

## Central East LHIN Self-Management Program offers workshops for caregivers

Training supports *Patients First* by creating a culture of health and wellness

### NEWS

April 11, 2017

Across Ontario, caregivers, who are usually family members, significant others or friends, are providing ongoing care and assistance to those in need of support due to physical, cognitive, mental health or addiction conditions. It can be a challenging role as caregivers can face personal stress, negative feelings and communication roadblocks.

But the recent graduation of Powerful Tools for Caregivers Master Trainers – four staff and volunteers from the Central East Local Health Integration Network (Central East LHIN) Self-Management Program – and their facilitation of the first ever Powerful Tools for Caregivers Class Leader training events in Canada means an additional 26 class leaders are helping to support caregivers across all seven of the Central East LHIN's seven sub-regions.

Since the launch of the Powerful Tools for Caregivers workshop series, 130 caregivers have participated in the free six-week workshops. In these workshops, caregivers learn the skills and tools needed to reduce personal stress, change negative self-talk, and communicate their needs to family members and health care providers.

This need to support caregivers in their important role is being met by ongoing delivery of the Powerful Tools for Caregivers workshops with another nine free workshop sessions being offered between April and September 2017.

By providing these Powerful Tools for Caregivers workshops, the Central East LHIN is supporting the Patients First: Action Plan for Health Care objectives of engaging and empowering patients and caregivers to improve their own health outcomes and experiences, and by creating a culture of health and wellness.



*Canada's first ever Powerful Tools for Caregivers Class Leader graduates. Front Row (Left to Right): Master Trainers: Karin Deschamp, Diana MacDonald, Cathy Vowles, Melissa McNamara. Seated Middle Row (Left to Right): Sally Boyle, Jyotica Kumar, Joan Skelton, Dona Hird, Brenda-Lee Davie, Kristen Palomera-Dinglasan, Sandra Spencer, Patti Aitken. Back Row Standing (Left to Right): Andrea Martin, Darren Robbins, Sonja Shepherd, Loretta Fernandes-Heaslip, Angie Nicholson, Michael Zimm, Becca Partington, Susan Viminitz, Aja Bax, Michelle Brochu*

## QUOTES

“Thanks very much for offering this workshop to me! I feel that I have the inner strength to deal with my situation and have more strategies and a positive mindset to reduce my level of stress!”

– Whitby workshop participant

“[The workshop] helped me feel that I’m not alone. It helped me learn how to deal with my stress. It helped me learn that I have to look after myself in order to look after my husband.”

– Beaverton workshop participant

“We are pleased to have the graduates from the first ever Powerful Tools for Caregivers Class Leaders training in Canada leading these workshops to support caregivers in the Central East LHIN. The free Powerful Tools for Caregivers workshops support the LHIN’s overarching aim of helping residents to *Live Healthier at Home*, and supports the *Patients First* goal of creating a culture of health and wellness that supports patients in making educated, informed decisions about their care.”

- Deborah Hammons, Chief Executive Officer, Central East LHIN

“The Central East LHIN Self-Management Program staff and volunteers were excited to be the first in Canada to offer the Powerful Tools for Caregivers Class Leaders training. The feedback from the caregivers who have attended the workshops has been quite moving. It’s important that we help caregivers with their role and to take care of themselves – otherwise, before we know it, they will also be in need of a caregiver themselves. We want to help prevent that from happening by helping people learn new strategies for managing their own needs while being a caregiver.”

- Trish Topping, Senior Manager, Central East LHIN Self-Management Program.

## QUICK FACTS

- **Powerful Tools for Caregivers** is a free six-week self-care workshop series based on the Chronic Disease Self-Management Program developed by Dr. Kate Lorig and colleagues at Stanford University.
- The **Central East LHIN Self-Management Program**:
  - empowers people to change their health behaviours by developing new skills and tools to break the cycle of symptoms that can result from having chronic health conditions
  - encourages health care professionals to adopt additional techniques and strategies that can be used in clinical practice to support patients in making healthy lifestyle changes
  - supports family caregivers in providing them with tools and strategies to better manage their own health while taking on the unique challenges of being a caregiver
- To hear a participants’ first-hand experiences with the *Powerful Tools for Caregivers* workshops, watch the Powerful Tools for Caregivers video at <https://www.youtube.com/watch?v=g9qGOp1yYis>.
- For more information on the Central East LHIN Self-Management Program please visit [www.ceselfmanagement.ca](http://www.ceselfmanagement.ca), e-mail [info@healthylifeworkshop.ca](mailto:info@healthylifeworkshop.ca) or call 1-866-971-5545.

## LEARN MORE

For more information, please contact:

Katie Cronin-Wood, Director, Special Projects, Central East LHIN

1-866-804-5446 ext. 218

[katie.croninwood@lhins.on.ca](mailto:katie.croninwood@lhins.on.ca)