A CANADIAN CAREGIVER STRATEGY
Are We Making Progress?
ABOUT THE CANADIAN CAREGIVER COALITION

Established in 2000, the Canadian Caregiver Coalition (CCC) is a virtual coalition of over forty diverse partner organizations that work collectively, and autonomously, to identify and respond to the needs of caregivers in Canada. The CCC’s vision is ‘A Canada that recognizes, respects and supports the integral role of family caregivers in society’. The CCC is governed by four Signatory Organizations (Canadian Home Care Association, CSSS Cavendish University Institute, Saint Elizabeth and We Care Home Health Services) who ensure the collective interests of the partners are respected, obligations are fulfilled, and the operational structure is effectual.

For more information, visit our website at www.ccc-ccan.ca

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A CANADIAN CAREGIVER STRATEGY

Family caregivers provide care and assistance for family or significant people who need support due to debilitating physical, mental or cognitive conditions. A family caregiver’s efforts, understanding and compassion enable care recipients to live with dignity and to participate more fully in society. The eight million family caregivers in Canada must deal with a significant number of health conditions requiring care, and in many cases cope with care recipients who have multiple conditions. The potential for serious negative impact on the caregiver’s physical and mental health and socioeconomic well-being is a serious concern that needs to be addressed.

In 2009, the Canadian Caregiver Coalition (CCC) launched a Framework for a Canadian Caregiver Strategy, believing that the value Canadians place on family caregiving must be acknowledged in legislation, policy and practice. The Strategy encourages both the public and private sector to work together in developing actions to support five essential elements that are critical to caregivers:

» Safeguard the health and well-being of family caregivers.
» Minimize the financial burden placed on family caregivers.
» Enable access to user friendly information and education.
» Create flexible workplace / educational environments that respect caregiving obligations.
» Invest in research on family caregiving as a foundation for evidence-informed decision making.

Subsequent to the release of the Framework, the CCC hosted a series of consultations across Canada that confirmed Framework as an accurate and comprehensive representation of the needs of caregivers. Stakeholders reinforced the Framework as an effective strategy document to guide policy and programming across the country. Through its ongoing engagement across the network of partners, the CCC is aware of the good work initiated for family caregivers in many jurisdictions across the country. This report has been developed to assist the Coalition in understanding the policies and practice initiatives that support family caregivers across the country, determining the progress made on the five essential elements of the framework and identifying innovations and opportunities.

Much has been said about the needs of family caregivers in Canada; the question is what is being done? The following paper aims to answer this question. The report includes federal, provincial and territorial initiatives and was compiled through web searches and subject matter experts input. We acknowledge that the report is not intended to be an exhaustive listing of all caregivers supports, rather an overview of the strategic initiatives that support the five key elements identified in the CCC Canadian Caregiver Strategy. Resource links and websites are provided for readers to access more information. The CCC believes that a key action to keeping the Strategy vibrant and effective is a partnership and commitment between government and stakeholders. This paper outlines many current initiatives that have applicability across the country and build upon the essential elements of the Caregiver Strategy to achieve measurable outcomes and value for family caregivers across Canada.

Caregiver tasks can include wound dressings and injections, delegated by the health care professional; personal care such as bathing, dressing, eating or toileting; support activities such as preparing meals, household management, managing medication or attending to finances, and activities such as coordinating the myriad of services that care receivers may need.
INNOVATIONS & OPPORTUNITIES

The policy and programming environment for family caregivers in Canada is multi-jurisdictional. The federal government plays an important leadership role, but, given that many of the policies fall under health and social services, they are actualized at the provincial/territorial as well as municipal levels of government. Below is a summary of unique innovations and potential opportunities identified by the Canadian Caregiver Coalition (CCC) that would provide further substantive support for family caregivers.

<table>
<thead>
<tr>
<th>Innovations</th>
<th>Recommendation to Enhance Support</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BRITISH COLUMBIA</strong></td>
<td></td>
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<tr>
<td>The British Columbia Choice in Supports for Independent Living (CSIL) gives the care recipient an active role in managing their care. CSIL also provides the family caregiver with recognition and payment. This financial support is key to managing caregiver stress.</td>
<td>Developing and promoting policies that support workplace flexibility would not only assist working caregivers, but also improve workplace productivity.</td>
</tr>
<tr>
<td><strong>ALBERTA</strong></td>
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<tr>
<td>In 2010, the Alberta Caregiver Support and Enhanced Respite Demonstration Project assessed the needs of caregivers and engaged them in the identification of flexible respite options. This approach supports the health and wellness of caregivers by addressing caregiver stressors and planning respite accordingly.</td>
<td>Short term respite is, in practice, very difficult to access. The removal of this barrier highlights the opportunity for bolstering caregiver self-care in Alberta.</td>
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<tr>
<td><strong>SASKATCHEWAN</strong></td>
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<tr>
<td>Saskatchewan offers 16 weeks of compassionate care leave, a significantly larger period than most provinces. This flexible work leave allows caregivers to adequately plan care.</td>
<td>Developing financial assistance programs and services, specifically for family caregivers, would both recognize the carer contribution and help ease the heavy financial burden associated with caring.</td>
</tr>
<tr>
<td><strong>MANITOBA</strong></td>
<td></td>
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<tr>
<td>Care Aware workplaces have made the commitment to respect and support caregivers. This is a major step toward establishing the health, wellness and financial stability of a caregiver.</td>
<td>Amalgamation and increased accessibility of government respite information would be an excellent resource for caregivers in developing care plans.</td>
</tr>
<tr>
<td><strong>ONTARIO</strong></td>
<td></td>
</tr>
<tr>
<td>The Ontario Caring about Caregivers long-range scenario planning is an excellent strategic document for family caregiver initiatives, with themes and next steps spanning all five CCC strategy planks.</td>
<td>The long-range scenario planning acts as an excellent spring board for action. Ontario has the opportunity to implement programs that provide flexible respite options and financial assistance to family caregivers.</td>
</tr>
<tr>
<td><strong>QUEBEC</strong></td>
<td></td>
</tr>
<tr>
<td>The CSSS Cavendish Drop In Program provides caregivers residing in its territory respite options that operate according to the schedule of the caregiver.</td>
<td>Quebec offers up to 12 weeks of leave under presence required leave, and 10 days under obligation leave. Through leveraging research supporting the productivity of flexible work places, provincial incentives provide an excellent opportunity to improve health in the workplace.</td>
</tr>
<tr>
<td>Innovations</td>
<td>Recommendation to Enhance Support</td>
</tr>
<tr>
<td>---------------------------------------------------------------------------</td>
<td>------------------------------------------------------------------------</td>
</tr>
<tr>
<td><strong>NEW BRUNSWICK</strong></td>
<td>The New Brunswick government Wellness Strategy is an excellent opportunity to enhance access to information and educational resources for family caregivers.</td>
</tr>
<tr>
<td>New Brunswick’s Wellness Strategy Action Plan 2012-2013 lists comprehensive workplace wellness as a strategic direction. Making workplace flexibility a priority is vital to family caregivers who require accommodation.</td>
<td></td>
</tr>
<tr>
<td><strong>NOVA SCOTIA</strong></td>
<td>Nova Scotia offers family leave of only three days out of the year; extending this leave and promoting flexible workplace environments for caregivers is essential to overall caregiver wellness.</td>
</tr>
<tr>
<td>The Nova Scotia caregiver benefit targets low income care recipients and caregivers. If eligible, caregivers receive $400 per month. This financial support is key for the self-care and support of family caregivers.</td>
<td></td>
</tr>
<tr>
<td><strong>PRINCE EDWARD ISLAND</strong></td>
<td>The Caregiver Toolkit portal on the government of Prince Edward Island’s website is an excellent resource. Adding links to both the Alzheimer’s Society and the Autism Society would further enhance the capabilities of this resource in providing information for caregivers.</td>
</tr>
<tr>
<td>Mount Saint Vincent University is currently researching the impact of the timing of the C.A.R.E. tool. The research also aims to understand caregiver burnout and design interventions to prevent this.</td>
<td></td>
</tr>
<tr>
<td><strong>NEWFOUNDLAND AND LABRADOR</strong></td>
<td>Implementing this program across the province would help minimize the financial burden faced by caregivers.</td>
</tr>
<tr>
<td>The Paid Family Caregiver Option pilot project offers family caregivers financial compensation. This provides financial assistance and alleviates caregiver stress.</td>
<td></td>
</tr>
<tr>
<td><strong>NUNAVUT</strong></td>
<td>The opportunity to implement flexible workplace policies in support of working caregivers would both enhance employee productivity and safeguard the health of caregivers.</td>
</tr>
<tr>
<td>The First Peoples Child and Family Review paper on issues surrounding informal caregivers of Aboriginal seniors is an excellent resource for family caregivers in Nunavut. It provides information and insight into the care of Aboriginal seniors.</td>
<td></td>
</tr>
<tr>
<td><strong>NORTHWEST TERRITORIES</strong></td>
<td>Understanding and responding to the unique needs of family caregivers through the introduction of territory wide caregiver self-assessment tools will support the respite model.</td>
</tr>
<tr>
<td>The Northwest Territories strategic plan for Health and Social Services highlights a comprehensive respite model as a key deliverable.</td>
<td></td>
</tr>
<tr>
<td><strong>YUKON</strong></td>
<td>The Yukon also has an excellent opportunity to invest in family caregiver research initiatives and explore caregiver supports beyond mental illness.</td>
</tr>
<tr>
<td>Yukon Health and Social Services offers a mental illness caregiver support group. This government initiative establishes a supportive network for caregivers, improving health and wellness.</td>
<td></td>
</tr>
</tbody>
</table>
FEDERAL RESOURCES – FINANCIAL SUPPORTS

