



Time to Talk

Meaningful Ways You Can Support Caregivers

Make a Difference in the Caregiver Experience

To help caregivers feel engaged and find services that support their caregiving journey, please consider incorporating these practices when you interact with caregivers:

1. Ask caregivers how they are doing. Few people ask how the caregiver is doing, which contributes to feelings of isolation. This simple question alone can make a difference.
2. Identify caregivers and include them as part of the healthcare team. They may have valuable information about your patient/client that affects your planning.
3. Tell caregivers what's happening and what they can expect next. Knowing what is going to happen next can help relieve anxiety.
4. Encourage caregivers to accept help. Caregivers can find it hard to ask for help and feel they should be able to manage on their own. Caregivers who don't seek or accept support have a higher risk of burnout.
5. Connect them to resources. The Time to Talk pamphlet and the **www.caregivershuronperth.ca** resource website are great places to start.
6. Encourage them to talk to someone about their feelings. Confiding in one person is a first step and can help relieve anxiety and feelings of isolation. Resources can be found on **www.caregivershuronperth.ca**. If it's urgent, caregivers can get support from the Huron Perth Helpline and Crisis Response at 1-888-829-7484.
7. Re-visit this conversation throughout their journey. It may take time for caregivers to accept the need for help and seek support.

Questions You Can Ask Caregivers

Conversation Starters

1. How are you managing?
-or-
How are you doing today?
2. What would be the one thing that would help you most in caring for your friend or family member?

Follow-up Questions

1. What worries you most?
-or-
What concerns you most?
2. What would be the one thing that would help you most in caring for your friend or family member?

ABOUT CONNECTING THE DOTS FOR CAREGIVERS

Connecting the Dots for Caregivers was an initiative focused on improving the experience for caregivers in Huron and Perth. Six local healthcare organizations and area caregivers co-designed solutions to help caregivers and feel more supported, valued and engaged in their role. The project was funded by The Change Foundation. For more information, visit **www.caregivershuronperth.ca**.