

Good afternoon,

AGE-WELL would like to thank you for joining 2021 Public Webinar Series: Experiences in Caregiving during COVID-19: What have we learned? on April 6, 2021. The event, held on National Caregivers Day, was a success — one that allowed us to engage in a catalytic conversation about caregiving, its impacts, and how COVID-19 has affected caregiving.

If you missed the webinar or would like to view it again, please visit our [YouTube Channel](#). Tell us about your experience of the webinar by filling out our [2 minute evaluation survey](#).

Below you will find a list of resources from the conversation held during the webinar, with many contributions from our audience members in addition to our panelists.

Follow us to stay up to date on the latest news, events and updates at AGE-WELL NCE:

Website: <https://agewell-nce.ca/>

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Resources:

AGE-WELL

- [Check out this snapshot of caregivers of older adults from 2019.](#)
- Learn more about how COVID-19 has significantly increased the use of many technologies among older Canadians: <http://ow.ly/u7MW50E6E3y>
- Check out the infographic on Tech Use by Older Canadians for Health, Wellness and Independence in the Time of COVID-19: <http://ow.ly/TZVf50E6E7L>
- Learn more about the technology Ron mentioned, Altumview, here - a startup supported by AGE-WELL: <https://www.altumview.com/>
- Join us on May 13 for our next webinar on Reducing social isolation in older adults and staying resilient during the pandemic:
https://us02web.zoom.us/webinar/register/WN__ogFTNo_Sn2vRFuHn4rIAA
- Are you an older adult or caregiver? Learn the many ways you can get involved in AGE-WELL here: <https://agewell-nce.ca/partners/older-adults-and-caregivers>

Carers Canada

- Infographic on Caregivers Experiences with Technology: <https://bit.ly/31PdLbI>
- National Caregiver Day resources page: <https://www.carerscanada.ca/national-caregiver-day-campaigns>

- Learn about the “stories behind the statistics” on experiences in caregiving in Canada from 30+ caregivers on the Carers Canada website: <https://bit.ly/3fM211t>
- The Global Carer Well-being Index: https://www.carerscanada.ca/wp-content/uploads/2021/03/Global-Carer-Well-Being-Index-Report_FINAL-2021-NA.pdf
- The Canada Carer Well-being Index: <https://www.emdserono.ca/ca/company/Canada-Carer-Well-Being-Index-Report.pdf>
- Report on the impact of COVID-19 on caregivers in Canada and around the world, “Who cares for carers? Perspectives on COVID-19 Pressures and Lack of Support:” <https://bit.ly/390Qiex>

Vanier Institute

- [Beyond “Snapshots” to “Lifetimes” of Family Care](#) (research summary)
- [In Focus 2020: Caregiving and Care Receiving in Canada](#) (blog)
- [A Snapshot of Family Caregiving and Work in Canada](#) (statistical resource)
- [Women, Caregiving and Work in Canada](#) (infographic)
- [Family Caregiving in Canada: A Fact of Life and a Human Right](#) (article)
- [Caregiving in Military and Veteran Families](#) (research summary)
- [Continuum of Care: Intensity, Predictability and Controllability](#) (chart)
- [Care-related policy updates](#) (Canadian Family Policy Monitor)

Other resources on caregiving can be found on the Vanier Institute [website](#).

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Dr. Janet Fast, Research on Aging, Policies and Practice, University of Alberta

- Technology allows nearly half of #caregivers to provide care from a distance: <https://bit.ly/3tHZQQ4>
- Dr. Janet Fast’s paper, Trajectories of family care over the lifecourse: evidence from Canada | Ageing & Society: <https://bit.ly/3sJlAlk>
- As Dr. Janet Fast mentioned, the COVID pandemic wiped out 30 years of gains in women’s participation in the labour force and financial independence: <https://thoughtleadership.rbc.com/pandemic-threatens-decades-of-womens-labour-force-gains/>
- Learn more about Dr. Janet Fast's work on the digital divide: https://rapp.ualberta.ca/wp-content/uploads/sites/49/2018/04/ICT-literacy-of-older-workers_2017May.pdf
- Learn more about caregivers' barriers to technology adoption: <https://rapp.ualberta.ca/wp-content/uploads/sites/49/2019/06/DATcares-Infographic-Barriers-to-Carers-Technology-Adoption.pdf>
- Dr. Janet Fast’s paper Caregivers' failure to thrive: A case for health and continuing care systems transformation: <https://bit.ly/3bJ8xnb>

If you cannot access the full paper email: jeales@ualberta.ca

Additional Links

- The Ontario Caregiver Organization: <https://ontariocaregiver.ca/>
- Ontario Peer Support Program: <https://ontariocaregiver.ca/peersupport/>
- Sylvia Fuller and Yue Qian explore the gendered impacts of COVID-19 in Canada in "Covid-19 and The Gender Gap in Employment Among Parents of Young Children in Canada:" <https://bit.ly/2Q2YTU4>
- Alzheimer Society of Peel: <https://alzheimer.ca/peel/>
- Health Quality Council of Alberta Continuing Care Report Health Quality Council of Alberta COVID-19 Continuing Care Study: Residents' Perceptions and Lived Experience: <https://bit.ly/3dBISN5>
- Caregiver-centred online training course for health care providers: <https://www.caregivercare.ca/>
- Centre de recherche et d'expertise en gérontologie sociale: www.creges.ca
- Visiter la Communauté de pratique du continuum Aînés : <https://liferay6.cess-labs.com/web/cvp-continuum-aines>
- The Health Quality Council of Alberta found family caregivers of homecare clients were providing an AVERAGE of 115 hours a week: <https://bit.ly/38y2FeN>
- Survey: What are the impacts of the COVID-19 pandemic on Alberta Family Caregivers? This was done in July 2020: <https://bit.ly/3kiu873>
- Quebec's new Caregiver Support Act CQLR c R-1.1 | Act to recognize and support caregivers | CanLII: <https://bit.ly/3rLOXNE>
- Moira Welsh' recently published book titled 'Happily ever Older' describes different models for LTC like the Butterfly Model and Hogeweyck. Good LTC examples with residents' wishes at their core, exist and could be adapted across Canada: <https://ecwpress.com/products/happily-ever-older>