Caregiving does not come without a cost. Many family caregivers (41 percent) use their personal savings to weather their financial hardships, and spend $100 to $300 per month on expenses directly related to their caregiver responsibilities. A 2012 Statistics Canada survey found 30 percent of caregivers of children received government financial assistance, compared with 14 percent of caregivers of spouses and five percent of caregivers of parents. However, 52 percent of caregivers of children, 42 percent of caregivers of spouses and 28 percent of caregivers of parents would have liked more help than they received.

The following are federal programs that help alleviate the financial burden of caregiving:

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Family Caregiver Tax Credit</strong></td>
<td>The family caregiver tax credit allows family caregivers taking care of an ill family member to claim an enhanced caregiver amount for a dependant under one of the existing dependency-related tax credits.</td>
</tr>
<tr>
<td><strong>Infirm Dependent Tax Credit</strong></td>
<td>The infirm dependent tax credit provides tax relief to individuals providing support to an infirm relative residing in a separate residence.</td>
</tr>
<tr>
<td><strong>Eligible Dependent Tax Credit</strong></td>
<td>The eligible dependant tax credit can be claimed by individuals who have supported a dependant in their home at any time in the year.</td>
</tr>
<tr>
<td><strong>Disability Tax Credit</strong></td>
<td>The disability tax credit is a non-refundable tax credit which can be claimed by persons with disabilities who have prolonged impairments of their physical or mental functions.</td>
</tr>
<tr>
<td><strong>Child Disability Benefit</strong></td>
<td>The child disability benefit is a tax free benefit for families who care for children under age 18 with a severe and prolonged impairment in mental or physical functions.</td>
</tr>
<tr>
<td><strong>Medical Expenses Tax Credit</strong></td>
<td>The medical expense tax credit provides tax relief for individuals who have sustained significant medical expenses for themselves or certain of their dependants.</td>
</tr>
<tr>
<td><strong>Child Care Expense Deduction Amount</strong></td>
<td>The child care expense deduction amount provides some relief for taxpayers who incur child care expenses in order to work, carry on a business or undertake certain educational activities.</td>
</tr>
<tr>
<td><strong>Special Benefits for Parents of Critically Ill Children</strong></td>
<td>Beginning June of 2013, eligible parents who take leave from work to provide care or support to their critically ill or injured child can receive these special Employment Insurance benefits for up to 35 weeks.</td>
</tr>
<tr>
<td><strong>Employment Insurance Compassionate Care Benefit</strong></td>
<td>These Employment Insurance benefits are paid to individuals who are away from work temporarily to provide care or support to a family member who is gravely ill and who has a significant risk of death within 26 weeks (six months). A maximum of six weeks of compassionate care benefits may be paid to eligible people.</td>
</tr>
</tbody>
</table>
Having a range of flexible programs and services, understanding and assessing unique needs, and providing information and support groups is critical to the health and wellness of caregivers. Family caregivers often need respite – a break or sense of relief and renewal from their caregiving responsibilities. Respite comes in many forms but the outcome is the same, a peace of mind that allows the caregiver to recharge both physically and mentally from their caregiving duties.

Family caregivers also require information to build their capacity to care. The range of information is broad—from in-home services to financial supports, from educational sessions to counselling sessions. There has been a proliferation of information sources for caregivers through books, magazines, websites and support groups. Although a large number of resources are available, caregivers often face the challenge of knowing what is available, and how to access and use it.

Employed family caregivers face many challenges including increased work interruptions, reduced productivity, missing work days, reducing work hours or foregoing job opportunities. A 2012 Statistics Canada study found that 43 percent of caregivers experienced disruptions to normal work routines, including arriving to work late and having to leave work early, as a result of providing care. The employment consequences of caregiving represent an excessive loss of productivity to employers and to the economy in general—the equivalent of 157,000 full time employees annually. Employed caregivers require job security, flexibility in the workplace and financial supports (income replacement).

