

# Enabling Canadians to Support Caregivers by Strengthening Care Connections



BY  
Pallium Canada



**Presenters:** Bonnie Tompkins and Nancymarie Arsenault

**Date:** April 17, 2023

# The Palliative Care ECHO Project

The Palliative Care ECHO Project is a 5-year national initiative to cultivate communities of practice and establish continuous professional development among health care providers across Canada who care for patients with life-limiting illness.

**Stay connected: [www.echopalliative.com](http://www.echopalliative.com)**

# Thank You

The Palliative Care ECHO Project is supported by a financial contribution from Health Canada. The views expressed herein do not necessarily represent the views of Health Canada.



Pallium Canada is very grateful to The Joan and Regis Duffy Foundation for supporting the Care Connections Program in PEI.

# Disclosure

Relationship with Financial Sponsors:

## **Pallium Canada**

- Not-for-profit
- Funded by Health Canada

# Disclosure

## **This program has received financial support from:**

- Health Canada in the form of a contribution program
- Generates funds to support operations and R&D from Pallium Pocketbook sales and course registration Fees

## **Presenter:**

- Bonnie Tompkins: nothing to disclose.

# Introductions

## **Presenter**

**Bonnie Tompkins BPH**

Compassionate Communities National Lead  
Pallium Canada

**Nancymarie Arsenault**

Executive Director  
Hospice PEI

## **Support Team:**

**Aliya Mamdeen**

Program Delivery Officer, Pallium Canada

**Diana Vincze**

Palliative Care ECHO Project Manager, Pallium Canada

# Territorial Honouring



# Welcome and Reminders

- Please introduce yourself in the chat!
- Your microphones are muted. There will be time during this session for questions and discussion.
- You are also welcome to use the Q&A function to ask questions
- Use the chat function if you have any comments or are having technical difficulties.
- This session is being recorded and will be emailed to registrants within the next week.
- Remember not to disclose any Personal Health Information (PHI) during the session



# Learning Objectives

By the end of the session, participants will be able to:

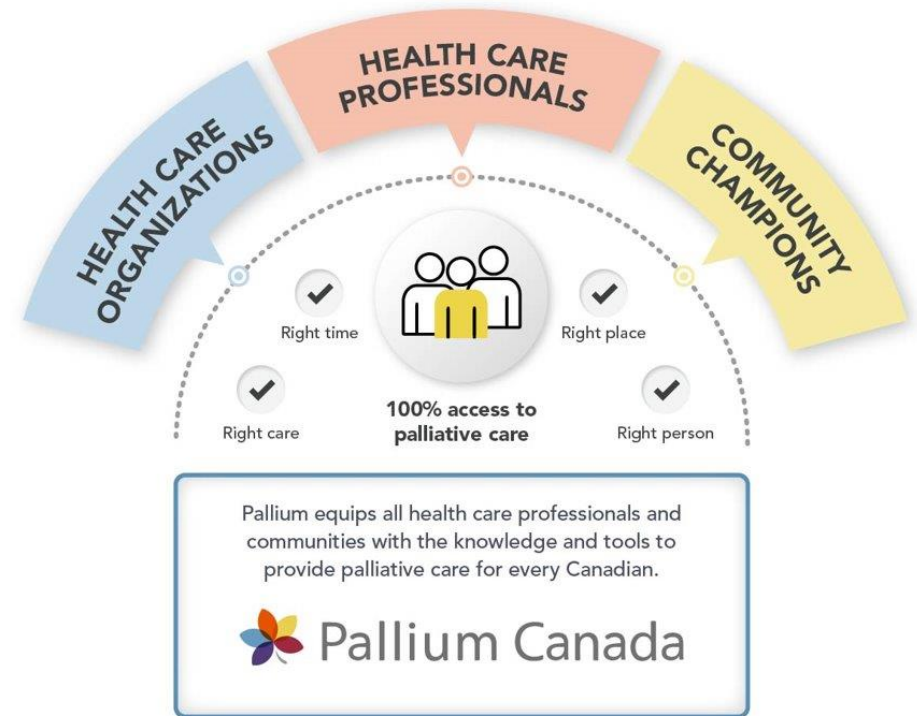
Understand the importance of social connection

Understand how increasing social connections can support caregivers

Awareness of resources to increase social connection

# About Pallium Canada

- National, non-profit founded in 2000
- Building capacity
- Transforming practice and settings
- Research and technology-driven solution provider
- Empowering communities



# Hospice PEI

[www.hospicepei.ca](http://www.hospicepei.ca)



- Since 1985 Hospice PEI has created a community of caring individuals making each day count for Islanders and their loved ones through our peer-to-peer based hospice programs and support services.
- Hospice PEI also supports any Islander who is grieving the loss of a person through peer-to-peer based support, and hybrid grief support groups.
- Hospice PEI provides monthly support groups to unpaid caregivers who are caring for someone who is living with a life limiting illness, who is palliative or has an end stage chronic illness.
- Hospice PEI offers education and information on Advanced Care Planning, and participates in advocacy promoting quality end of life care for Islanders.

