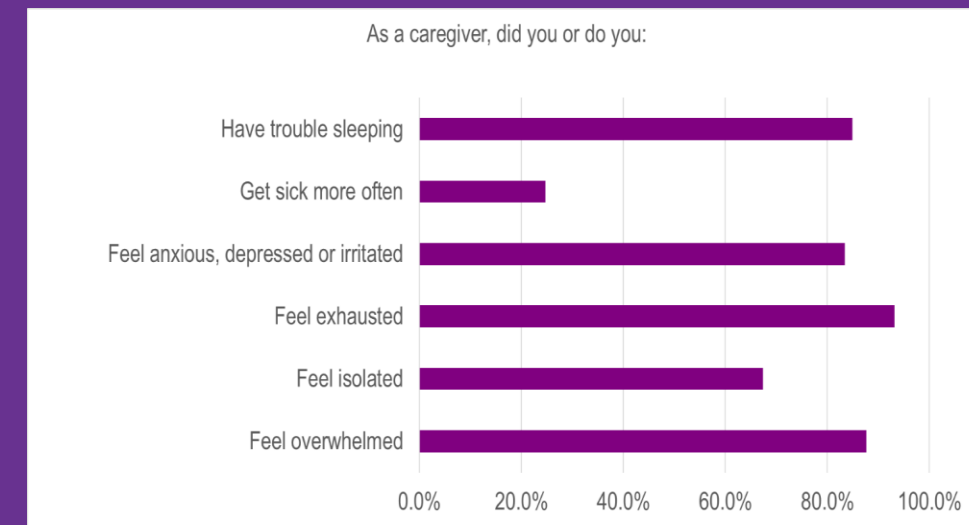


# Support4Caregivers

## Overview:

In 2018, 101 pancreatic cancer caregivers from across Canada (all provinces and territories except for Nunavut) responded to our survey designed to uncover gaps in caregiver support.



- "Watching my loved one suffer and die slowly has made me numb, depressed, angry."
- "There are very few caregiver supports and services available."
- "I felt helpless."

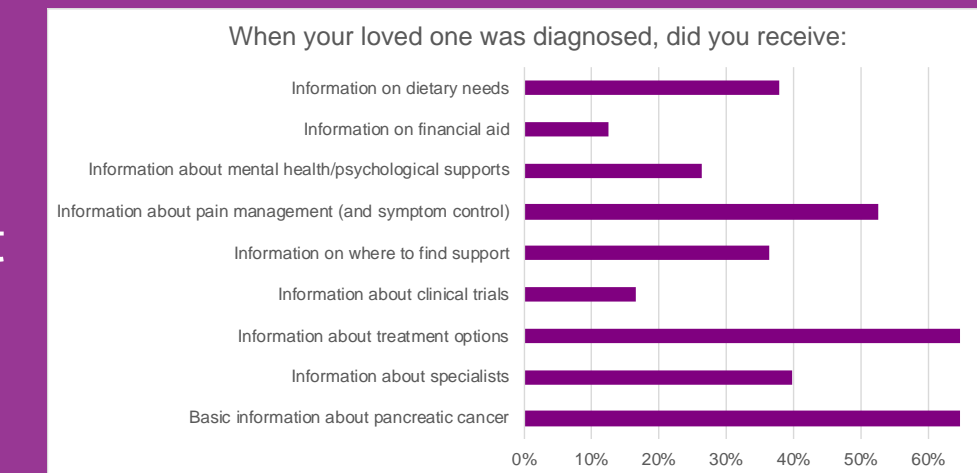
The responses and comments revealed that the creation of an interactive, online video support series would be welcomed in the caregiver community.

## Objective:

Support4Caregivers was designed to address the needs identified by caregivers who responded to our 2018 Survey.

Steps taken include:

- The creation of an online, monthly, interactive video series offering caregivers the opportunity to connect with other caregivers and to share personal stories and experiences.
- Choosing sessions that will allow caregivers to receive support in specific areas, as requested by the caregivers (see chart on right), and facilitated by professionals.
- The creation of [www.support4caregivers.ca](http://www.support4caregivers.ca) where caregivers can watch past sessions and register for upcoming sessions, and where information is provided that is difficult to find (as identified by caregivers).



## Methodology:

When surveyed, 80 percent of respondents confirmed that they would access online resources, with 61 percent stating they would participate in an interactive webinar. In addition, 77 percent felt the need for more peer support, with 65 percent feeling a need to be connected with other caregivers online.

This webinar series has been implemented using an online platform (Zoom.us) where attendees are able to both speak to and see the other participants. The format allows Support4caregivers to reach a wider audience, inexpensively, and with a relatively short time commitment from caregivers.

Participants are able to share their stories and learn from others, including the facilitators who are experts in treatment and care. Webinars will include topics such as: optimizing care and support, strategies to alleviate stress, advocacy, mindfulness, etc.

At the end of each session, participants complete an evaluation that includes the opportunity to offer suggestions for future sessions. This allows the program to be fluid, with caregiver feedback given strong consideration when determining topics.

## Results and Conclusions:

The first monthly session was held on Sunday, Feb. 17, 2019. The content included:

- Practical advice to optimize care and support
- Working with stress and difficult emotions
- Essential self-care and self-compassion
- Authentic and open communication
- 'Meeting' other PC caregivers
- Relaxation techniques/guided meditation

Although there were a small number of attendees, the feedback was extremely positive, with all registered participants scoring all aspects of the program highly and also pre-registering for the next session.

In the words of attendees:

- "Truly a wonderful offering! Quality facilitators and engaging content. Happy to meet other PC Caregivers. I only wish I had found this opportunity/that it had been available earlier in my experience, but feel it's likely come at an opportune time now. I will happily promote it to other PC Caregivers."

- "I really, really enjoyed the session today and found it very helpful!"

- "I'd love more opportunities for facilitated discussion with other caregivers - that was one of my favourite parts of the session."

## Measurements and Impact:

### How will you measure and report on outputs and impact?

This program has been developed for caregivers and will be evaluated by caregivers.

Each monthly session will be recorded. The number of registrants, along with their evaluation of the session, will provide valuable insight into the success of the program.

Respondents will answer evaluation questions on various scales:

- "less interested" to "very interested"
- "not helpful" to "very helpful"
- "not competent" to "very competent"

There will also be open-ended questions that will request input about current session and future sessions

We anticipate that patients and health professionals will be positively impacted by these sessions. Caregivers will learn coping skills, feel less overwhelmed and be stronger advocates as they become more informed about topics such as treatment options and clinical trials.

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