There is a large body of research evidence available and many other research projects underway that offer a greater understanding of the needs and supports for family caregivers. The current challenge is ensuring awareness and use of this evidence to support the associated changes in policy or practice. To effectively support family caregivers, there is a need for improved knowledge, and effective mobilization or sharing of this knowledge.

Below are examples of initiatives that provinces and territories have implemented as reflected through the Caregiver Strategy Framework and the five key elements:

» Safeguard the health and wellbeing of family caregivers.

» Minimize the financial burden placed on family caregivers.

» Enable access to user friendly information and education.

» Create flexible workplace / educational environments that respect caregiving obligations.

» Invest in research on family caregiving as a foundation for evidence-informed decision making.
British Columbia

SAFEGUARD HEALTH AND WELLNESS
- The Government of British Columbia offers resources for caring for the caregiver. This includes information for self-care, respite and community support.
- The Alzheimer Society of British Columbia offers First Link.
- Community Rehabilitation Services help improve physical and functional abilities, provide assessment and treatment to ensure a client’s home meets their needs.
- How to Support a Family Caregiver by the University of Victoria Centre on Aging is a study based guide to supporting caregivers.

MINIMIZE FINANCIAL BURDEN
- Choice in Supports for Independent Living allows clients to receive funds from their local health authority to purchase their own home support services.
- The British Columbia At Home Program offers respite benefits that typically range from $2400 to $2800 per year for parents of children with severe disabilities.

ACCESS TO INFORMATION AND EDUCATION
- The Government of British Columbia offers training and role management tools, daily care tips and care guide resources.
- The Alzheimer Society of British Columbia offers upcoming events, research and news.
- How to Support a Family Caregiver by the University of Victoria Centre on Aging is a study based guide to supporting caregivers.
- The Family Caregivers’ Network Society offers both a Caregiver Supports within the British Columbia contact list and a database of educational tools and resources for family caregivers.

FLEXIBLE WORKPLACE ENVIRONMENT
- British Columbia offers Family Responsibility Leave of up to five days and Compassionate Care Leave of eight weeks.

INVEST IN RESEARCH AND KNOWLEDGE EXCHANGE
- The Canadian Centre for Elder Law in British Columbia is currently completing the Assisted Living Reform Project.

CANADA’S YOUNGEST CAREGIVERS ARE STILL IN ELEMENTARY SCHOOL.
Recent research conducted with high school students in Vancouver found that 12 percent of youth aged 12 to 17 are in a caregiving role (Charles et al., 2012). With a mean age of 14 years, young family caregivers rarely have the choice or time to gradually develop caregiving skills. Thus, young carers undertake tasks to keep their families intact and functioning, regardless of the costs to themselves. Parents are the most common care recipients, with 39.7 percent of young caregivers providing primary care to their mother or father. Another 36.2 percent of young carers were caring for a grandparent, and 6.9 percent were supporting an aunt or uncle (Charles et al., 2012). Duties characteristic of this complex role fall into the six broad categories: domestic tasks, household management, personal care, emotional care, sibling care, and, financial care.
## Respite Care in British Columbia

<table>
<thead>
<tr>
<th></th>
<th>In Home</th>
<th>Short Term</th>
<th>Day Services</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AVAILABLE</strong></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td><strong>COST</strong></td>
<td>Daily client rate</td>
<td>Daily Rate of $31.52</td>
<td>Nominal rate that cannot exceed $10.00 (waived for financial hardship)</td>
</tr>
<tr>
<td><strong>ELIGIBILITY</strong></td>
<td>Determined by assessment from RHA</td>
<td>Must be assessed as requiring short term services</td>
<td>Assessed as requiring day services in care plan</td>
</tr>
<tr>
<td><strong>LENGTH</strong></td>
<td>Determined by assessment</td>
<td>Usually less than three months</td>
<td>Based on personal needs and service availability</td>
</tr>
<tr>
<td><strong>ADMINISTRATOR/ FUNDING</strong></td>
<td>Service approach: the ministry may contract services from community agencies</td>
<td>Public/private partnerships vary; all facilities meet residential care regulations regardless of funding sources</td>
<td>Publicly funded by regional health authorities; many adult day services are connected with residential health facilities, while others operate independently</td>
</tr>
<tr>
<td><strong>LOCATION</strong></td>
<td>In home</td>
<td>Available in both facility care and home setting</td>
<td>Community location</td>
</tr>
</tbody>
</table>

### Works Cited – British Columbia


Alberta

SAFEGUARD HEALTH AND WELLNESS

- The AHS Family Caregiver Center in Calgary offers counseling and support groups.
- The Alzheimer Society of Alberta recently received funding to implement the First Link program in Alberta.
- The Alberta Brain Injury Initiative supports adults with acquired brain injury through service coordinators who assist in accessing supports from various programs.

MINIMIZE FINANCIAL BURDEN

- Income support offers financial assistance to Albertans who do not have the resources to meet their basic needs.
- The Persons with Developmental Disabilities (PDD) program provides support to families, including caregivers, through the Family Managed Services option. This involves a contract between the PDD Community Board and a family member who then directs and/or manages supports for their adult family member. The PDD program can pay for extended family members to be caregivers.

ACCESS TO INFORMATION AND EDUCATION

- The Alberta Caregivers Association (ACGA) links health professionals and service providers to better serve caregivers and care recipients. The Ministry of Health recently funded the ACGA in establishing community support groups and sharing tools and resources.
- ACGA also offers Caregiver Advisor services via phone, workshops and presentations.
- AHS offers a Family Caregiver Resource Booklet.
- The Alberta Caregiver College was developed by Alberta Health Services and the Glenrose Rehabilitation Hospital. The program offers a range of courses to family caregivers in both in-person (primarily in Edmonton) and on-line formats.

WORK ENVIRONMENTS

- Alberta recently passed Compassionate Care Leave for family caregivers.

INVEST IN RESEARCH AND KNOWLEDGE EXCHANGE

- ACGA research initiatives include the Family Caregiver Transition Study and involvement in other academic and community based research projects.
- The Caregiver Support and Enhanced Respite Pilot Project developed a coordinated approach to identifying at risk caregivers, assessing their need for caregiver support services and providing the necessary services.

CARERS OF SPOUSES AND CHILDREN REPORT HIGH LEVELS OF PSYCHOLOGICAL STRESS.