# Agenda

- The importance of care connections
- The Care Connections Program
- Atlas CareMap Tool
- Who should use these resources
- How you can engage with the Care Connections Program
- Learn how to create an Atlas CareMap

# Polling Question

**Select the category below that best describes you?**

(select all that apply)

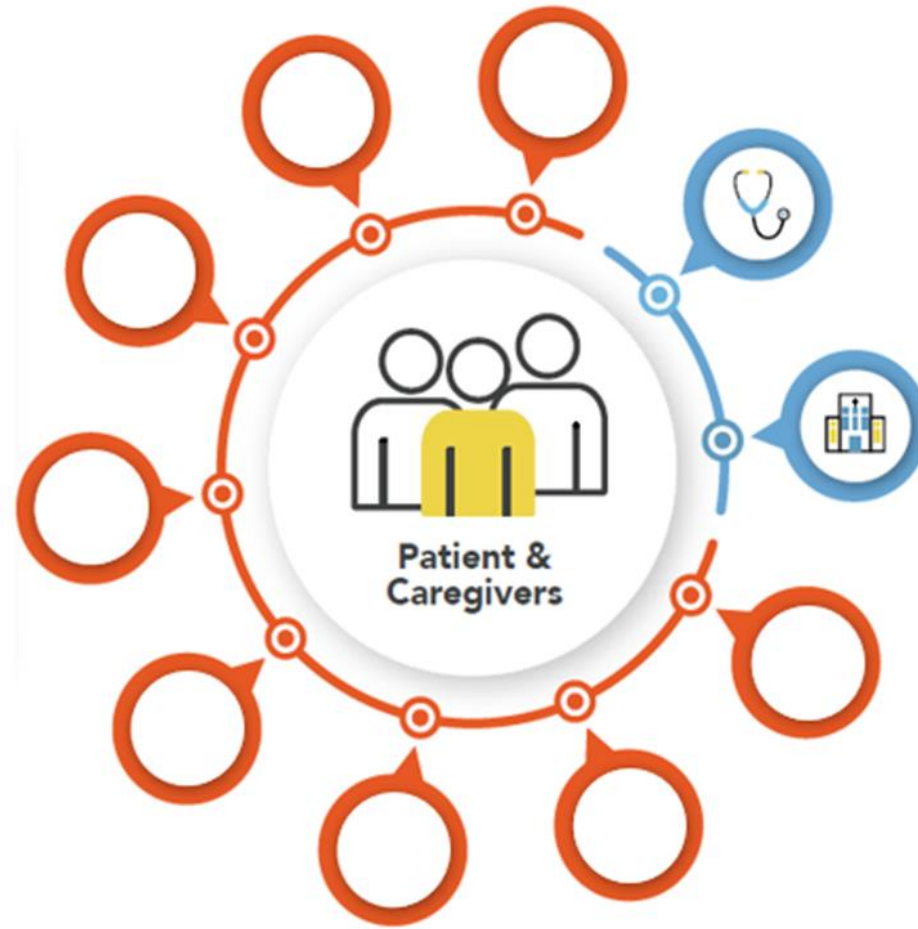
1. I am a caregiver
2. I want to support caregivers personally
3. I want to support caregivers in my professional role
4. Other

# The Importance of Care Connections

- Impact on Health



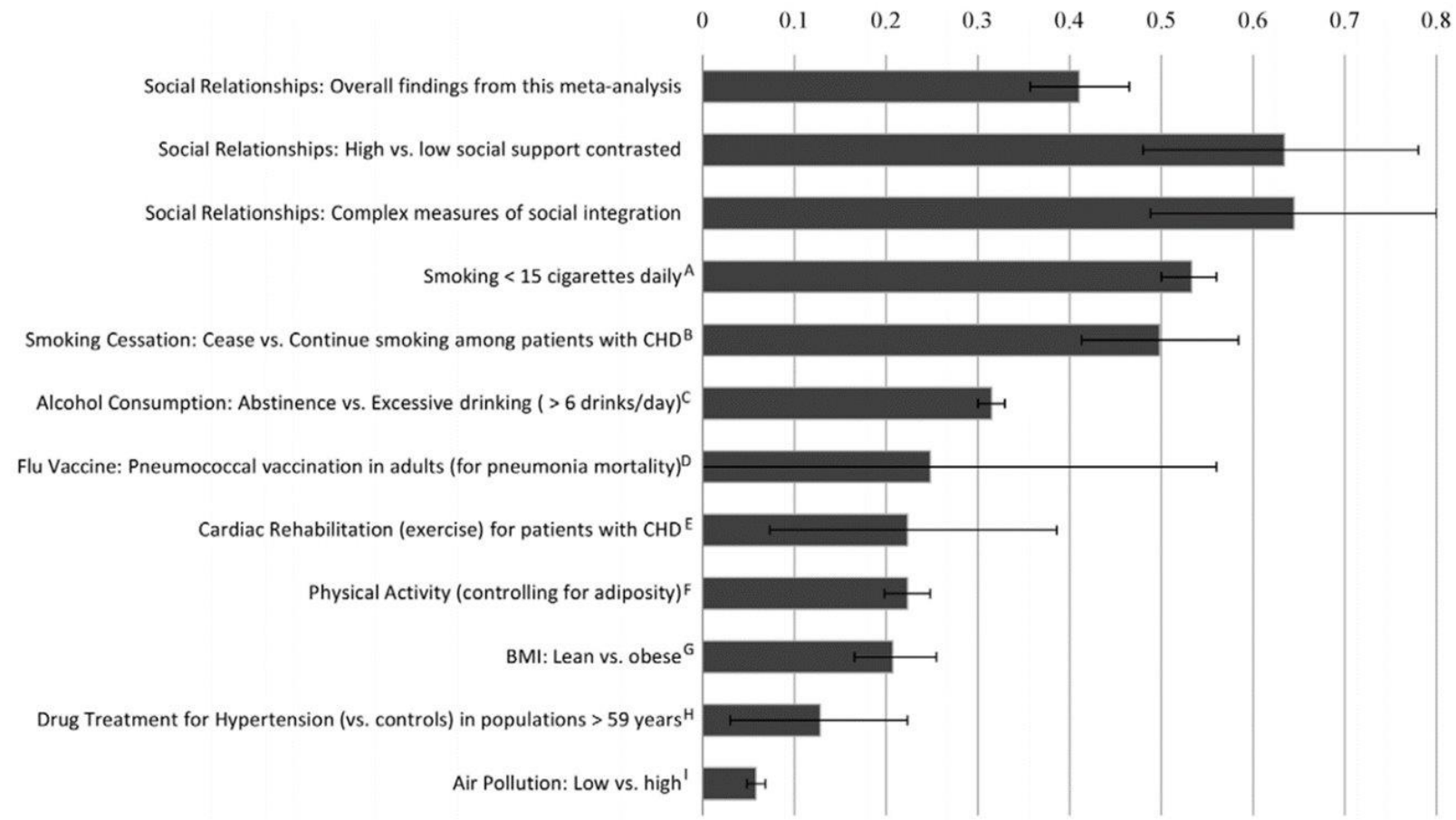
# What Is Care Made Up Of?



