


Saint Elizabeth
 First Nations, Inuit and Métis Program




“A Collaborative, Innovative Approach to Identify and Meet the Unique Needs of First Nation Caregivers”
 2014 CHNC Conference
 June 4, 2014


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Meet your Presenter

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 OkichitaaPinesiiikwe Intishikaas
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Saint Elizabeth

- ❖ **Saint Elizabeth** is a charitable not for profit health care organization dedicated to the health of people and communities. Saint Elizabeth is continually looking for ways we can impact change in order to create a wiser, more equitable and humane health care system.
- ❖ Operating as a social enterprise, Saint Elizabeth is proud of the work of our charitable foundation. Established in 1997, our Foundation raises funds for the advancement of knowledge and charitable initiatives in home and community care. The SE FNIM program is a key initiative of the foundation.


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Vision: Honouring the Human Face of Health Care

Focus: Enhance and support the capacity that already exists in First Nation communities by providing options that address the complex issues around health and well-being, improve access and address barriers to care


Approach: Partnership, action-based research, knowledge exchange and mobilization




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Today & Expanding

More than **1,850**
 community health care
 providers from over **444**
 FNIM communities
 and organizations
 across
 Canada




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Where we are...

- Tsuu T'ina Nation, Alberta
- Long Plains First Nation, Manitoba
- Winnipeg, Manitoba
- Wabauskang First Nation Ontario
- Markham, Ontario
- Montreal, Quebec



“Never underestimate the power of a small group of committed people to change the world. In fact, it is the only thing that ever has.”
 ~ Margaret Mead

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First Nations Caregiver Project Background

The Cancer Pathways Project:

- Focused on building an improved understanding of the current cancer pathways for First Nation communities across Canada
- Identification of promising/leading practices and models of cancer care and culturally appropriate resources that can be used to guide future efforts
- Lay the foundation for sustainable partnerships that can work to make a difference
- Funding for the Cancer Pathway Project was provided by the Canadian Partnership Against Cancer

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Highlights from the Cancer Pathways Project: Caregiver

Family caregivers expressed the need for:

- Emotional support for their role
- Education on topics such as providing physical care and emotional comfort for their loved one (ex. What to expect as death approaches? How to prevent caregiver burnout etc.)


Health Care Providers expressed:

- While some resources may be available, they are receiving no education or ongoing support on how to use the information.
- Seeking knowledge to provide education and support to family caregivers and family members.

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First Nations Caregiver Education and Support Program Project



Goal: To respond to a significant gap in education and support programs for caregivers in First Nation communities.

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Shifting to Empowerment

Our belief is that First Nations, Inuit and Métis communities have the answers to addressing their challenges. Partnerships are the foundation in supporting communities to be the drivers of positive change.



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The Importance of Caregivers

“As a result of the move toward outpatient care in the 1990’s and more people are receiving care at home. This means more people have had to take care of a family member with reduced autonomy living at home”.
(Jourdain ,2009)

First Nations health needs are increasing due to:

- High rates of chronic diseases (ex. Diabetes, heart disease)
- By age 60, approximately half of First Nations adults have been diagnosed with four or more chronic health conditions (RHS, 2012)
- Increases the need, not only for direct client care services and programming, but also the demands on caregivers.


Caregiver supports are essential in order for caregivers to assist their loved ones with ongoing care so they can remain in their homes and communities.

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Caregiver Education and Support Program Project

Key Strategies: To equip community-based health care providers with the knowledge and support they need to confidently provide caregiver education and support to caregivers within their own communities.


Benefits: This would not only benefit palliative patients, but anyone in the community requiring a significant level of home care in the short or long term allowing them to remain in a home environment rather than in a distant health care facility.


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Caregiver Education and Support Program Project

Approach:

- To work in collaboration with Health Care Providers and community caregivers from First Nations across Canada to specifically identify the needs of caregivers for support and education in the provision of caregiver support to loved ones and families.
- Focus on ensuring meaningful involvement of First Nation communities and individuals in identifying their unique challenges and needs.



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Caregiver Education and Support Program Project

The project is funded through the Saint Elizabeth Foundation and is a multi-phase project, consisting of six phases:

Phase 1: Understanding the unique education and support needs of caregivers. All activities in this phase are:


- Environmental Scan (Completed July 2012)
- e-Survey of health care providers (Completed January 2013)
- 3 **Community Sharing Sessions** in Feb- April 2013


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Caregiver Education and Support Program Project

Phase 2:

- Development of a web-based (Supporting Community Caregivers Course) Train-the-Trainer Caregiver Education and Support Program to train community health care providers on providing community based caregiver education and support programs (based on the needs identified in Phase 1).