Although spouses and children represent a smaller portion of care recipients, eight and five percent respectively, the median hours spent caring per week are higher in spousal and child relationships. Overall, caregivers spend a median of three hours a week providing care (Sinha, 2013). This climbs to 10 hours per week when assisting their child, and 14 hours per week for those caring for an ill spouse (Sinha, 2013). Roughly 50 percent of child and spousal caregivers report at least five symptoms of psychological stress, with a third of them seeking a medical professional as a result of their responsibilities (Turcotte, 2013).
## Respite Care in Alberta

<table>
<thead>
<tr>
<th>AVAILABLE</th>
<th>In Home</th>
<th>Short Term</th>
<th>Day Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓</td>
<td>Companion care in the home</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Personal care in the home</td>
<td>Short-term respite operates on a needs based system and thus difficult to access</td>
<td></td>
</tr>
</tbody>
</table>

| COST | Alberta Health Services (AHS) covers all services in the assessed plan of care | AHS covers all services in the assessed plan of care | Minimal co-payment |
| Hardship funding accessibility option | Hardship funding accessibility option | | |

| ELIGIBILITY | Must have Alberta Health Care coverage and meet with a home care Registered Nurse for an assessment | Must have Alberta Health Care coverage and meet with a home care Registered Nurse for an assessment | Home care clients over the age of 18 |

| LENGTH | Home care support will be provided for as long as the care recipient’s condition allows | Six weeks per year; extended upon extenuating circumstances | 1-2 days per week |

| ADMINISTRATOR/ FUNDING | AHS lists service locations for this respite care | AHS lists service locations for this respite care | Both AHS funded adult day programs and private service providers are available |

| LOCATION | In home | In home or facility based | Community Centre locations |

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### Works Cited – Alberta


[<http://www.albertacaregivers.org/action/research/>].

[<http://www.albertahealthservices.ca/services.asp?pid=service&rid=1604>].
Saskatchewan

SAFEGUARD HEALTH AND WELLNESS

• Caregiver counseling is offered over the phone or in office by Caregiver Information and Support, funded in part by the Saskatoon Health Region.

MINIMIZE FINANCIAL BURDEN

• The Saskatchewan Assistance Program offers financial assistance to families who cannot meet basic living costs.
• Monthly Respite Benefit provides temporary assistance to families of children with intellectual disabilities.
• Individualized funding offers direct funding for those who wish to manage their own support services in home.

ACCESS TO INFORMATION AND EDUCATION

• The Saskatoon Health Region, Saskatoon Council on Aging and the University of Saskatchewan have published a Directory of Services and Social Activities for older adults and their family caregivers.

CREATE FLEXIBLE WORKPLACE ENVIRONMENT

• Provincial legislation offers up to 16 weeks of Compassionate Care Leave.
• Saskatchewan also offers up to five days of unpaid bereavement leave.

INVEST IN RESEARCH AND KNOWLEDGE EXCHANGE

• Professor Quinlan at the University of Saskatchewan is conducting a research project titled Hope Among Caregivers of People with Dementia.

GENDER BASED DIVISIONS IN CAREGIVING CONTINUE TO PERSIST.

Historically, caregivers have been disproportionately female. In 2007, female family caregivers comprised 57 percent of all carers aged over 45 (Cranswick and Dosman, 2008). In 2012, Statistics Canada projections found a reduction in this gender gap, with females representing 54 percent of all Canadian caregivers (Sinha, 2013). However, new patterns of gendered labour are emerging—as women are more likely than their male counterparts to spend 20 or more hours per week on caregiving tasks (Sinha, 2013). Furthermore, women are also more apt to undertake activities that must be completed on a regular schedule, such as personal care.
# Respite Care in Saskatchewan

<table>
<thead>
<tr>
<th></th>
<th>In Home</th>
<th>Short Term</th>
<th>Day Services</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AVAILABLE</strong></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td><strong>COST</strong></td>
<td>Based on income and amount of care required</td>
<td>$32 per day</td>
<td>Clients are charged a standard fee, approximately $8.15 per day</td>
</tr>
<tr>
<td><strong>ELIGIBILITY</strong></td>
<td>Based on assessment</td>
<td>Based on the regional assessment process</td>
<td>Participants need to be mobile, and in most cases continent</td>
</tr>
<tr>
<td><strong>LENGTH</strong></td>
<td>Based on assessment and regional availability</td>
<td>Bookings must be made in advance and are dependent on availability of designated beds</td>
<td>Based on care plan</td>
</tr>
<tr>
<td><strong>ADMINISTRATOR/ FUNDING</strong></td>
<td>Regional Health Authority (RHA) resources are limited and therefore go to the neediest</td>
<td>Operated through a RHA or an affiliated contracted agency</td>
<td>Adult day centres may be public or private, RHA operated centres are available through care plans</td>
</tr>
<tr>
<td><strong>LOCATION</strong></td>
<td>In home</td>
<td>Special Care Homes</td>
<td>Community locations</td>
</tr>
</tbody>
</table>

## Works Cited – Saskatchewan


SAFEGUARD HEALTH AND WELLNESS

- The Manitoba Home Care Program (MHCP) provides home care to Manitobans of all ages based on assessed need and available resources.
- The MHCP also coordinates internal and external services in the community.
- Assessment for long term care and specialty services, such as the Adult Day program, Companion Care program and Supportive Housing program are available through the Regional Health Authorities.

MINIMIZE FINANCIAL BURDEN

- Financial support includes the Primary Caregiver Tax Credit (PCG-TC): a non-income tested and fully refundable tax credit.
- Family may be the designated manager of home care services through the Self and Family Managed Care program (only in rare circumstances is family able to provide the direct care. Nursing and supplies are still provided additionally through RHA).

ACCESS TO INFORMATION AND EDUCATION

- The Manitoba Caregiver Coalition lists support groups, information lines and health links.
- The Manitoba Seniors and Healthy Aging Secretariat has published A Guide for the Caregiver.
- The Caregiver Recognition Act was proclaimed in April 2011, committing to improved supports for family caregivers.

CREATE FLEXIBLE WORKPLACE ENVIRONMENT

- Care Aware workplaces are committed to accommodating family caregivers.
- Family leave affords employees three unpaid days in a year.
- Compassionate Care Leave provides up to eight weeks of unpaid leave to care for a family member with a significant risk of death within 26 weeks.

INVEST IN RESEARCH AND KNOWLEDGE EXCHANGE

- The University of Manitoba’s Dr. Michelle Lobchuck was awarded a research chair in the area of caregiver communication.
- Dr. Laura Funk, University of Manitoba, received a Manitoba Health Research Council Establishment Grant for her project: Exploring Policy Opportunities for Supporting the Well-being of Caregivers to Older Manitobans.

CAREGIVER STRESS CAN MEAN EARLY INSTITUTIONALIZATION FOR CARE RECIPIENTS WITH DEMENTIA.

