



Strengthening Care for the Caregiver

Lessons learned from a Caregiver
Social Prescribing Pilot

Our Speakers



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The Caregiver Experience

38% provide more than 10 hours of care per week

69% feel so burnt out they are not sure how they will continue

72% feel they can't maintain their own healthy behaviours

76% feel concerned they won't be able to handle all their caregiving duties going forward

1.9M visits to the ER so caregivers could take a break



Caregivers are spending an average of \$758 per month on caregiving

25% have taken out a loan or are using a line of credit

41% have considered quitting their job to provide care

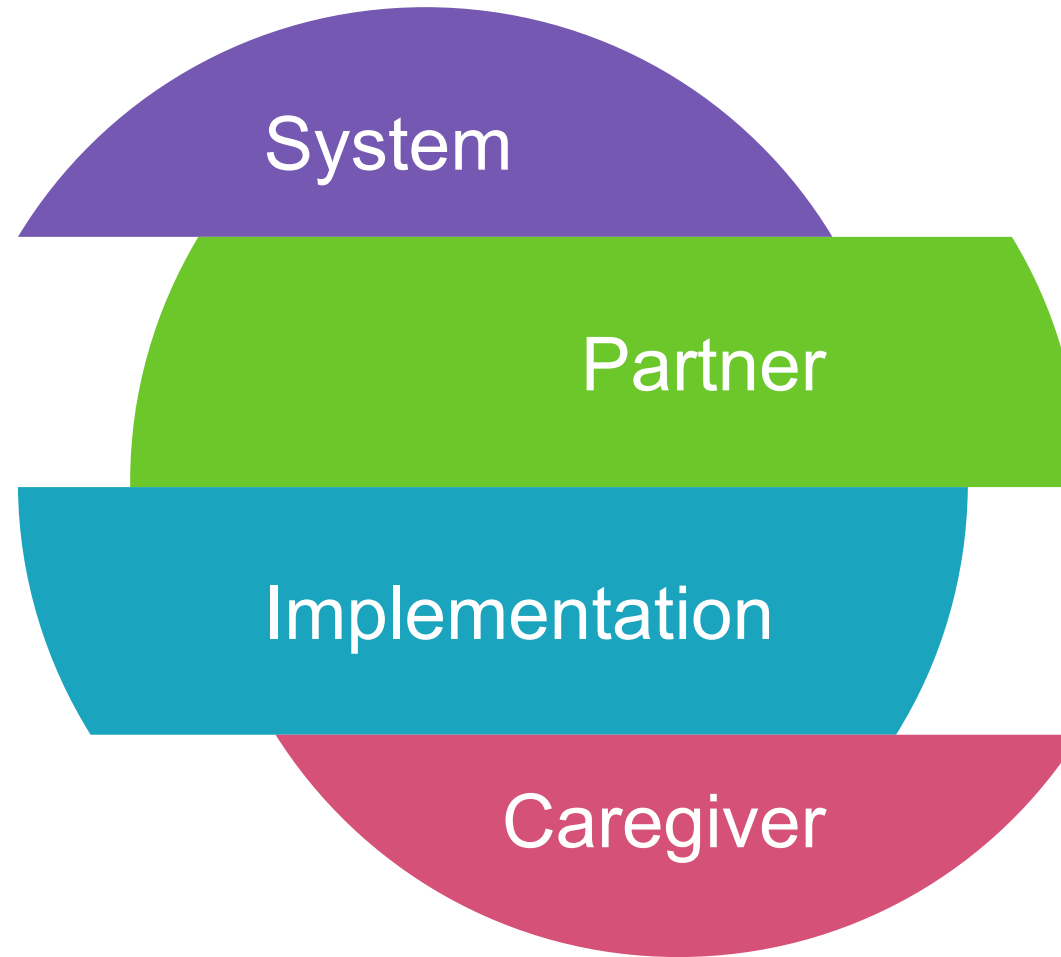
62% wish there was more support given by their employer

What we do



- Improve awareness and recognition of the contributions and importance of caregivers
- Connect all caregivers to information and support regardless of age, condition or location
- Avoid duplication of services that already exist and develop partnerships

Four Key Perspectives



What would it look like if caregivers were consistently seen, supported, and connected in primary care?