## Health Care

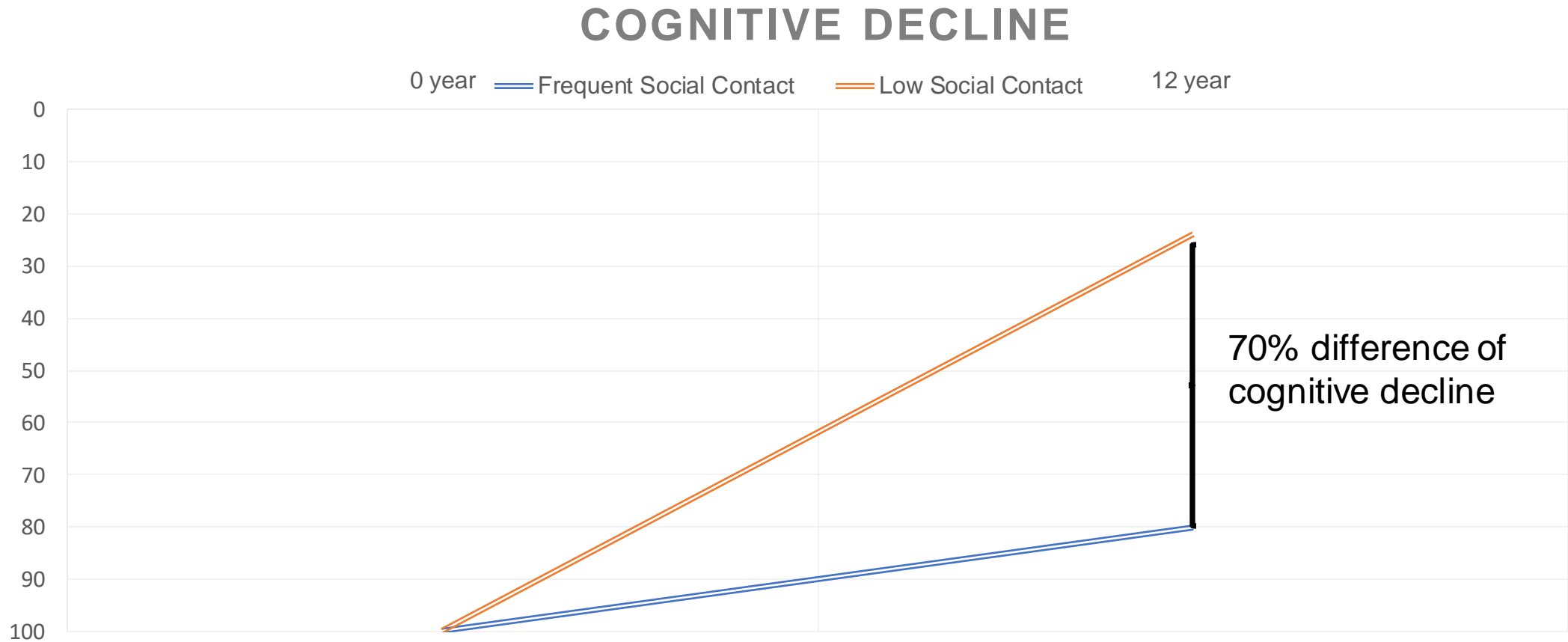
- Hospitals
- Emergency Department
- Family Doctor
- Pharmacy
- Oncologist
- Nurse
- Paramedic
- Social Worker, etc.