In 2012, Alzheimer’s disease and dementia were identified as the fifth most common health condition requiring support from family caregivers (Sinha, 2013). Caregiving is a significant time commitment, with 32 percent of carers spending 10 or more hours per week providing care for recipients with Alzheimer’s disease or dementia. Accordingly, caring for an individual with Alzheimer’s disease or dementia is demanding and can diminish the health of the caregiver. Caregiver stress is also shown to be a significant predictor of early institutionalization for the individual with dementia (Alzheimer Society of Canada, 2010).
## Respite Care in Manitoba

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<tr>
<th></th>
<th>In Home</th>
<th>Short Term</th>
<th>Day Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>AVAILABLE</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>COST</td>
<td>No cost for services provided by the Regional Health Authority (RHA); up to 55 hours per client. HCA Rate is $21.40 approx. $14.00 for home support worker</td>
<td>Fee charged</td>
<td>Approximately $8.00 per day</td>
</tr>
<tr>
<td>ELIGIBILITY</td>
<td>Needs based system</td>
<td>Must be approved by MHCP</td>
<td>Must qualify for the Manitoba Home Care Program (MHCP)</td>
</tr>
<tr>
<td>LENGTH</td>
<td>Determined by RHA care assessment</td>
<td>For 2 week periods up to 4 times per year.</td>
<td>Generally 1-2 days a week to a maximum of 5</td>
</tr>
<tr>
<td>ADMINISTRATOR/ FUNDING</td>
<td>RHA services are limited, many rely on private home care services</td>
<td>Supplemented by RHA</td>
<td>Public, private, profit and non-profit adult day services are offered</td>
</tr>
<tr>
<td>LOCATION</td>
<td>In home</td>
<td>Facility based</td>
<td>Community/Hospital locations</td>
</tr>
</tbody>
</table>

### Works Cited – Manitoba


Ontario

SAFEGUARD HEALTH AND WELLNESS
- The Ministry of Health and Long-Term Care launched the Caring-About-Caregivers project in 2009, aimed at long-range policy and planning in support of family caregivers.
- Ontario’s Aging at Home Strategy earmarks funding for Local Health Integration Networks and the piloting of new support programs such as First Link.

MINIMIZE FINANCIAL BURDEN
- The Ontario Drug Benefit Program covers the cost of 3,800 prescription drug products, some nutrition products and some diabetic testing agents. Seniors and those enrolled in the home care program are eligible.
- The Strong Communities Rent Supplement Program provides low to moderate income households, including those requiring support services, eligibility for a rent-geared-to-income subsidy to help make housing affordable.

ACCESS TO INFORMATION AND EDUCATION
- The Registered Nurses Association of Ontario has published a Clinical Best Practice Guide: Supporting and Strengthening Families Through Expected and Unexpected Life Events to promote family health.
- The Canadian research network for care in the community published a backgrounder on informal caregiving.
- The Alzheimer Society of Ontario offers a resources portal for caregivers.

CREATE FLEXIBLE WORKPLACE ENVIRONMENT
- Ontario offers Family Medical Leave of up to eight weeks per year.
- Ontario offers Personal Emergency Leave of 10 days per year.
- Employers have begun to introduce programs such as care management counseling.
- Bill 21: The Employment Standards Amendment Act (Leaves to Help Families Act), if passed, would afford eligible employees up to eight weeks of unpaid job-protected leave to provide care or support to family members.

INVEST IN RESEARCH AND KNOWLEDGE EXCHANGE
- The Heart and Stroke Foundation released Timing it Right, a report discussing the changing needs of caregivers of stroke survivors.

THE MORE TIME SPENT CAREGIVING, THE LESS LEFT FOR CHILDREN AND PARTNERS.
The more time caregivers dedicate to caregiving, the less time they have available for childrearing and other familial activities. Caregivers are often sandwiched between caregiving and childrearing responsibilities (Sinha, 2013). Forty-nine percent of these sandwiched carers reduce the amount of time they spend with their children as a result of their other caregiving responsibilities. Furthermore, the time available for spousal activities is also impacted by caregiving. Roughly half of all married or common law union caregivers spend less time with spouses as a result of care responsibilities.
## Respite Care in Ontario

<table>
<thead>
<tr>
<th></th>
<th>In Home</th>
<th>Short Term</th>
<th>Day Services</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AVAILABLE</strong></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td><strong>COST</strong></td>
<td>Free from Community Care Access Centre (CCAC)</td>
<td>$33.02 per day</td>
<td>$25–$75, subsidies may be available</td>
</tr>
<tr>
<td><strong>ELIGIBILITY</strong></td>
<td>If eligible for the services coordinated by the CCAC, in-home respite is covered by the Ministry of Health and Long Term Care (MOHLTC)</td>
<td>Criteria are set out in <em>The Nursing Homes</em> Act CCACs coordinate applications and determine eligibility</td>
<td>N/A</td>
</tr>
<tr>
<td><strong>LENGTH</strong></td>
<td>N/A</td>
<td>60 consecutive days, 90 days per year</td>
<td>Up to eight hours a day</td>
</tr>
<tr>
<td><strong>ADMINISTRATOR/FUNDING</strong></td>
<td>Coordinated by the CCAC</td>
<td>Public/private partnerships vary; some LTC homes are government run</td>
<td>Public/private partnerships vary; independently run, but often supported by the MOHLTC</td>
</tr>
<tr>
<td><strong>LOCATION</strong></td>
<td>In home</td>
<td>Long-term care or nursing home</td>
<td>Various community locations</td>
</tr>
</tbody>
</table>

### WORKS CITED – ONTARIO


SAFEGUARD HEALTH AND WELLNESS

- CSSS Cavendish offers the Caregiver Support Centre. Services include: Drop-In program for care receivers, In-Home Simulation Program, Foyer Program and Short Term Counseling Program.
- AMI Quebec helps families manage the effects of mental illness through various workshops in Montreal and distance services throughout Quebec.

MINIMIZE FINANCIAL BURDEN

- The Tax Credit for Caregivers offers a refundable tax credit for each eligible care recipient residing with the caregiver.
- Respite Tax Credit is a refundable tax credit for expenses incurred to obtain specialized respite services.
- The Quebec Parental Insurance Plan offers benefits to all eligible workers taking maternity leave, paternity leave, parental leave and adoption leave.
- The Informal Caregivers’ Support Fund created in 2009 financially assists regional support structures in program development.

ACCESS TO INFORMATION AND EDUCATION

- L’Appui Pour Les Proches Aidants offers caregiver support resources and services by region.
- The Health and Social Services Quebec website offers observations, teachings and reflections on caring for a loved one (in this case with Alzheimer’s).

CREATE FLEXIBLE WORKPLACE ENVIRONMENT

- The home care policy, published in 2003, recognizes informal caregivers and family members as partners, citizens and clients.
- The policy therefore acknowledges the need to accommodate caregivers in their multiple roles.

INVEST IN RESEARCH AND KNOWLEDGE EXCHANGE

- CSSS Cavendish undertakes several research projects under the theme of Older People’s Social and Physical Environments and Intervention with and for Seniors and their Caregivers.

“CATASTROPHIC DRUG COSTS” FELT BY ONE IN 12 CANADIAN FAMILIES STRUGGLING WITH CANCER.

