



Do you act as the primary caregiver for an older adult every day? Have you been frustrated finding the information and supports you need?

## Caregiving Essentials

We invite your participation in a free, 8 week online course for people who are primary caregivers for older adults (over the age of 65).

### What topics will be included in the training program?

- Adopting the caregiver role, including legal and financial information
- How to navigate the health care system and get the supports you need
- How to take care of yourself so you can care for someone else
- Health and medical information

### What is involved in the training program?

The training is delivered online.. You will be able to work through the on-line training at your own pace and when it is most convenient for you, but could spend 60 - 90 minutes each week working on it.

There are no assignments or grades in this course. Rather, you will be guided through 4 informative modules and directed to a wide variety of resources. Woven through the course content is the creation of a Caregiver Action Plan (CAP) which you will be prompted to complete in order to best prepare for expected and unexpected situations.

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## Who is this course for?

We are looking for people of all ages who are primary caregivers for people who are over the age of 65. The course is tailored for people caring for a person who is living in their own or a family member's home (rather than a long-term care facility)

Because the training is delivered online (so that people can access it regardless of where they live), you should have reliable access to a computer and internet to participate. This can be in your home, or in a public place, such as a library. You will also need an email address to register for the course.

The program will be delivered in English. If it goes well, we hope to adapt it to other languages. For this first program, we are looking for people who are comfortable reading and communicating in English.

## Will this course be evaluated?

This is a new training program to help people who act as caregivers and it is the first time the it is being offered. We think that this program will help improve your knowledge, confidence in your role and overall health and well-being. We need to study the program to see if it does these things.

As a part of the program, you will be asked to participate in research about the how well the program worked. You do not have to participate in the research to still be a part of the training program. If you choose to participate, you will be asked to answer some questions on a written survey and through a discussion at the beginning and the end of the program.

## For more information:

Email: [crqvr@mcmaster.ca](mailto:crqvr@mcmaster.ca)

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