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Caregiver Education and Support Program Project

Phase 3: Review and Evaluating the First Nation Community Caregiver Education and Support Program with a select number of health care providers in First Nations communities.

Phase 4: Pilot and evaluate the delivery of the First Nation Community Caregiver Education and Support Program by trained health care providers from Phase 3 in a select number of First Nation communities.

Phase 5: Develop the final First Nation Community Caregiver Education and Support Program


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Caregiver Education and Support Program Project

Phase 6:

- Launch the First Nation Community Caregiver Education and Support Program across Canada

This program will be provided through our award winning on-line education platform @YourSide Colleague

The delivery of the final Caregiver Education and Support Program Train-the-Trainer Training (**Supporting Caregivers Course**) is expected to be available in the Fall of 2014.


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Activities to Date

- Completion of Environmental Scan on Caregiver Resources-
 - ❖ *Identified lack of First Nation specific resources*
- Completion of e- survey with Health Care Providers in First Nation communities across Canada
 - ❖ *Confirmed significant need for caregiver supports*
- Completion of the 3 First Nation caregiver sharing sessions and Community Validation of the Reports
 - ❖ *Building an understanding of the unique needs for First Nation Caregivers*
- Developing the Supporting Caregivers Course (Expected Completion Winter 2014)

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What we heard....

- Stress and burnout is a significant issue for First Nation caregivers
- Caregivers need support for self-care activities
- Caregivers need support for grieving process
- Caregivers need education to provide care to loved ones in areas such as personal care and dementia care
- Families need support to manage difficult decisions which may cause family conflict (e.g. Placing a loved one in an institution).
- Caregivers need a place to gather and be supported. There were no formal supports for caregivers in both communities, and limited awareness of their roles and contributions
- Health care providers are experiencing double duty caregiver roles (caring for clients during the day and loved ones in the evening) and are at significant risk for burnout

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Caregiver Sharing Session Photo Journey

Photo Journey Showing (8 min.) of the Caregiver Sharing Session held on February 26 & 27, 2013 Sandy Lake First Nation, Ontario



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Self-Care Education

The Importance of Self-Care


"Caregiver burn-out is a big problem in this community – stress day in and day out is too much." Yinia Woon



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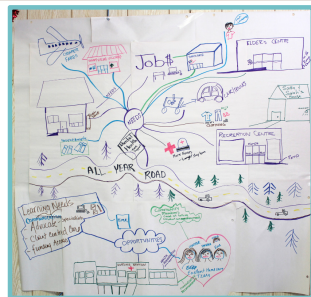
Care Packages

Importance of caring for the caregiver (oneself)



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One Community's Vision, Challenges, Needs and Opportunities



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Sharing Session Outcomes

The Sharing Session:

- Brought together community members with the same role and interest to envision their community's Caregiver Education and Support Program
- Is an example of how gathering First Nations people together to discuss a common issue and can mobilize communities and lead to positive changes.

Positive changes from the Sharing Session:

- Session Participants expressed a desire and commitment to continue to meet together once a month
- Community mobilization- The day after the session a meeting was held between the Home Care RN (community champion in the planning of the sharing session), the sharing session facilitators (Saint Elizabeth First Nations, Inuit and Metis Program) and the A/Health Director

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Supporting Community Caregivers Course

Course Topics

- 1) Understanding the Roles of Caregivers
- 2) Cultural Knowledge
- 3) Caregiving and First Nations
- 4) Supporting Caregivers with Wholistic Approaches
- 5) Caring for the Caregiver
- 6) Education for Caregivers
- 7) Strengthening Caregiver Education and Support in your Community
- 8) Building a Caregiver Support Network

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Professional Development and Educational Opportunities

Visit @YourSide Colleague at www.atyourside.ca for access to 12 on-line courses on topics such as:

- Cancer Care
- Diabetes Circle of Care
- Chronic Obstructive Pulmonary Disease (COPD)
- Elder Care
- **New** Trauma Informed Relationships: Building Safety and Trust Course
- Others
- **Coming Soon** Supporting Community Caregivers Course (Winter 2014)





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Questions?



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Miigwetch- Thank you!



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New Program Website:
<http://www.saintelizabeth.com/fnim>

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