



**Yee Hong Centre
For Geriatric Care**

頤康中心

A Holistic Approach to Support Family Caregivers: Knowledge, Skills, Wellness & Support

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Why is Caregiver Education & Support Important in the Chinese Community?

1. Response to the Aging Population:

- By 2026, 1 in 5 Canadians will reached age 65.
- Estimated 1 in 4 Canadian seniors was born outside of Canada
- The population of Chinese seniors is the fastest growing amongst all Canadian visible minority group (Lai, 2004).
- In 2004, the aging Chinese population accounted for about 10% of the total Chinese Canadian population, 50% increase from 1996 (Lai & Chau, 2007) (<http://dsp-psd.pwgsc.gc.ca/Collection/H39-608-2002E.pdf>)



Why is Caregiver Education & Support Important in the Chinese Community?

2. Long Waiting list for Nursing Home.
3. Cultural needs: Chinese culture tends to be precious for living at home. Many seniors are reluctant to stay at nursing home.
4. Language needs
5. Caregiving is a difficult journey



Why is Caregiver Education & Support Important in the Chinese Community?



6. The goal is to address caregivers' human needs and empower caregivers to be resilient and self-determinate
- happy and fulfilling caregiver.



Caregivers' Needs

- Assistance in navigating service systems,
- Information about services available (ie. Respite care, care coordination, and disease-specific services)
- Information about financial aids (ie. Government subsidies, drug benefits)
- Information about drugs, treatment, and alternative therapies



Caregivers' Needs

- Skills for direct care tasks (ie. Lifting and transfer, bathing, feeding, toileting, how to use medical equipment, communicating with seniors)
- Understanding disease processes (ie. Typical symptoms, meaning of particular behaviours)
- Cultural and language specific services and information
- Managing caregiver stress and lessen caregiver burden

(Yedidia & Tiedemann, 2008)



Yee Hong Centre for Geriatric Care: Caregiver Education & Support Services

1. Yee Hong Caregiver Education & Resource Centre

2. Caregiver Support Services



Yee Hong Caregiver Education & Resource Centre

- “Aging at Home”
- Funded by the Central and Central East LHIN
- Multi-Disciplinary Approach
- Centre located in Richmond Hill, Ontario
- Social worker, program worker, program assistant



Yee Hong Caregiver Education & Resource Centre



Yee Hong Caregiver Education & Resource Centre



3 Categories



Knowledge
Skills
Wellness



Knowledge: Prevention & Foundation

- Preventive and Intervention
- Examples:
 - “What is Alzheimer’s and Related Dementia?”
 - “Ontario Senior Welfare”
 - “Common Foot Problems in Seniors”
 - “Diet and Vitamins”
 - “Protect Your Health: The Facts about Health Disease and Stroke”
 - “Home Safety and Fall Prevention”



Skills: Putting the Knowledge to the Test

- Skills for daily living
- Examples:
 - “Solutions for Dementia Symptoms”
 - “Tips on Caring for Stroke Survivors”
 - “Drug Management” (Diabetes, Dementia, Parkinson’s, etc.)
 - “Lifting and Transfer”
 - “Communicating with Loved One with Aphasia”



Wellness: Caring for Caregivers

“You must care for yourself first before caring for others”

- Examples:
 - “Caregiver Stress and Emotional Management”
 - “Long Distance Caregiving”
 - “Resting Place for the Heart – How to Use Music for Relaxation and Stress Management”
 - “Yoga for Caregivers”
 - “Sleep Well”
 - “Caregiver Monthly Resource Sharing Session”



Caregiver Support Services

- Serving the Chinese community since April 1997
- Available at Yee Hong Centre – Scarborough McNicoll as well as Yee Hong Centre – Mississauga
- Funded by the Central East LHIN and Mississauga-Halton LHIN
- Multi-Disciplinary approach



Support



- Counselling
 - Individual and Family
- Support Groups
 - Morning Caregiver Support Group
 - Caregivers' Chat Room
 - Parkinson's Disease Self-management Support Group
 - Villa Elegance Support Group

Educational Training and Social Support



- Caregivers' Club
- Information and Sharing Sessions

“Love Our Seniors”

- 3-day workshop, for age 13 to 16
- Intergenerational
- The teens will learn how to understand, accept, respect and love seniors through interesting games and activities (including interacting with seniors).



Caregiver Events

“I Care!” Symposium for Caregivers

- Since 2007
- Collaboration between Yee Hong Centre for Geriatric, Kidney Foundation of Ontario, Canadian Diabetes Association and Heart and Stroke Foundation of Ontario



Caregiver Events

- Caregiver Appreciation Night
- Caregivers' Fun Day
- Caregivers Wellness Day



Questions & Comments?



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