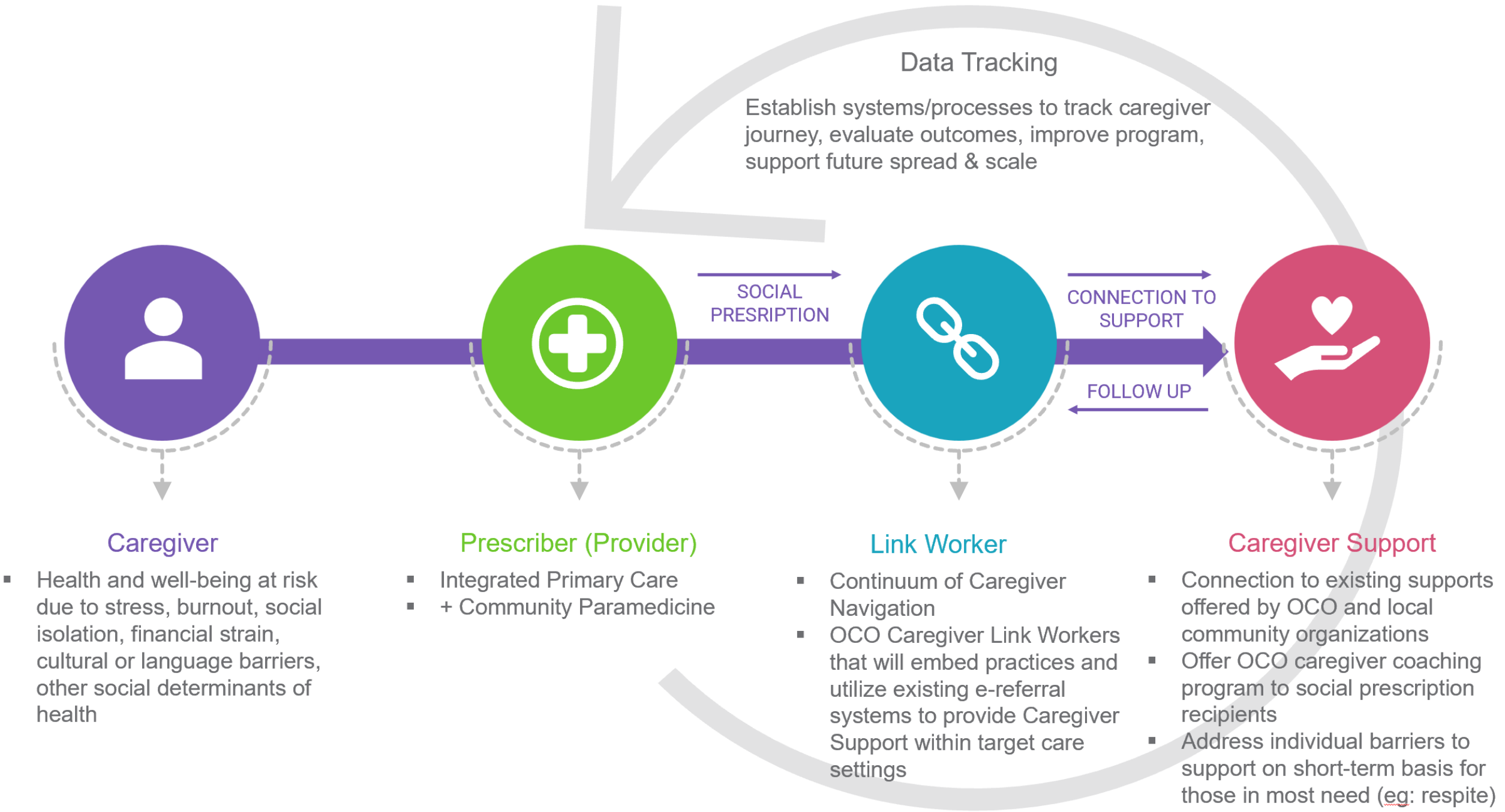
The Right Care at the Right Place at the Right Time

“Their caregiver is burnt out, there's been nothing for them, and now we have two people in the hospital. The original participant goes back in the hospital, and their caregiver joins them.”

