



## Supporting Family Caregivers: An At-A-Glance Guide for Healthcare Providers

Resources to Support and Include Caregivers

Tool	Who is it for?	Engagement examples with caregiver
<b>Caregiver identification and referral resources</b>		
<a href="#">Caregiver Consent &amp; Referral Form</a>	For healthcare providers who want to connect caregivers with our organization through our simple direct referral system.	<i>Everyone has limits and your life matters too. Talking about it is important. Here is a caregiver support pamphlet – research shows that getting support early on helps your well-being. If you want, I can make a direct referral to Family Caregivers of BC and they will call you.</i>
<a href="#">Steps to Identify and Support a Family Caregiver</a>	For healthcare professionals to help family caregivers feel visible by identifying and supporting them. You can watch our webinars on this topic <a href="#">here</a> .	<i>By asking any of the questions below allow caregivers to be seen and heard.</i> <ul style="list-style-type: none"> <li>• How are you doing today?</li> <li>• How are you managing?</li> </ul> <i>What would be the one thing that would help you most in caring for your friend or family member?</i>
<a href="#">Caregiver Rx Tear-Off Pad</a>  (order online – all resources are <b>free</b> )	For healthcare providers who want to use our 10-second handoff to connect caregivers with our organization through caregiver self-referral.	<i>You are carrying so much in your role as a caregiver, and I know it can be hard to ask for help. Maybe you even feel that you should be able to manage on your own. Research shows that caregivers who don't seek help or support have a higher risk of burnout. Caregiver organizations know how to help and have many services and programs designed for caregivers.</i>
<b>Including caregivers as partners in care resources</b>		
<a href="#">Strengthening Family Partnerships in the Care Team</a>	Simple steps healthcare providers can take to include family caregivers in the care team. You can also watch a 24 min video – <a href="#">Helping Caregivers Be Seen &amp; Heard</a>	<i>You are an important part of the care team for X (name of care recipient). What do I need to know from your perspective to help me understand the current situation?</i>
<a href="#">Helping Caregivers Understand Consent in Healthcare Settings</a>	For healthcare providers wanting to explore how to obtain consent for caregivers supporting patients.	<i>To better help you, I sometimes need to talk with people who care about you—like your mom or brother. This won't include information about your personal life. Only things to help you get better. I assume that's OK. Right?</i>
<b>Caregiver support plan resources – Tools that healthcare providers can direct caregivers to</b>		
<a href="#">Understanding Caregiver Needs</a>	For caregivers who are feeling stuck, stressed, or burnout.	<i>Would you like to do a brainstorming exercise to help identify your caregiving needs?</i>
<a href="#">Caregiver Plan</a>	For caregivers who need clarity and increased confidence.	<i>How would you like to create a simple plan to help you meet your caregiving needs?</i> (This resource builds on the above, Understanding Caregiver Needs.)
<a href="#">Resilience Strengths Quiz</a>	For caregivers who are showing signs of burnout and need resiliency strategies.	<i>Would you like to do a short quiz to help you identify your strengths and the areas in which you might benefit from some extra support?</i>
<a href="#">Healthy Caregiver Quiz</a>	For caregivers who are feeling overwhelmed and have expressed they have no time for self-care.	<i>Would you like to do a short quiz to help you recognize the positive steps you are already taking to stay healthy and to identify areas you might consider taking action?</i>

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