# Social Relationships Positively Impact Health

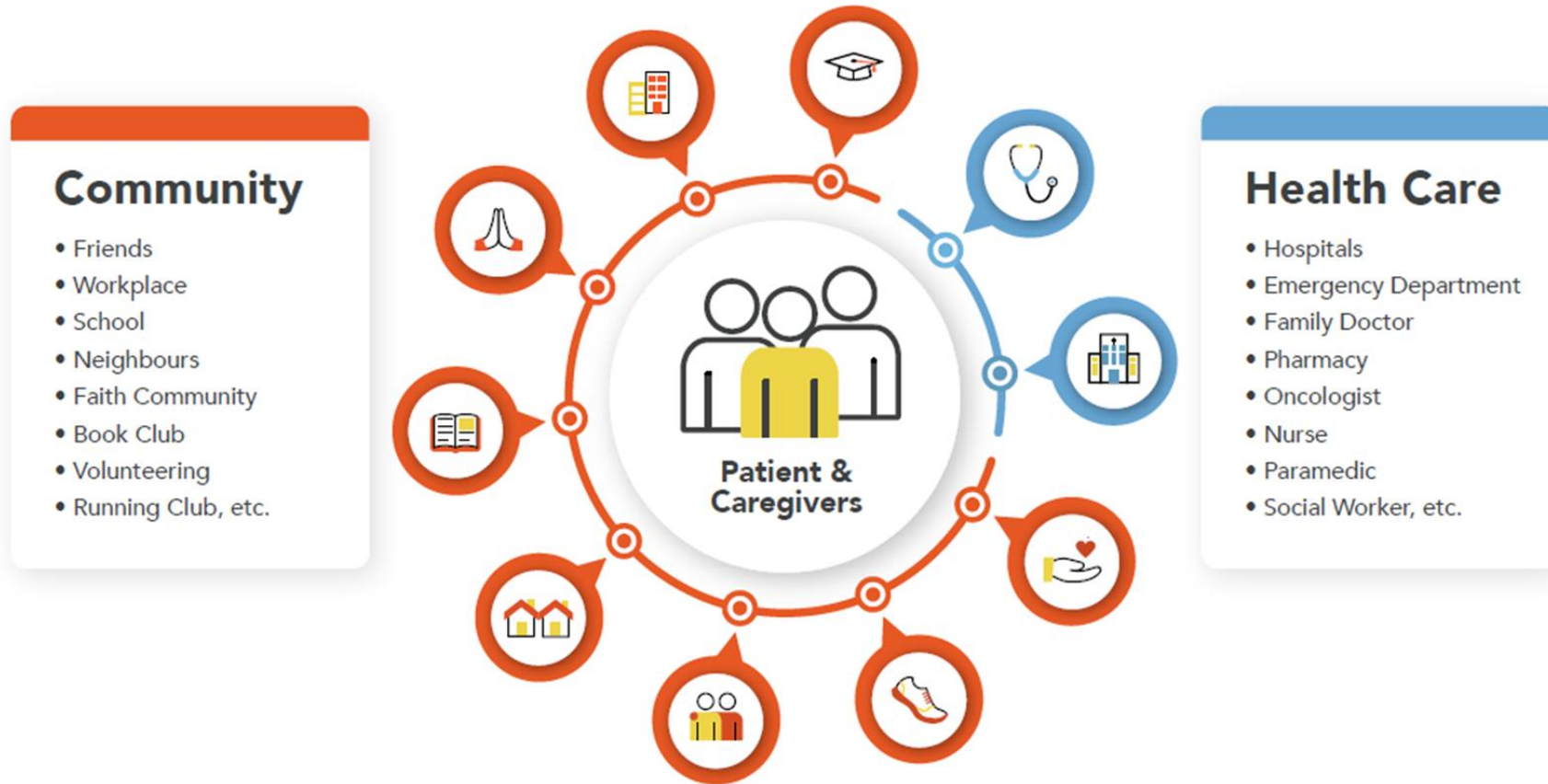




# Social Connections and Cognitive Decline in Seniors



# How Can We Support Caregivers?



# Care Connections Program



# Overview Of The Care Connections Program

**Purpose:** To support caregivers, empower every Canadian to better support the caregivers in their lives and to help strengthen the important social connections within our communities

**What is included in the program:** A suite of free resources and activities to support the millions of Canadians who are caring for their family, friends, and members of their communities

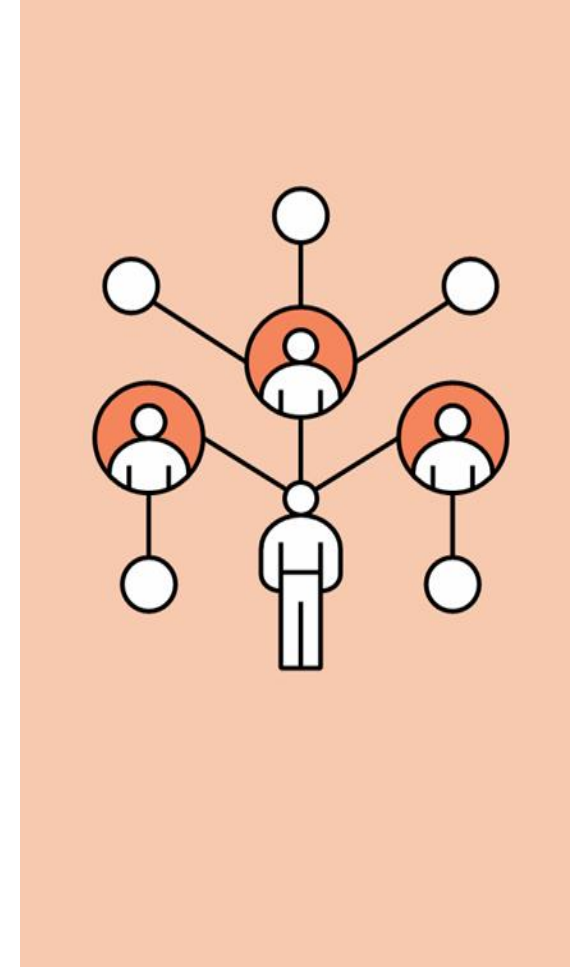
# Program Target Audience

Primary audience:

- Caregivers
- Friends
- Family
- Healthcare professionals

Secondary audience:

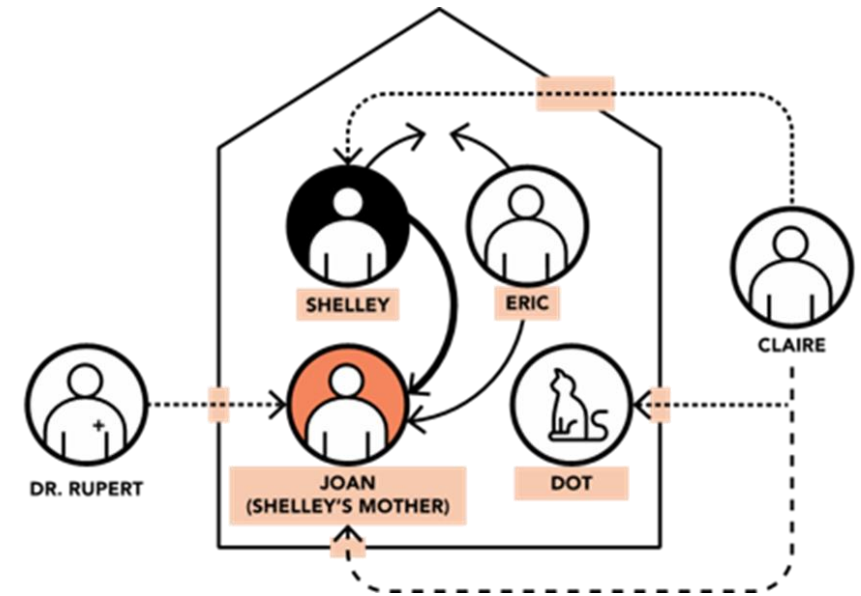
- Community centers
- Caregiver organizations
- Employers
- Anyone who wants to increase how supported caregivers' feel



# Resources Within The Care Connections Program

## Resources include:

- Atlas CareMap Toolkit – Tools to build an Atlas CareMap
- Atlas CareMap Community Workshop Toolkit – Supports the hosting of a map creation workshop
- Social Connections in Palliative Care - A Module for Health Care Professionals
- LEAP Carers



# Atlas CareMap

- Who do you care for and who cares for you?

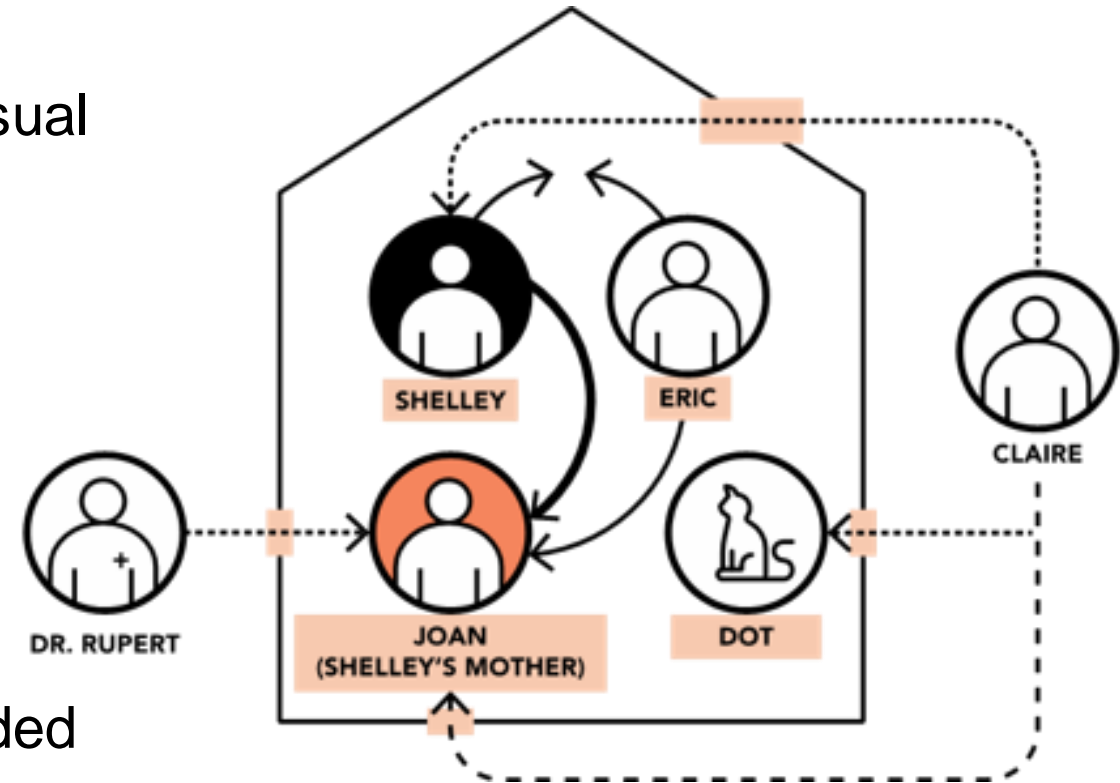


# Atlas CareMap – an Essential Tool

**What is a Care Map?** A Care Map is a simple, visual diagram of the people involved in providing care.

It helps to...