- Provider

Caregivers also need to access care for themselves across the system

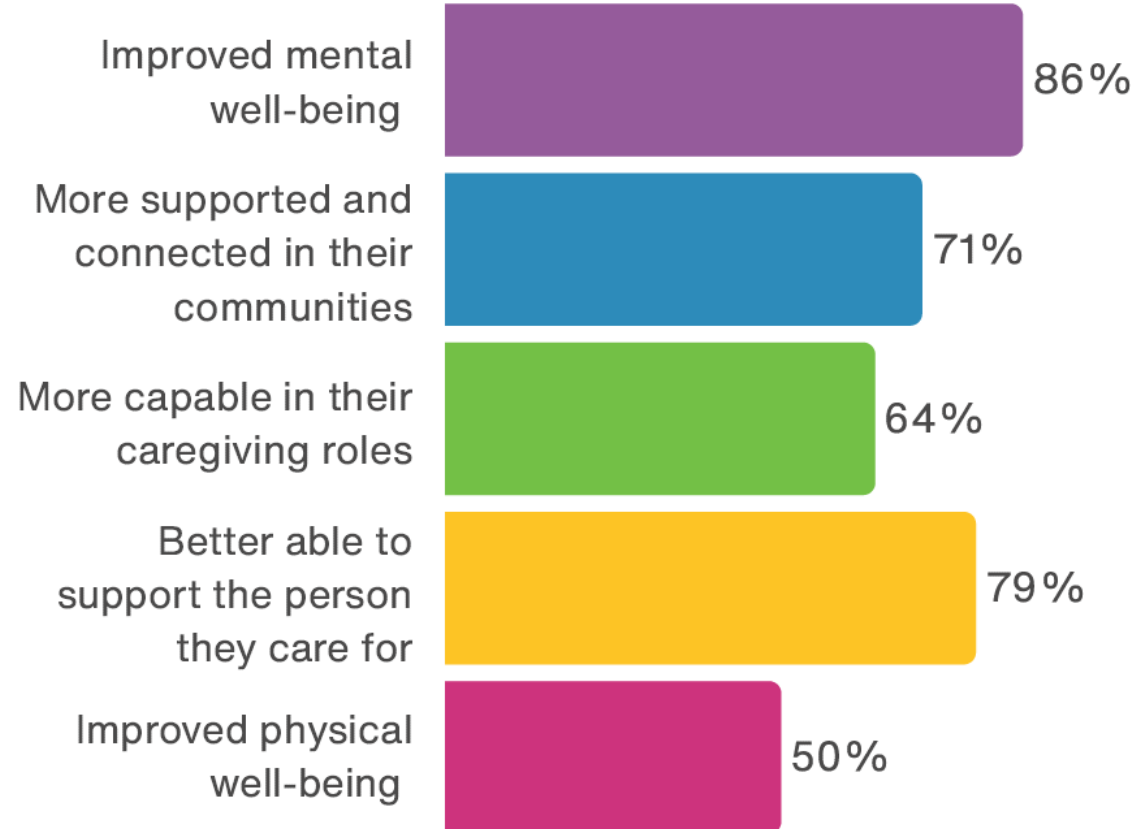
Social prescribing provides an opportunity for caregivers to be connected to the services they require for their own health and wellbeing with ease and efficiency.



