

Build Partnerships & Engagement & Strengthening Services & Support

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What We Are Doing

Goal 2 of the 2022 National Strategy to Support Family Caregivers is to build partnerships and engagement with family caregivers.

This training will address

- Partnering with caregivers: Formally recognize and include family caregivers as essential members of a person's care team.
- Training professionals: Provide training to health and social service professionals on how to effectively communicate and interact with family caregivers.
- Including caregivers in care plans: Involve family caregivers in care planning to ensure that their perspectives and roles are integrated.
- Assessing caregiver needs: Use evidence-based tools to assess and document the needs and preferences of family caregivers.

Why This Matters

- Aging Population
- More family members/friends becoming caregivers
- Few feel prepared for caregiving
- Fragmented healthcare system
- Workforce Shortages

What's the Solution?

Caregiver-Centered Care

Supporting Family Caregivers in Healthcare

EDUCATION ▾

STRATEGY

ABOUT

COMPETENCY FRAMEWORK

RESOURCES ▾

Caregiver-Centered Care

Caregiver-centered care is person-centered care for family caregivers. This approach respects and meaningfully involves the care receiver's family caregiver in the planning and delivery of supportive services. It also recognizes and addresses caregiver needs and preferences and integrates family caregivers as partners in care.

Competency Framework

The Caregiver-Centered Care Competency Framework consists of 6 Domains that are the foundational competencies for engaging with family caregivers in all settings. Competencies are the first step in supporting family caregivers in their vital roles.

[LEARN MORE](#)



Partners



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Caregiver-Centered Care

Supporting Family Caregivers in Healthcare



**UNIVERSITY
OF ALBERTA**

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What's Coming

LEVEL 1

Foundational

The course will cover the **6 Competency Domains** in the Caregiver-Centered Care Competency Framework.

[START THE COURSE](#)

[Interested in team-learning options?](#)



Sections

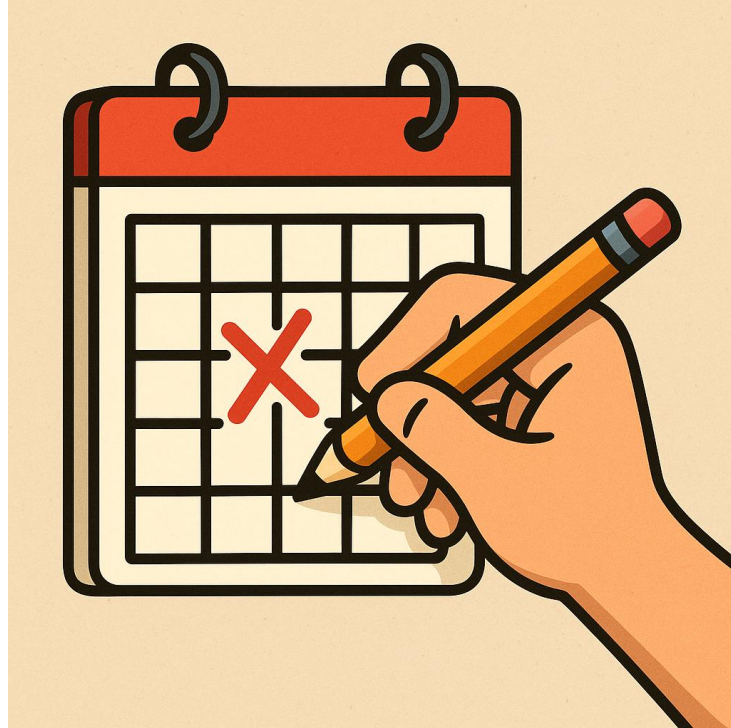
Course Overview	
Sections	6
Length	1 hours
Difficulty	Beginner
Prerequisites	None

Domain A: Recognizing Family Caregivers	7:00
Domain B: Communicating with Family Caregivers	9:00
Domain C: Partnering with Family Caregivers	9:00
Domain D: Fostering Resilience in Family Caregivers	7:00
Domain E: Navigating Health & Social Systems and Accessing Resources	9:00
Domain F: Enhancing the Culture and Context of Care	8:00

November is
**NATIONAL FAMILY
CAREGIVERS MONTH**

#NFCmonth

Activity—Let's Schedule that Training!



(Image created by ChatGPT)

Healthy Meals, Healthy Minds Grant

The Healthy Meals, Healthy Minds Grant strengthens services and supports for family caregivers by helping them access nutritious meal kits and invest in their mental health and wellness by funding supportive services.



This project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$490,000 with 75 percentage funded by ACL/HHS and \$142,933 and 25 percentage funded by non-government source(s). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

Allowable Expenses:

Nutritious Meals as Respite

- In-home prepared meals, • Delivered meal kits (i.e., Hello Fresh, Blue Apron, Orders Up)
- Does not include grocery shopping, fast food, or restaurant eating.

Mental Health and Wellness

- Mental health counseling (in-person or telehealth),
- Wellness classes such as yoga and meditation,
- Gym or community memberships,
- Self-help books,
- Weighted blankets,
- Light therapy, and
- Virtual subscriptions.

Application Process

Step 1: The applicant completes the Eligibility Criteria Form (ECF), and the ADRC or County completes the Supporting Documentation Form (SDF).

Step 2: Once the ECF and SDF have been completed and submitted to RCAW, RCAW will email eligible applicants with a link to the grant application

Step 3: Once RCAW receives the completed SRGP application, RCAW will notify the applicant if the application is approved via email with a link to the Grant Report and mail the awarded \$250 grant funds.

Step 4: The applicant must track expenses on the Grant Report and keep the documentation if RCAW audits their spending.