- Increase the understanding of a caregiver's experience
- Strengthen a support network
- Organize caregiving tasks and activities
- Highlight areas where additional support is needed



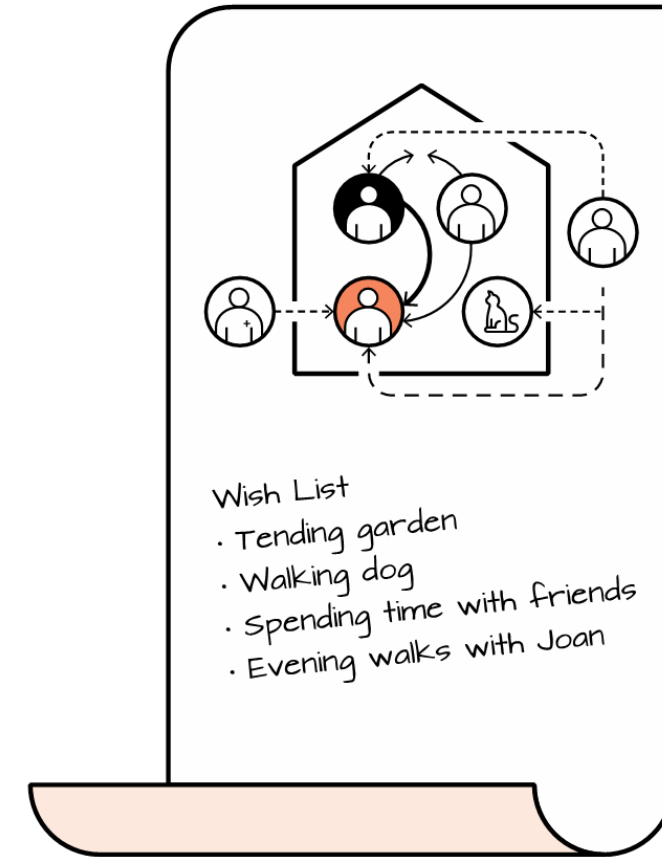
**Essential tool within the program**



# Atlas CareMap – How to Use a Map

Once a map is created – put it to work

- Create a “Wish List” highlighting areas for additional support
- Share it with
  - Family
  - Friends
  - Health care professionals
  - Neighbours



# Atlas CareMap – Built from Research

The Atlas CareMap™ tool was created by Atlas of Care in the United States

The tool was the result of several research projects

1. A pilot study to explore how a new approach to research could enable a truly comprehensive look at family caregivers' lives
2. Piloting the tool in the community – Mapping Santa Barbara
  - Participants expressed how powerful it was to see their caregiving experience visually
  - Participants were inspired to help others create their map

\*Pallium has worked with Atlas of Care to build on or adapt their work to further scale and spread the Atlas CareMap tool for the Canadian Context

# LEAP Carers



**LEAP**

**CARERS**

# Overview

Free online course for caregivers

- Or anyone who wants to support a caregiver (family, friend, or neighbour)

It is self-learning

- Means you can come back to it when you have time
- Move through the course at your own pace
- Take the module that makes the most sense at the current time



**LEAP**  
**CARERS**

# Overview (con't)

How was it developed?

- Builds on the Champlain Hospice Palliative Care Program
  - CHPCP's program is seen as a highly successful caregiver training program



**LEAP**  
**CARERS**

Certification of completion

- Participants who complete the course will get a certificate of completion as well

\*Currently available in English only

# What Does The Course Cover?

Goal of the course:

- Provide carers with the information and resources needed to help them provide care to their family or friends living with a serious illness

Topics include:

- Navigating the health care system
- Advance care planning
- How to provide personal care and hygiene with dignity
- End of life and medication management
- Caregiver communication and advocacy skills
- Self-care strategies.



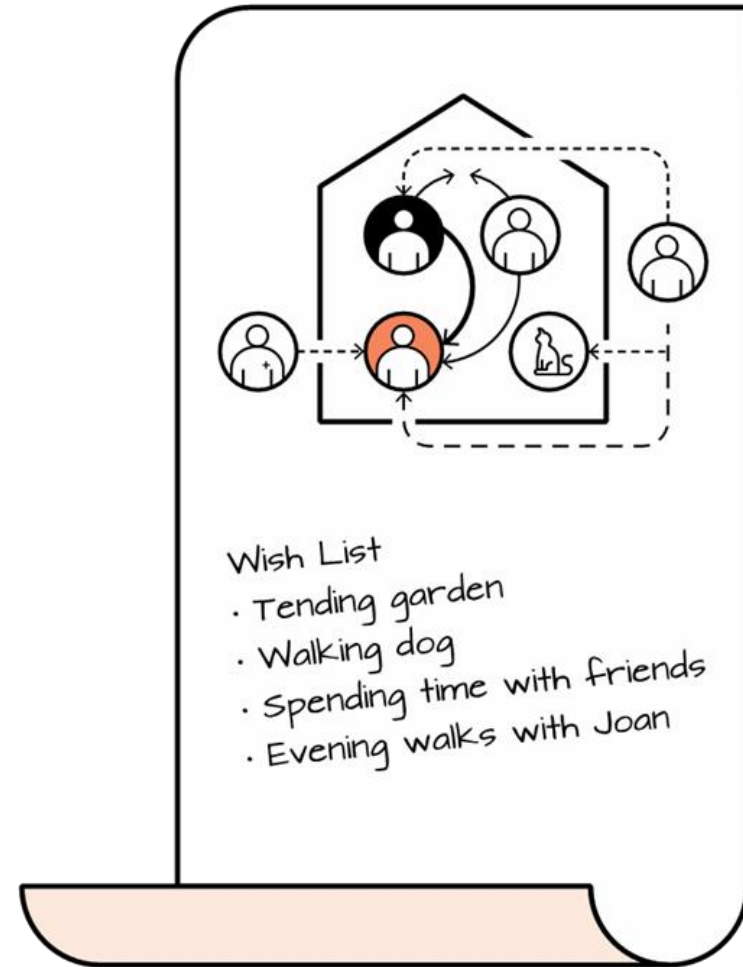
# Engage with the Care Connections Program

