



How We Support Caregivers — and how you can too.

Did you know that one in four Albertans is a family caregiver?

Whether you're a family doctor, nurse, social worker, homecare worker, or someone else providing community-based services, you're going to meet family caregivers in your work. We can help you - help them.

About Caregivers Alberta

We were founded by a small group of caregivers who recognized the gaps in our systems that leave caregivers feeling invisible, burned out and isolated. They formed the foundation of what we are now: a province-wide, not-for-profit organization that provides resources, support and education to caregivers.

Caregivers Alberta is
empowering Albertans who
give care to family and friends.
Our purpose is to:

1. Provide education
2. Support caregivers' wellbeing
3. Advocate for public policy



Offer Support to a Caregiver Today

Use Caregiver Connect, our unique referral pathway, designed to link family/friend caregivers with the essential services of Caregivers Alberta. Together we can build a support network for caregivers in your community or practice.

Our programs offer many kinds of help:

- **Support Line** a Provincial toll-free line where caregivers are heard, understood, and connected to the supports they need. 1.877.453.5088 support@caregiversalberta.ca
- **System Navigation** helping caregivers find resources, organizations and other community-based services
- **Peer Support Communities** offering facilitator-led caregiver support groups on a weekly basis
- **Coaching Program** helping caregivers identify needs, preserve well-being, and adopt additional coping strategies for managing stress within the caregiving role.
- **Education Sessions** create opportunities to explore caregiver-related topics, build a knowledge base and increase capacity for balancing care tasks in everyday life.

We also offer registered workshop programs:

COMPASS for the Caregiver a multi-session workshop that helps caregivers learn tools to manage the challenges of caregiving. COMPASS focuses on four priorities: being a caregiver; managing stress; balancing relationships; and navigating the journey to avoid overwhelm and burnout. This program can be accessed through a virtual facilitated option or an online self-paced version.

Living with Grief and Loss a private cohort series that guides participants through the transitions of grief and loss. It explores the complexity of grief and creates compassionate communities to acknowledge the uniqueness of each caregiver's grief journey.

In addition to our standard core programs, we also offer focused areas of education delivered through one-off programs or workshops to you and your community.

- Caregiving 101: Who is Caregivers Alberta and how do we help?
- Managing Stress
- Creating Healthy Boundaries
- Re-labeling Guilt and Understanding Emotions
- Building Better Resilience
- Mastering Growth Mindset
- Balancing Self-Care and Compassion



Support for Professionals in Community

We know that healthcare professionals and community-based service providers are juggling a lot of diverse needs within their work. We are here for you too. If you are a caregiver, please reach out and access our services. Don't do it alone.

Here are some programs dedicated to expanding your capacity and building supportive caregiver-friendly communities no matter where you are in the province.

Caregiver-Centered Care

Family caregivers are the shadow workforce of our society and the backbone of our healthcare system. Yet, many caregivers experience huge challenges navigating their roles. Learn to include caregivers in the care team through the 'Caregiver-Centered Care' certificate program - developed by researchers at the University of Alberta.

COMPASS Facilitator Training

We prepare you to deliver the COMPASS for the Caregiver program in your community. As a partner in this program, you'll be able to help caregivers adapt to the demands of their role, and support them in learning self-care, communications skills, stress management, and healthcare system navigation.

Peer-Support-Group Facilitator Training

Start a caregiver, peer-support group in your community. We offer facilitator training that will set you up for success, teach you to guide groups of caregivers through meaningful conversations, and empower you to share resources and support.

Work & Care Employer Program

Be an employer-of-choice by becoming a caregiver-friendly workplace. There is a strong business case for supporting your employees who are caregivers. We'll help you identify easy-to-implement policies and programs and train your managers and supervisors to support caregivers in the workplace.

Connect with us:

780.453.5088 | 1.877.453.5088 (toll free)
office@caregiversalberta.ca

Find us online:

