

# CARING FOR CAREGIVERS AMID COVID-19



Community  
Mental Health  
Action Plan

The COVID-19 pandemic has affected all Albertans in many ways, most especially our mental well-being. Those in the role of caring for others, have additional challenges. Being able to provide care for others means that caregivers also need to look after their own well-being. Having supports and resources available to address physical, emotional, intellectual and spiritual needs are key, especially in times when caregivers may feel physically and socially isolated.

## Below are a few resources selected specifically to support caregivers' mental well-being

### Alberta Caregiver College (Alberta Health Services)

The college offers a variety of courses to enhance knowledge and skills of caregivers who provide for their family members and loved ones. The Powerful Tools for Family Caregivers course contains a section on coping strategies and caregiver stress.

<https://rb.gy/rk8fpi>

### Caregivers Alberta

Offers a variety of live and taped webinars on topics to support caregivers' well-being, including:

- *COMPASS for the Caregiver.*  
This four-part series helps caregivers balance their own well-being with the challenges of caregiving.
- *Building Healthy Boundaries.*  
This workshop will identify what healthy boundaries are, the myths around setting boundaries, and how to set your own healthy boundaries so you can feel more in charge of your life.

To register for upcoming webinars or access taped ones, <https://rb.gy/srkegl>

### Caregiver Exchange

Caregiver Exchange is a resource for family caregivers which provides access to articles and videos related to caregiving. <https://www.caregiverexchange.ca>

These resources are for care-providing organizations looking to support their staff

### Carers Canada

Double-duty carers provide unpaid care to family or friends outside of work, while their profession is also to care. The consequences of lack of employer support at health and home care providers, especially for double-duty carers, can potentially impact the quality and continuity of patient care. The Carers Canada website contains links to briefs and infographics to support caregiver organizations and their employees.

<https://www.carerscanada.ca>

### Carer-Inclusive and Accommodating Organizations' Standard

(Canadian Standards Association)

<https://www.csagroup.org/standards/>

The project introduces four steps for health and home care organizations to leverage their current HR practices and create a carer-inclusive culture:

1. Review current HR policies and practices
2. Engage senior leaders as champions
3. Co-design with employees
4. Communicate and raise awareness.

### Resources for Supporting Caregivers in the Workplace: Toolkit for Employers (Family Caregivers Network Society)

The toolkit is designed to provide both employers and employees with information and resources to help minimize the impact of caregiving on both the employee and the workplace. With the right information, support and education, employees can be healthier and more productive.

<https://rb.gy/czfn9c>

## Where to Go for Immediate Help 24/7

211 Alberta by phone, text or chat: dial 2-1-1, text INFO to 211, or visit [www.ab.211.ca](http://www.ab.211.ca) and click "live chat."

**Distress Centre Calgary Crisis Line** - 403-266.4357 (HELP)

**CMHA-ER Distress Line** - 780-482-4357 (HELP)

**Help for Tough Times** - Alberta Health Services  
Health Link: 811

Mental Health Helpline: 1-877-303-2642

**COVID-19 TEXT4HOPE** - Alberta Health Services

**Addiction Helpline** - 1-866-332-2322

Crisis Text Line - Text CONNECT to 741741

**Family Violence** - Find Supports - 310-1818

**Kids Help Phone** - 1-800-668-6868 or text CONNECT to 686868

Bullying Help Line - 1-888-456-2323

**MyHealth.Alberta.ca: List of Important Numbers**

## Developed by the Community Mental Health Action Plan in Collaboration with

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City of Edmonton  
City of Calgary  
Alberta Health Services  
Carya Calgary  
Distress Centre Calgary  
Imagine Institute for Learning

Visit  
[www.mentalhealthactionplan.ca](http://www.mentalhealthactionplan.ca)  
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further information