



PSYCHOSOCIAL INTERVENTIONS FOR OLDER ADULTS WITH STROKE AND THEIR FAMILIES

AN ONLINE WORKSHOP FOR HEALTHCARE & OTHER PROFESSIONALS

When: **Monday, May 1st to Sunday, May 28th, 2017** (4 weeks)

ONLINE weekly at your discretion

Cost: \$240 (Students/Seniors \$120)

Register online at www.aging.utoronto.ca

This Workshop will only be offered if there is sufficient enrolment

Week 1 – Introduction to Stroke Caregiver Support

- Understanding what types of supports caregivers need
- Caregivers needs for information about illness, resources, recovery
- Caregivers needs for emotional support
- Hands on assistance or guidance needed (tangible support)
- Feedback on their caregiving activities (appraisal support)

Week 2 – The Stroke Illness Trajectory

- Understanding how caregivers' support needs change across the illness trajectory
 - o Stroke event
 - o Acute care hospital
 - o Rehabilitation
 - o Early community adjustment
 - o Long-term community adjustment

Week 3 – Meeting Caregivers' Needs for Support

- Different individuals provide support
 - o Health care professionals
 - o Family members and friends
 - o Caregiving peers
 - o Stroke Support Person/Navigator
- Different mediums can make support available
 - o Written materials
 - o In-person interaction
 - o Telephone support
 - o Online support
- Preferences change across the illness trajectory

Week 4 – Caregiving Peers, Online Support, Workshop Wrap-up

- Special role of caregiving peers
- Who are caregiving peers and how do we connect with them?
- Current and future of online support
- Workshop wrap-up and recap
 - o Understanding different support needs
 - o Changes across the illness trajectory
 - o Different sources and mediums of support

Instructors

Jill Cameron, PhD, is an associate professor and vice chair of research in the Department of Occupational Science and Occupational Therapy at the University of Toronto. Dr. Cameron has been on faculty since 2006 and has held Ministry of Health, Ministry of Research and Innovation, and Canadian Institutes of Health Research New Investigator Awards to support her caregiving research. Her primary research interest is to understand the experiences and needs of family members who assume the role of informal caregiver for individuals with disability. Dr. Cameron aims to develop timely and relevant programs to assist them with their care-giving activities and pursuit of other valued activities and interests. The ultimate goal of her research is to support families as they transition across care environments with the aim of optimizing life in the community.

Marina Bastawrous Wasilewski, PhD, is a Postdoctoral Fellow at the Lawrence S. Bloomberg Faculty of Nursing, University of Toronto and Saint Elizabeth Health Care. Her Masters and Doctoral research examined caregiving peers as well as their use of online mediums to obtain support.