Findings from OCO's Pilot: Caregiver Impact

Well-Being Outcomes

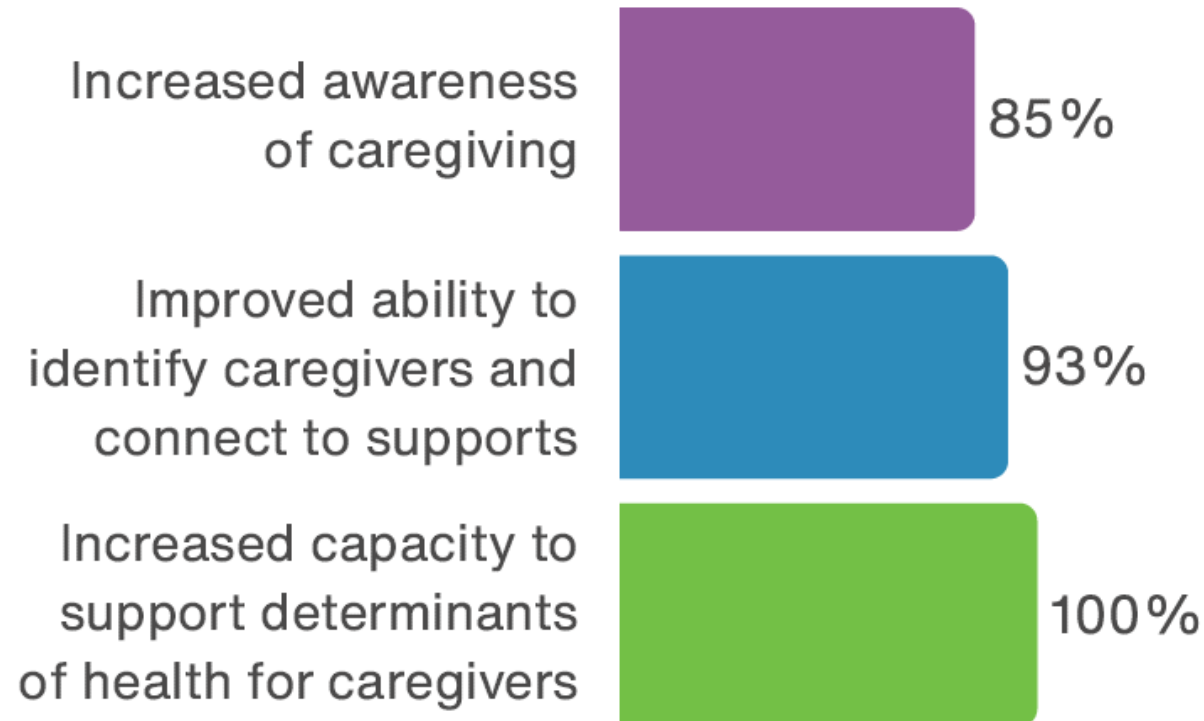
The pilot delivered improvements across multiple dimensions of caregiver well-being:



Findings from OCO's Pilot: Provider Impact

Enhanced Awareness and Capability

Healthcare providers across pilot sites reported benefits for their practice and their patients:



Findings from OCO's Pilot: System Impact

50% survey respondents reported reducing their primary care visits; half of respondents also avoided non-urgent emergency department visits or hospital admissions for themselves due to decreased caregiver burnout, anxiety, stress, or depression.

Additionally, 36% of respondents reported that social prescribing helped the person they care for avoid non-urgent emergency department visits or hospital admissions. When asked where they would have sought support without a caregiver link worker, 50% indicated they would have gone to their primary care provider, while 50% would have stayed home and attempted to self manage.



Panel Perspective Primary Care

A background image showing two women in a professional setting. One woman is seated and facing the other, who is standing and holding a clipboard. The image is overlaid with a semi-transparent blue filter. A white, rounded hexagonal frame is positioned on the right side, containing the text.

Panel Perspective Implementation

Panel Perspective Caregiver



What surprised you most about this program?

"By supporting the caregiver of our patients, we are supporting our patients. And that's kind of the outlook that we have."

- Provider

"Social prescribing can help alleviate some of the pressures on our team. This can reduce burnout and improve job satisfaction."

- Provider

What barriers did you encounter?

"[The Link Worker] was really open right away to meeting the team... she was like, 'How do I become part of the team?'"

- Provider

"People adapt slowly over time, often not recognizing themselves as caregivers or feeling shame for struggling."

- Provider

"The biggest barrier that I find is... getting them to remember that it exists, and to add it as... integrate it as part of their practice."

- Provider

How does Caregiver Social Prescribing support caregivers in rural settings?

