

6 Easy Ways for Providers to Support Caregivers



To help caregivers feel included as part of the care team and find services that support their well-being, consider incorporating these practices when you interact with caregivers:

1. Ask caregivers how they're doing. This simple question can make a big difference.
2. Identify caregivers and include them as part of the healthcare team. Caregivers have valuable insights about your patient/client that may affect your planning and can help you provide them with better care.
3. Tell caregivers what's happening and what they can expect next. Knowing what's going on can help relieve the anxiety that comes with uncertainty.
4. Encourage caregivers to accept help. Many find it hard to ask for help and feel they should be able to manage on their own, but caregivers who don't seek or accept support have a higher risk of burnout.
5. Share local resources with caregivers and encourage them to visit ontariocaregiver.ca or call the 24/7 helpline at 1 833 416 2273.
6. Check-in with caregivers at patient/client transition points to ensure caregivers are managing and offer continued support. It may take time for caregivers to accept the need for help and seek support.

Questions You Can Ask Caregivers

Conversation Starters



“ How are you managing? ”

“ How are you doing today? ”

Follow-up Questions



“ What worries you most? ”

OR

“ What concerns you most? ”

“ What would be one thing that would help you in caring for your friend or family member? ”

Adapted from the Time to Talk Toolkit created by the Change Foundation and Connecting the Dots for Caregivers

Visit: ontariocaregiver.ca for more information, to register for a program or sign up to receive our e-newsletter.