- Who and how



# How To Engage With The Program - Caregivers

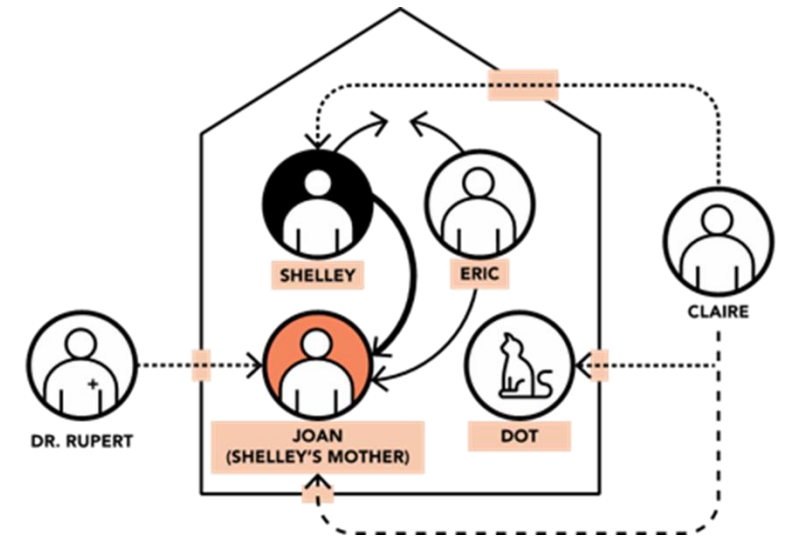
- Learn how to draw your Atlas CareMap
  - Share your map with family, friends, neighbours, health care professionals
- Start the LEAP Carers course
- Spread the word about the Care Connections Program





# How To Engage With The Program – Anyone Who Wants To Support Caregivers

- Learn how to draw an Atlas CareMap
- Help the caregivers around you draw their map
- Host an Atlas CareMap Community workshop to increase the awareness of the Atlas CareMap tool in your community or with the people you support
- Take the LEAP Carers course to increase your knowledge and understanding of the caregiver journey
- Spread the word about the Care Connections Program

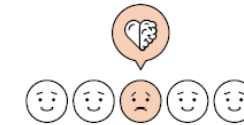


# How To Engage With The Program – HealthCare Professional

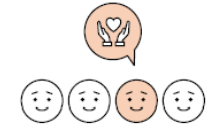
- Take the free healthcare module - Social Connections in Palliative Care
  - Learn how to draw an Atlas CareMap
- Use the Atlas CareMap in your practice
  - Support patient's creation of their map
  - Reflect on the map together
  - Help connect them with additional support where needed
- Host an Atlas CareMap workshop to increase the awareness of the tool
- Encourage Caregiver patients to take LEAP Carers



## Atlas CareMap Fact Sheet



1 in 5 caregivers said that their "physical and emotional health has suffered" in the last 12 months as a result of their caregiving responsibilities.<sup>1</sup>



1 in 4 Canadians provide informal care to a family member or friend.<sup>2</sup>



### WHAT IS A CARE MAP?

A Care Map is a simple, visual diagram of the people involved in providing care to a caregiver and care recipient. It includes family, friends, and health care professionals who may provide assistance or support, however big or small. A Care Map allows a person to visualize and easily understand the many different connections between the people involved in caring for someone.

# Learn How to Create an Atlas CareMap



# Atlas CareMap Workshop

Participate in the upcoming virtual **Atlas CareMap workshop**

We will be co-hosting the following virtual workshop to help you learn how to create a map

