



Caregiver Education Project | Progress Report | June 2019

We have listened to caregivers

To understand and respond to the learning needs of family and friend caregivers of seniors living with frailty, the Regional Geriatric Programs of Ontario (RGPO) initiated the Caregiver Education and Training Project.

Based on a co-design process to develop educational resources for caregivers of seniors living with frailty, we hosted 10 focus groups in communities across Ontario. Connecting with 133 caregivers and 78 interprofessionals, we have a clear understanding of what caregivers want to learn about as well as how they want to learn.

We are excited to share with you the results of what we heard from caregivers as well as our progress on the development of new educational resources. You can read the full What We Heard report [here](#).

This is the project's third newsletter and shares our insights and next steps for the project.



What We Asked

1. What increases caregiver strength in the caregiving role?
2. What would caregivers teach other caregivers, knowing what they know now?
3. What do caregivers want to learn (about the SF7 topics) and what do they think about the SF7 Toolkit?
4. What do caregivers want to learn beyond the SF7 Toolkit?



What We Heard

Caregivers said things like:

"My friends and family are my rock that gets me through" – A caregiver from Thunder Bay

"You don't have to be a professional to be a caregiver"
- A caregiver from Ottawa

"Right away, I found three or four things I did not know." - A caregiver from London

"I appreciate the information about these topics all in one place, but what would be most helpful is to talk about strategies" - A caregiver from Cobourg

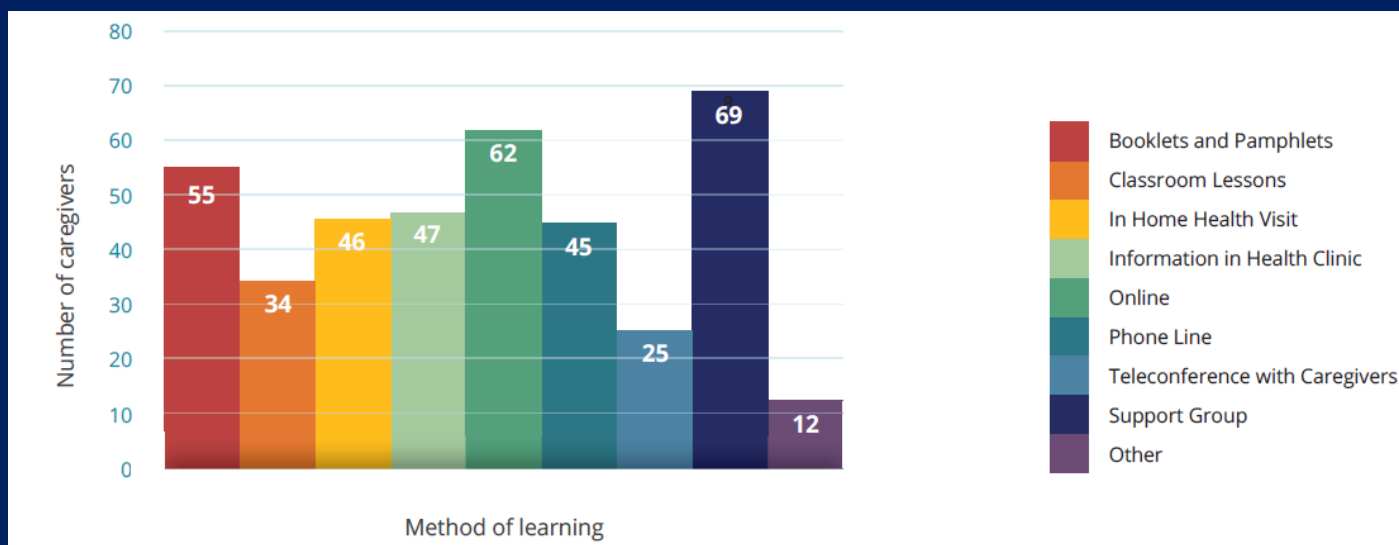
"We need a toolkit that helps us find local services and supports."

- A caregiver from Hamilton



Caregivers told us how they prefer to learn

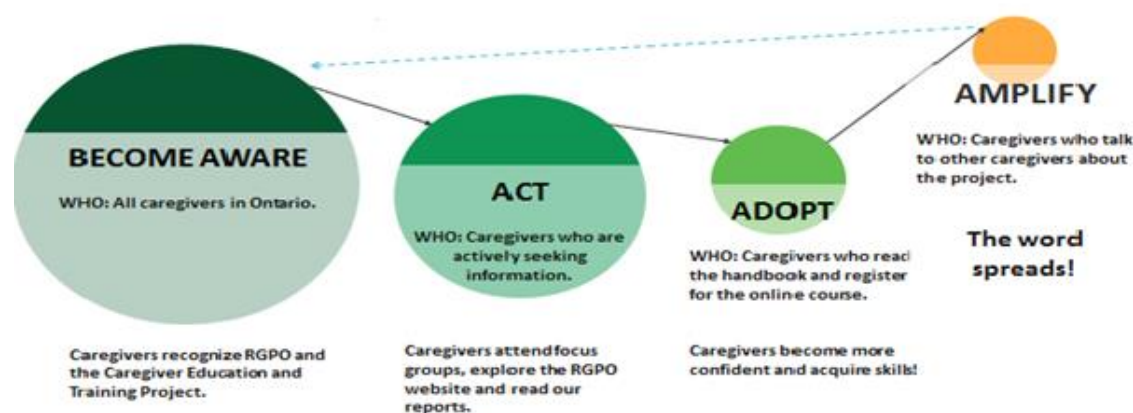
..... it is through support groups, online and print materials.



Next Steps

- ✓ We are designing and developing new educational resources with and for caregivers.
- ✓ Coming soon are: a Handbook of online and printed information, tools, templates and 'Caregiving Strategies' an online course where caregivers can learn with other caregivers and health care professionals.
- ✓ You can help us meet our goal of 25,000 caregivers by sharing this Progress Report.
- ✓ Contact us by registering here.

Reaching 25,000 Caregivers



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