



NATIONAL CAREGIVER DAY RECOGNIZING CARING CANADIANS

Partners in hope, support and comfort



The 1st Tuesday in April was unanimously adopted by the Members of Parliament of Canada to recognize the importance of the “invisible” unpaid work. Known as National Caregiver Day, this day marks the beginning of our formal recognition of caregivers and their contributions.¹

On April 4, 2023 Carers Canada² will lead the National Caregiver Campaign to:

- Recognize and raise awareness of the vital role of caregivers in Canadian society.
- Create a better understanding of caregivers’ experiences as they support someone who has been diagnosed with a life-limiting illness.
- Acknowledge health care providers and organizations who provide supports for caregivers throughout their caring journey.

Caregivers experience many emotions when caring for somebody who has been diagnosed with a life-limiting illness. Dealing with the unknown, new situations and new people often feels like an emotional roller coaster. The 2023 National Caregiver Day recognizes that caregiver’s roles and needs evolve throughout the care journey. Resources that support caregivers when and where they need them will be showcased.

Events planned for April 4

Two Catalyst Conversations (60 minute webinars):

1. *Conversations throughout the Journey*

For many caregivers, their role caring for a loved family member or friend is a new path filled with questions, fears, and doubts. Talking to the caregiver(s) is an important opportunity to bring forward their needs and provide the reassurance, answers and supports required to help them care, comfort, and stand by their loved one. Experts in Serious Illness Conversations (SIC) and Advanced Care Planning (ACP) will respond to the experiences and perspectives of caregivers about the care conversations they wished had happened and the conversations which changed their caregiving experience for the better.

2. *Coping with Grief from the First Step*

Grief is a very normal and unavoidable part of the caregiver’s journey. Each caregiver’s experience and response to grief is unique, and it doesn’t always begin when their loved one’s life ends. This Catalyst Conversation explores the needs of grieving caregivers, responding to the challenges and effective ways to care for the caregivers. This conversation brings together the expertise of caregivers, research and spiritual support in a dynamic discussion of caregiver grief and bereavement.

Share Your Voice on April 4

We invite you to be part of this exciting campaign as we profile health care professions and organizations who are supporting caregivers throughout their journey –from receiving a diagnosis; engaging in serious illness conversations; navigating the health system during active treatment; providing palliative and supportive care; and dealing with grief.

- Campaign Microsite – featuring information pieces and a communication kit
- Social Media Blitz - share the campaign message through your social media channels on April 4 and help us recognize caregivers and the health and social care providers who support them through their journey.

Visit our website at: www.carerscanada.ca for campaign updates

¹ April 4, 2023—National Caregiver Day across Canada and Family Caregiver Day in ON/May 2023—Caregiver Awareness Month in AB, BC and NS/1st week in November 2023—National Caregiver Week in QC

² Carers Canada (<https://www.carerscanada.ca/>) is a priority program of the Canadian Home Care Association. The vision in forming Carers Canada is the creation of a society that recognizes, respects and values the integral role of caregivers for our health and social care systems and to our country’s economic well-being. Examples of past National Caregiver Day campaigns - <https://www.carerscanada.ca/national-caregiver-day-campaigns/>