

10 lessons on partnering with family caregivers

Yona Lunsky, PhD CPsych

October 18, 2022

Building a Better System to Support Canadian Family Caregivers

Session 3: Partnering

Mindfulness for family caregivers



[Lunsky et al., 2018 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7796683/pdf/10803_2020_Article_4835.pdf](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7796683/pdf/10803_2020_Article_4835.pdf)

[Lunsky et al., 2021 https://pubmed.ncbi.nlm.nih.gov/33420938/](https://pubmed.ncbi.nlm.nih.gov/33420938/)

ACT: CARING FOR THE CAREGIVER



Lunsky et al., 2018 <https://link.springer.com/article/10.1007/s12671-017-0846-3>

Mental health for adults with developmental disabilities during COVID-19: a virtual course for family caregivers

Mental health for adults with developmental disabilities during COVID-19: A virtual course for family caregivers



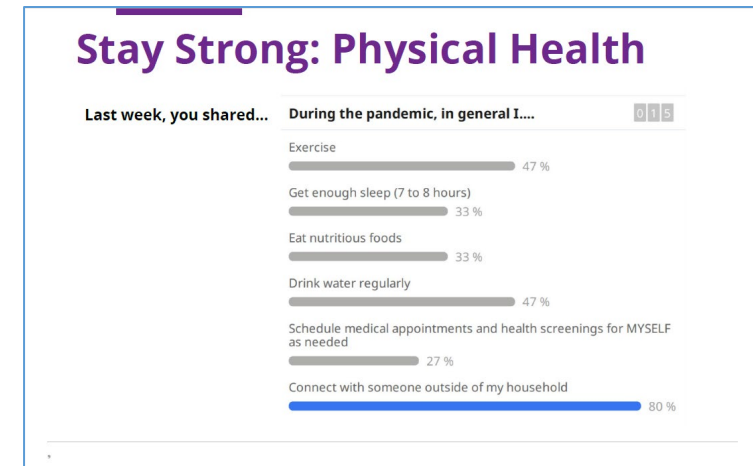
Session 6 Self-care: Caring for the Caregiver

April 21, 2021

camh
Azrieli Adult
Neurodevelopmental Centre



2 Copyright © 2017, CAMH



Topics over the 6-week cycle

- » Getting help for mental health concerns
- » Improving healthcare communication
- » Mental Health Interventions
- » Health care planning and decision-making
- » The impact of grief and loss during the pandemic.
- » Self-care: Caring for the caregiver

#1. Don't just look good – do good and be good

#2. We are not all equal – We are not all the same

#3. Pay people what they are worth

#4. It takes time

#5. Strength in numbers



6. This is a commitment – stick with it

7. Create a safe space. Or a brave space

Together we will create brave space
Because there is no such thing as a “safe space”
We exist in the real world
We all carry scars and we have all caused wounds.
In this space
We seek to turn down the volume of the outside world,
We amplify voices that fight to be heard elsewhere,
We call each other to more truth and love
We have the right to start somewhere and continue to grow.
We have the responsibility to examine what we think we know.
We will not be perfect.
This space will not be perfect.
It will not always be what we wish it to be.
But it will be our brave space together,
And we will work on it side by side.

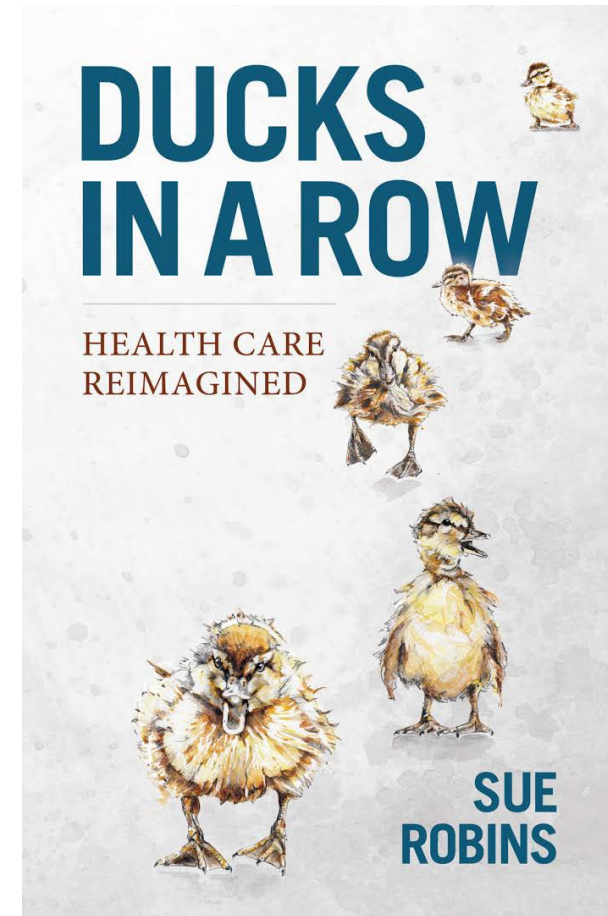
Invitation to Brave Space

by
Micky ScottBey Jones

8. Make the implicit explicit

9. Don't get too comfortable

10. Ducks in a row



10 Lessons - SUMMARY

- Don't just look good – do good and be good
- We are not all equal – We are not all the same
- Pay people what they are worth
- It takes time
- Strength in numbers
- This is a commitment – stick with it
- Create a safe space or a brave space
- Make the implicit explicit
- Don't get too comfortable
- DUCKS IN A ROW (from Sue Robins)