

# Supporting Caregivers in Primary Care

## Ways to support caregiver well-being for better patient health outcomes

Many family caregivers face barriers to accessing support in the health system due to stigma, burnout, and a focus on care recipient needs. However, caregivers have a direct impact on patient health outcomes. Well-supported caregivers are more likely to provide better care.<sup>2</sup>

There are 4 million people across Ontario caring for family members, partners, friends, and neighbours. Many caregivers report feelings of isolation and depression and are 16% more likely than non-caregivers to live with 2 or more long-term health conditions.<sup>1</sup>

**75%** 

**4 million** caregivers across Ontario provide an estimated **75%** of the care in the system

### Five Key Strategies for Supporting Caregivers:



Ask caregivers how **THEY** are doing



Connect caregivers to the Caregiver Helpline & OCO resources



Staff training, education & discussion



Host a caregiver education session



Assess & understand caregiver needs

### The Ontario Caregiver Organization is here to help.

#### Free Tools for Providers

- [Care provider resource centre](#)
- [E-Learning](#): Caregivers as Partners
- Time to Talk [Toolkit](#)
- Print and digital promotion [resources](#)
- Health privacy and consent [resources](#)



#### Free Tools for Caregivers

- The 24/7 [Ontario Caregiver Helpline](#) 1-833-416-2273 (CARE) 150 language options
- Virtual [education and support programs](#)
- [Toolkits](#) for caregivers
- In-person [workshops and information sessions](#)



Learn more at [ontariocaregiver.ca](http://ontariocaregiver.ca). Contact OCO at [partners@ontariocaregiver.ca](mailto:partners@ontariocaregiver.ca)  
Sign up for the Partners in Care e-bulletin [here](#).

<sup>1</sup> Stall, Nathan. We Should care more about Caregivers. CMAJ March 04, 2019 191 (9) E245-E246; DOI: <https://doi.org/10.1503/cmaj.190204>

<sup>2</sup> Canada, a Caring Society: Action Table on Family Caregivers Informed dialogue, leading to concrete action for all Canadians NOV 2013 <http://www.ccanceraction.ca/wpcontent/uploads/2014/12/Family-Caregivers-Meeting-Report.pdf>