"I did just recently partner with them to implement their SCALE program on an in-person basis. Usually it's virtual and with us being in a more rural setting, that's not always ideal for some of our population. We're going to be offering that in person which I think is a really exciting opportunity."

- Provider

"The link worker has been phenomenal. I believe part of the reason that pilot has been successful in our area is because of the relationships she has built with our community."

- Provider

"I really hope this stays and grows in our community because it's a godsend in our community, I would say. It's been a really wonderful resource. Yeah, and I really hope it expands as well."

- Community Partner

What about Caregiver Impact?

"I have been able to tell [the Link Worker] my feelings about everything that is happening or happened, and my frustration, and she had been able to give me directions!"

- Caregiver

"It seems like the organization itself really does stand by the "care" in "caregiving" and you can feel that."

- Provider

A young woman with brown hair in a bun, wearing a white floral top, is smiling and leaning towards an elderly woman with white hair, wearing a blue patterned top. They are sitting at a table, and the young woman is holding the elderly woman's hand. The background is blurred, showing a home setting.

Questions?



This is Where You Come In

01

Expansion across Ontario

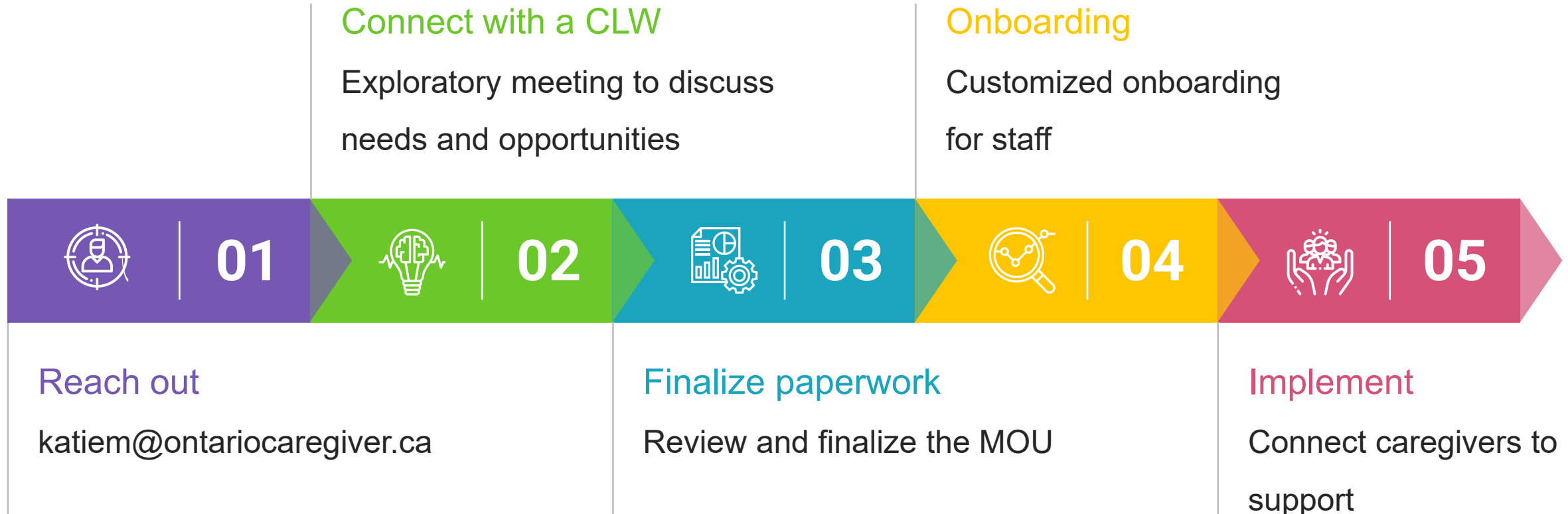
1 new Caregiver Link Worker
2 new regions
Francophone engagement

02

Seeking partnership sites

Partnering with MORE primary health partners

Implementation



If primary care is the front door to the system, caregivers need to be recognized and supported when they walk through it.



Connect with our team.
Leave your details, we'll reach out about caregiver
support. No commitment required!