Eleven percent of Canadian caregivers provide assistance to care recipients with cancer. Cancer is thus the second most common health condition requiring help from caregivers and the leading condition afflicting care recipients in spousal caregiving (Sinha, 2013). The financial burden of caregiving for a cancer health condition is significant. In addition to wage losses, out-of-pocket costs—such as prescription drugs for rural and low-income care recipients, without private insurance—leave families vulnerable. One in 12 Canadian families paid “catastrophic drug costs” amounting to more than three percent of their net household income (Nelson, 2010).
# Respite Care in Québec

<table>
<thead>
<tr>
<th>Available</th>
<th>In Home</th>
<th>Short Term</th>
<th>Day Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>

## Cost
- Services not including housekeeping, meal delivery and home repairs are free (others are priced by income)
- N/A
- Free; fee for transport and meals may range from $5-$8 per day

## Eligibility
- Health and Social Services Centre (CSSS) assessment
- Intended for individuals with a severe loss of autonomy
- Care receivers must have a physical or cognitive impairment

## Length
- Up to 44 hours per week for intensive care client
- N/A
- N/A

## Administrator/Funding
- CSSS; housekeeping services provided by community agency
- Residential and Long Term Care Centers (CHSLDs) offer home care centres with beds designated for respite
- CSSS operated

## Location
- In home
- Facility-based care home and care centres
- Community locations

---

**Works Cited – Québec**


Pam Orzech: pam.orzech.crd@ssss.gouv.qc.ca
New Brunswick

SAFEGUARD HEALTH AND WELLNESS
- The province offers a Caregivers Guide: practical information for caregivers of older adults.
- The New Brunswick Social Development site also offers information on self care and communication.

MINIMIZE FINANCIAL BURDEN
- The low income seniors benefit offers an annual benefit of $400 to eligible seniors.

ACCESS TO INFORMATION AND EDUCATION
- The Alzheimer Society of New Brunswick offers education workshops on varying topics.

CREATE FLEXIBLE WORKPLACE ENVIRONMENT
- New Brunswick offers Family Responsibility Leave for up to three days.
- New Brunswick offers Compassionate Care Leave for up to eight weeks.
- New Brunswick also encourages work-life balance programs such as: reduced work week, flexible work hours, tele work and employee assistance programs.

INVEST IN RESEARCH AND KNOWLEDGE EXCHANGE
- New Brunswick’s Wellness Strategy 2012-2013 includes actions to research and monitor the effectiveness of the New Brunswick Live, Work, Play workplace wellness strategy.

PALLIATIVE CARE: A MAJOR CAUSE OF LONG-TERM FINANCIAL BURDEN.
The complex nature of caregiving often changes as the care recipient’s condition declines over time. In 2009, three percent of employed carers described the health condition of their care recipient as palliative (Canadian Hospice Palliative Care Association, 2013). Fifty-three percent of employed caregivers of care recipients within a palliative period of cancer missed work compared to 77 percent in the terminal phase (Nelson, 2010). Missing work commonly compounds the financial burden of working carers as the costs of palliative care often fall to the family. In a study of Halifax, Montreal, Winnipeg, Edmonton and Victoria, 26.6 percent of costs associated with a palliative phase of cancer were shared by the family (Nelson, 2010).
## Respite Care in New Brunswick

<table>
<thead>
<tr>
<th>Available</th>
<th>In Home</th>
<th>Short Term</th>
<th>Day Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>

### Cost

- **In Home**: Standard family contribution is dependent on net income
- **Short Term**: N/A
- **Day Services**: Small fee

### Eligibility

- **In Home**: Family and community health services regional office care co-coordinator assessment
- **Short Term**: N/A
- **Day Services**: Individuals who have been assessed as eligible for long-term care services

### Length

- **In Home**: 215 hours per month, 336 in exceptional cases
- **Short Term**: N/A
- **Day Services**: Based on assessment

### Administrator

- **In Home**: The regional offices of the Family and Community Health branch
- **Short Term**: Respite beds in special care homes and nursing homes
- **Day Services**: Two adult day programs run by Victoria Order of Nurses, at $10 and $35 per day respectively

### Location

- **In Home**: In home
- **Short Term**: Special care homes and nursing homes
- **Day Services**: Community setting

---

**WORKS CITED – NEW BRUNSWICK**


SAFEGUARD HEALTH AND WELLNESS

- Home care services include home support and are available to individuals that require help with care in their homes, through the continuing care offices in each District Health Authority.
- The Independent Living Support Program provides up to 21 hours a week of supports and services to eligible individuals.
- The Direct Family Support Program provides supports and services to eligible children and adults with disabilities who live at home with their families.

MINIMIZE FINANCIAL BURDEN

- The Self-Managed Care Program allows individuals with physical disabilities to hire their own care providers and develop care plans.
- The Nova Scotia Caregiver Benefit Program affords $400 per month to caregivers of low income care recipients with a high level of disability or impairment (determined by a home care assessment).
- The Supportive Care Program provides individuals with cognitive impairments with $500 per month for home support services.

ACCESS TO INFORMATION AND EDUCATION

- Caregivers Nova Scotia offers free workshops.
- The Alzheimer Society of Nova Scotia offers the Family Caregiver Education Series.
- Your Way to Wellness is a provincially sponsored, free program that offers six weekly two and a half hour sessions to help individuals with chronic conditions, and a support person of their choice, learn skills to live a healthier life.
- The Nova Scotia Department of Health and Wellness offers a continuing care fact sheets and forms page.

CREATE FLEXIBLE WORKPLACE ENVIRONMENT

- Family Leave affords employees three unpaid days in a year.
- Compassionate Care Leave offers up to eight weeks of unpaid leave to care for family members with a significant risk of death within 26 weeks.

INVEST IN RESEARCH AND KNOWLEDGE EXCHANGE

- Mount Saint Vincent University Maritime Data Centre for Aging Research and Policy Analysis focuses on caregiving research.
- Upcoming projects include: Caregiver Assessment Timing Impact and Technology Enabled Education for Recognizing Caregivers’ Aspirations, Realities and Expectations.

EMPLOYED CAREGIVERS MAKE CONSIDERABLE COMPROMISES IN THE WORKPLACE.

In addition to caregiving responsibilities and personal commitments, 60 percent of caregivers also undertake the demands of paid work (Sinha, 2013). From that group, 15 percent cut down regular paid weekly hours to accommodate care, with consequences such as reduced employee benefits, household income and long-term career advancement. Fourteen percent of those carers with decreased work hours report losing some of their extended health benefits, dental benefits, employer-provided pension, life insurance and prescription drug plans (Sinha, 2013).
<table>
<thead>
<tr>
<th>Respite Care in Nova Scotia</th>
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<tbody>
<tr>
<td><strong>AVAILABLE</strong></td>
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<tr>
<td></td>
</tr>
<tr>
<td><strong>COST</strong></td>
</tr>
<tr>
<td><strong>ELIGIBILITY</strong></td>
</tr>
<tr>
<td><strong>LENGTH</strong></td>
</tr>
<tr>
<td><strong>ADMINISTRATOR/FUNDING</strong></td>
</tr>
<tr>
<td><strong>LOCATION</strong></td>
</tr>
</tbody>
</table>

**WORKS CITED – NOVA SCOTIA**


Prince Edward Island

SAFEGUARD HEALTH AND WELLNESS
- The PEI government offers a Caregiver’s Handbook.
- Home care support is available for up to four hours a day. Facility based respite is available for 30 days of the year.

MINIMIZE FINANCIAL BURDEN
- PEI offers social assistance for those who are unable to meet their basic needs.

ACCESS TO INFORMATION AND EDUCATION
- The PEI Community Partners for People with Disabilities page provides a list of non-governmental organizations that provide a variety of services to those with disabilities, including respite.

CREATE FLEXIBLE WORKPLACE ENVIRONMENT
- PEI offers three unpaid days of Sick or Family Leave.
- Compassionate Care Leave offers up to eight weeks of unpaid leave.

INVEST IN RESEARCH AND KNOWLEDGE EXCHANGE
- Mount Saint Vincent University is researching the impact of a caregiver assessment for older spousal caregivers through the Timing of the C.A.R.E. Tool Project

### Respite Care in Prince Edward Island

<table>
<thead>
<tr>
<th></th>
<th>In Home</th>
<th>Short Term</th>
<th>Day Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>AVAILABLE</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>COST</td>
<td>No fees, home care is publicly funded</td>
<td>N/A</td>
<td>Nominal fee</td>
</tr>
<tr>
<td>ELIGIBILITY</td>
<td>Care coordinator assessment</td>
<td>Care coordinator assessment and priority needs process by committees</td>
<td>Admission processes respective to the adult day program</td>
</tr>
<tr>
<td>LENGTH</td>
<td>Based on assessment; tentatively 12-14 hours per week</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>ADMINISTRATOR</td>
<td>Health PEI</td>
<td>Nine publicly funded nursing facilities that offer respite beds</td>
<td>Adult day programs are delivered through the home care program</td>
</tr>
<tr>
<td>LOCATION</td>
<td>In home</td>
<td>Public nursing facilities</td>
<td>Community locations</td>
</tr>
</tbody>
</table>

**WORKS CITED – PRINCE EDWARD ISLAND**


SAFEGUARD HEALTH AND WELLNESS

- The Seniors Resource Center of Newfoundland and Labrador offers a Caregiver Line.
- The Newfoundland and Labrador Home Support Program services include the provision of personal and behavioural supports, household management and respite at the minimum level.
- The Community Behavioural Services program provides support to school-aged and older individuals with a developmental disability.

MINIMIZE FINANCIAL BURDEN

- Newfoundland and Labrador offers a low income seniors’ benefit.

ACCESS TO INFORMATION AND EDUCATION

- Paid Family Caregiving Home Support Option will increase a client’s flexibility and choice by making it easier for adults, who require and are assessed as eligible for home support, to hire a family member. Commencing in January, this new program will be made available to 250 new home support clients beginning in March 2014.

CREATE FLEXIBLE WORKPLACE ENVIRONMENT

- Seven days of Sick or Family Responsibility Leave is offered.
- Compassionate Care offers up to eight weeks of unpaid leave.

INVEST IN RESEARCH AND KNOWLEDGE EXCHANGE

- Supporting Family Caregivers in Newfoundland and Labrador identifies next steps for addressing the caregivers need for access to information.

Respite Care in Newfoundland and Labrador

<table>
<thead>
<tr>
<th>Available</th>
<th>In Home</th>
<th>Short Term</th>
<th>Day Services</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Available</strong></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td><strong>Cost</strong></td>
<td>There are no fees for public home care</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td><strong>Eligibility</strong></td>
<td>Based on regional health authority (RHA) in-home assessment</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td><strong>Length</strong></td>
<td>Based on assessment; a rough maximum is eight hours per day</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td><strong>Administrator</strong></td>
<td>RHA</td>
<td>Personal care homes</td>
<td>N/A</td>
</tr>
<tr>
<td><strong>Location</strong></td>
<td>In home</td>
<td>Personal care homes</td>
<td>N/A</td>
</tr>
</tbody>
</table>

WORKS CITED – NEWFOUNDLAND AND LABRADOR


Nunavut

SAFEGUARD HEALTH AND WELLNESS
• In-home respite services available.
• Facility-based respite is offered at elder care centres with nursing services and adult group homes.
• Day programs and mental health day programs are available.

MINIMIZE FINANCIAL BURDEN
• Compassionate Care Benefits and the Caregiver tax credit are federally available.

ACCESS TO INFORMATION AND EDUCATION
• The First Peoples Child and Family Review has published a paper on the perspectives and issues surrounding informal caregivers of aboriginal seniors.

CREATE FLEXIBLE WORKPLACE ENVIRONMENT
• Compassionate Care Leave offers up to eight weeks of unpaid leave for caregivers.

Respite Care in Nunavut

<table>
<thead>
<tr>
<th>Available</th>
<th>In Home</th>
<th>Short Term</th>
<th>Day Services</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Cost</td>
<td>No fees, home care is subsidized by the government</td>
<td>N/A</td>
<td>Free of charge</td>
</tr>
<tr>
<td>Eligibility</td>
<td>Department of Health and Social Services (DSS) assessment</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Length</td>
<td>Based on assessment</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Administrator</td>
<td>DSS</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Location</td>
<td>In home</td>
<td>N/A</td>
<td>Community locations</td>
</tr>
</tbody>
</table>

WORKS CITED – NUNAVUT

North West Territories

SAFEGUARD HEALTH AND WELLNESS
- In-home respite includes a home support worker offering respite.
- Facility-based respite offers a bed in a long-term care facility with no maximum time limit.
- Some long-term care facilities offer a drop-in day program.

FINANCIAL SUPPORT
- Income security programs in the NWT include Income Assistance, Senior Citizen Supplementary Benefit and Senior Home Heating Subsidy.

INFORMATION AND EDUCATION

CREATE FLEXIBLE WORKPLACE ENVIRONMENT
- Sick Leave offers five unpaid days per year.
- Compassionate Care Leave offers up to eight weeks of unpaid leave per year.

