



Long-Term Care (LTC) Caregiver Transition Program

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PROGRAM PROPOSAL

Scope of LTC Social Worker (SW) Role

Core Tasks:

- Psychosocial assessments
- Case management
- Supportive counselling
- Psychoeducation
- Consultation
- Advocacy
- System navigation
- Facilitate support groups
- Referrals to internal & external resources
- Liaise with community supports
- Participate on internal & Divisional projects and committees

LTC Caregiver Transitions

- **Transitions to Long-Term Care**
 - **Experiences of transitional stress, anxiety, loss and grief**
 - **Significant need for psychosocial support**
- **Impact of COVID-19 Pandemic**
- **Caregivers are tasked with adjusting to the LTC environment *and* providing support to LTC Resident**

LTC Caregiver Transitions

- **COVID-19 Pandemic has visibly highlighted the importance of Caregivers for Residents' bio-psycho-emotional-social-spiritual-cultural+ health and well-being**
- **Historical and current issues may impact Caregivers (e.g., childhood abuse, trauma, mental illness, addictions issues)**
- **LTC SW role limited to supporting the *current* caregiving experience**
- **Focus: Develop programming to help educate on the context of LTC, as well as assisting Caregivers with their overall health and wellness**

Partnership with Family Services Department (FSD)

Offer intentional and tailored support to Caregivers at the beginning of their LTC journey via:

- 1. LTC Social Workers: Monthly Caregiver Orientation**
- 2. Family Services Dept.: Quarterly Caregiver Mental Health Seminar**

Goals:

- **Empower Caregivers**
- **Enhance distress tolerance and coping skills**
- **Increase caregiver mental health**
- **Improve understanding of LTC environment**
- **Cultivate realistic expectations**
- **Reduce Caregiver complaints**

Partnership with Family Services Department (FSD)

Operational Benefits:

- Provide support to large number of Caregivers at once
- Provide structured, standardized, and streamlined psychoeducation
- Help LTC Caregivers across Durham Region directly access FSD & increase FSD referrals
- Proactive mental health support for Caregivers
- Meaningful collaboration between LTC Division and FSD



PROGRAM CONTENT

Caregiver Transitions Program (LTC Social Workers)

1. CONTEXT OF LTC:

- **Legislation, Ontario Residents' Bill of Rights, & Ministry of Long-Term Care**
- **Fundamental Principle of LTC**
- **The Region's Homes & Philosophy of LTC**

2. LTC RESIDENTS' CARE TEAM:

- **Overview of Medicine, Nursing, & Allied Health teams**
- **Communication Pathways**
- **Raising Comments, Concerns, and/or Complaints**

Caregiver Transitions Program (LTC Social Workers)

3. FREQUENTLY ASKED QUESTIONS:

- Questions were developed from feedback from current LTC Residents, Caregivers, and Staff

4. LTC CAREGIVER HEALTH & WELLNESS:

- Journey of the LTC Caregiver & mental health
- Self-Care domains & strategies
- Book recommendation: *What Now? Managing the Emotional Journey of the Long-Term Care for Families* by Deborah Bakti
- Community resources
- FSD's Mental Health & Wellness Seminar



Caregiver Mental Health & Wellness Seminar

(Family Services Department)

- **Single-point group intervention that offers psychoeducation, psychosocial counselling, and experiential learning (90-minute session)**

Topics:

- **Mental health**
- **Anxiety and depression**
- **Transitional and workplace stress**
- **Current and historical trauma**
- **Loss and grief**
- **Distress tolerance**
- **Self-care skills**
- **Emotion regulation**
- **Community resources**



FUTURE GOALS

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- **Assess turnout and feedback received for first 6 months (January 2023 – June 2023)**
- **Offer in-person sessions (depending on COVID-19 restrictions)**
- **Develop admissions brochure to support with further sharing of information**



THANK YOU

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