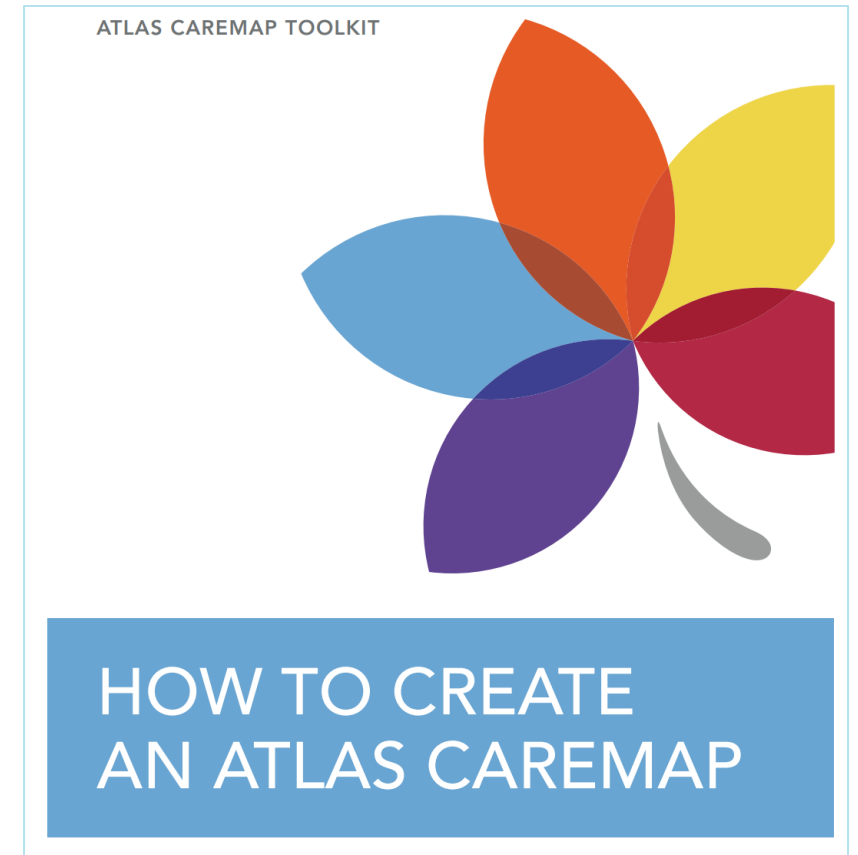
- *Atlas CareMap Workshop – Learn how to create and share a care map*
  - Friday April 21, 2023 @ 12:00 – 1:30 pm ADT

Register by using the link placed in the chat.

# Atlas CareMap Toolkit

Download the Atlas CareMap Toolkit - its free!

- The toolkit will provide you with the following:
  - How to Create an Atlas CareMap
  - Atlas CareMap Building Questions
  - Atlas CareMap Definitions
  - Community Resources for Caregivers
  - Sharing Your Atlas CareMap with Family and Friends
  - Sharing Your Atlas CareMap with Health Care Professionals



# Atlas CareMap Community Workshop Toolkit

Download the Atlas CareMap Community Workshop Toolkit - its free!

The toolkit will provide you with the following:

- Everything in the Atlas CareMap Toolkit
- Quick Start Guide
- Workshop PowerPoint with speaking notes
- Coordinator Guide
- Email Templates
- Funding Requests Templates
- Invitation Templates
- Agenda Template
- Poster Template

ATLAS CAREMAP COMMUNITY  
WORKSHOP TOOLKIT



COORDINATOR  
GUIDE

 **compassionate  
communities**

pallium.ca

# Key Take Aways

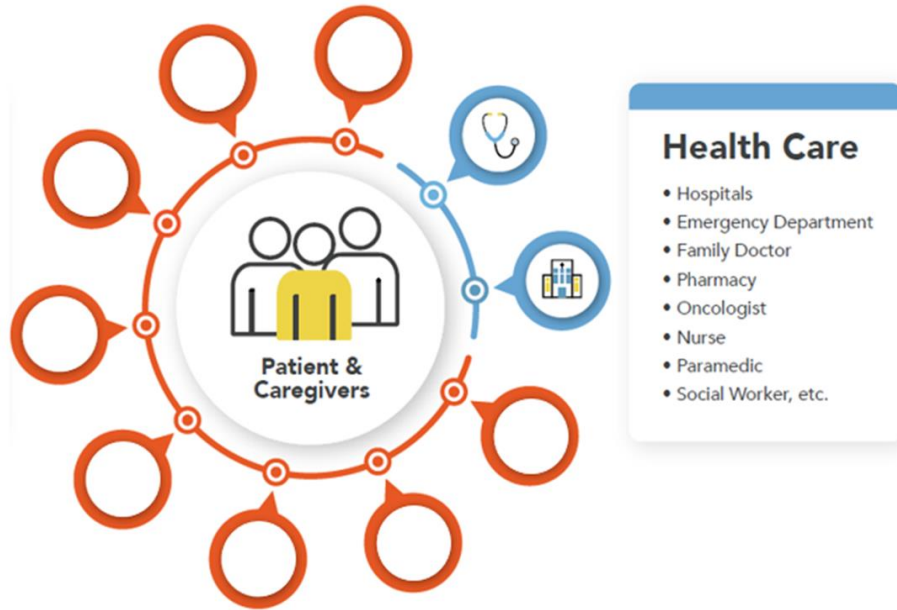
- Social connections
  - Impact on our health
  - Support caregivers
- Atlas CareMap™ is a visual tool that will
  - Increase the understanding of a caregivers experience
  - Highlights those in the support network
  - Highlights opportunities for additional support
- How to increase social connections with the Care Connections Program
  - Learn how to draw a map
  - Help caregivers draw their map
  - Host a workshop

# Recap - We Need To Create The Change!

Caregivers provide the bulk of care with little support



Caregivers provide care and are supported by the world around them



*Download the free resources, learn how to create a map, host map creation workshops in your area to strengthen the connections!*



# How To Access The Program

To access the **free resources**, go to Pallium Canada's website and search for the Care Connections Program

[www.pallium.ca/compassionate-communities/](http://www.pallium.ca/compassionate-communities/)



## Care Connections Program

The Care Connections Program includes resources and activities that support the millions of Canadians who are caring for their family, friends, and members of their communities.

LEARN MORE

Questions?

# Session Wrap Up

- Thank you for joining us!
- To learn more and access the program visit: [www.pallium.ca/care-connections](http://www.pallium.ca/care-connections)
- Please fill out the feedback survey following the session—a link has been added into the chat!

# Thank You



**Stay Connected**  
**[www.echopalliative.com](http://www.echopalliative.com)**