Respite Care in North West Territories

<table>
<thead>
<tr>
<th>Service</th>
<th>In Home</th>
<th>Short Term</th>
<th>Day Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Available</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Cost</td>
<td>No fees, home care is subsidized by the government</td>
<td>N/A</td>
<td>Free of cost</td>
</tr>
<tr>
<td>Eligibility</td>
<td>Health and Social Service Authorities (HSSA) assessment</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Length</td>
<td>Based on assessment</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Administrator</td>
<td>HSSAs</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Location</td>
<td>In home</td>
<td>N/A</td>
<td>Community locations</td>
</tr>
</tbody>
</table>

WORKS CITED – NORTH WEST TERRITORIES


Yukon

SAFEGUARD HEALTH AND WELLNESS

- Health and social services Yukon offers a mental illness caregiver support group.
- In-home services include a homemaker to aid in household duties; this is a supplemental role.
- Facility-based respite is available in residential facilities.
- Three of the largest communities also offer day programs.

FINANCIAL SUPPORT

- Yukon offers social assistance for individuals unable to meet their basic living costs.

ACCESS TO INFORMATION AND EDUCATION

- Alzheimer’s Yukon offers a DVD titled: Grief, Loss and Dementia: Caregivers Share their Journeys.
- Alzheimer’s Yukon provides telephone education workshops that are also offered as webinars.
- The Grandparents’ Rights Association of the Yukon recently released a research report on Kinship Care in the Yukon.

CREATE FLEXIBLE WORKPLACE ENVIRONMENT

- Sick Leave offers up to 12 unpaid days per year.
- Compassionate Care Leave offers up to eight weeks of unpaid leave per year.

Respite Care in Yukon

<table>
<thead>
<tr>
<th>Available</th>
<th>In Home</th>
<th>Short Term</th>
<th>Day Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost</td>
<td>No fees, home care is subsidized by the government</td>
<td>N/A</td>
<td>$5 per day</td>
</tr>
<tr>
<td>Eligibility</td>
<td>Regional Service Office assessment</td>
<td>Based on admission assessment from Respite Care Services</td>
<td>N/A</td>
</tr>
<tr>
<td>Length</td>
<td>Based on assessment</td>
<td>Up to four weeks</td>
<td>N/A</td>
</tr>
<tr>
<td>Administrator</td>
<td>Regional Service Offices</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Location</td>
<td>In home</td>
<td>Yukon Continuing Care residential care facilities</td>
<td>Community locations</td>
</tr>
</tbody>
</table>

WORKS CITED – YUKON


CONCLUSION

Family caregiving is an important part of our health and social services, enabling personalized care in familiar surroundings. The contribution of caregivers relieves governments of substantial costs, often at the expense of the individual’s personal health and financial wellbeing. The number of family caregivers is increasing; according to Statistics Canada, in the past 15 years the number has increased by over 5 million, from 2.85 million in 1997\(^5\) to over 8 million in 2012\(^6\).

The extent, nature and urgency of caregiver supports are being influenced by changes in our social and economic circumstances. Families are smaller and more dispersed; there are more women in the formal workforce; marriage and childbearing occur later in life; retirement is delayed; the population is aging; and there is an increased life expectancy, although often accompanied by a disability. Our health and social care systems are undergoing significant reform in order to balance needs and cost containment. These circumstances are shaping the context for caring and reinforcing the importance of policies and programs that support the vital role of family caregivers.

The Canadian Caregiver Coalition is pleased to see the progress being made to support family caregivers across the country. A great deal has been accomplished; however more needs to be done.

It is time for bold actions, clear policies and all-inclusive legislation to support the 8 million caregivers who have shown a dedication and commitment to providing care. We encourage all levels of government and sectors of society to continue to support family caregivers and advance the five elements contained in the Canadian Caregiver Strategy\(^7\). As a catalyst for action, the Strategy describes how Canadians can collectively and individually take measures to support family caregivers.

Formal recognition, respect and support for family caregivers is a priority for all Canadians. Together we can realize our vision of “A country that recognizes, respects and supports the integral role of family caregivers in society”. Let’s make it happen.
MAINTAINING THE MOMENTUM

The Canadian public eye and political agenda are increasingly focussing on the well-being of family caregivers. The value of caregivers, both economically and socially cannot be underestimated. In fact, a 2009 study estimated that the imputed economic contribution of unpaid caregivers in Canada is $25-$26 billion. This tremendous financial contribution does not come without a price – often to the wellbeing of the caregiver. It is clear that the time for action is now. The Canadian public policy environment must implement legislative provisions that protect family caregivers from undue personal hardship.

In 2011, Governor General David Johnston’s Speech from the Throne recognized the significant time and resources assumed by family caregivers every day. For the eight million caregivers across Canada providing care and assistance to loved ones, targeted programs and policies are lifelines to personal health and financial wellbeing. The Canadian Caregiver Coalition (CCC) is pleased to see the progress in policy and programming being made across the country, in support of caregivers, with recent advancements that reflect the Canadian Caregiver Strategy and the five key elements.

The federal government has embraced a leadership role in advancing health and social service policies for family caregivers. In 2013, the Helping Families in Need Act received royal assent. This legislation amends the Canadian Labour Code to afford employees work leave in the event of death, critical illness or disappearance of a child. In addition, the enactment amends the Employment Insurance Act to provide special benefits to parents of critically ill children. The Helping Families in Need Act is key to alleviating the financial hardships experienced by parents who must take leave from work to provide care.

Significant strides in provincial and territorial policies have also been realized. The Manitoba Caregiver Recognition Act legislates an annual Caregiver Recognition Day, a biennial report of provincial caregiver supports and the institution of a caregiver advisory committee. Bills to support caregivers were tabled in Ontario – amendments to the Leaves to Help Families Act – as well as in Quebec – the proposed Autonomy Insurance legislation.

The advancement of family caregiver policy provides an excellent springboard for action. The CCC commends the federal and provincial governments for their initiatives and actions to recognize and support the vital role of family caregivers. We believe it is time to leverage this momentum and continue to engage caregivers across the country to shape policies, build programs and adopt all-inclusive legislation to support the family caregivers and ensure the continued health and prosperity of Canadians.
ESSENTIAL ELEMENTS OF THE STRATEGY

THE FIVE ESSENTIAL ELEMENTS OF THE STRATEGY address the key priority areas identified by both family caregivers and supporting organizations. They also serve as a reference for the development of legislation, policy and programs that recognize the tremendous contribution of Canadians providing care to loved ones. Clear strategies and bold actions within these elements are essential to achieve the Canadian Caregiver Coalition’s vision of “A Canada that recognizes, respects and supports the integral role of family caregivers in society”.

1. SAFEGUARD THE HEALTH AND WELL-BEING OF FAMILY CAREGIVERS.

2. MINIMIZE THE FINANCIAL BURDEN PLACED ON FAMILY CAREGIVERS.

3. ENABLE ACCESS TO USER FRIENDLY INFORMATION AND EDUCATION.

4. CREATE FLEXIBLE WORKPLACE / EDUCATIONAL ENVIRONMENTS THAT RESPECT CAREGIVING OBLIGATIONS.

5. INVEST IN RESEARCH ON FAMILY CAREGIVING AS A FOUNDATION FOR EVIDENCE-INFORMED DECISION MAKING.