

# Virtual Home Hospital

## Caregiver Support

**Welcome!** As a caregiver of a family member or friend, you may have questions about how to care for them. Patients and healthcare providers worked together to help you with some information you may need while your loved one is in Virtual Home Hospital.

### What can I expect?

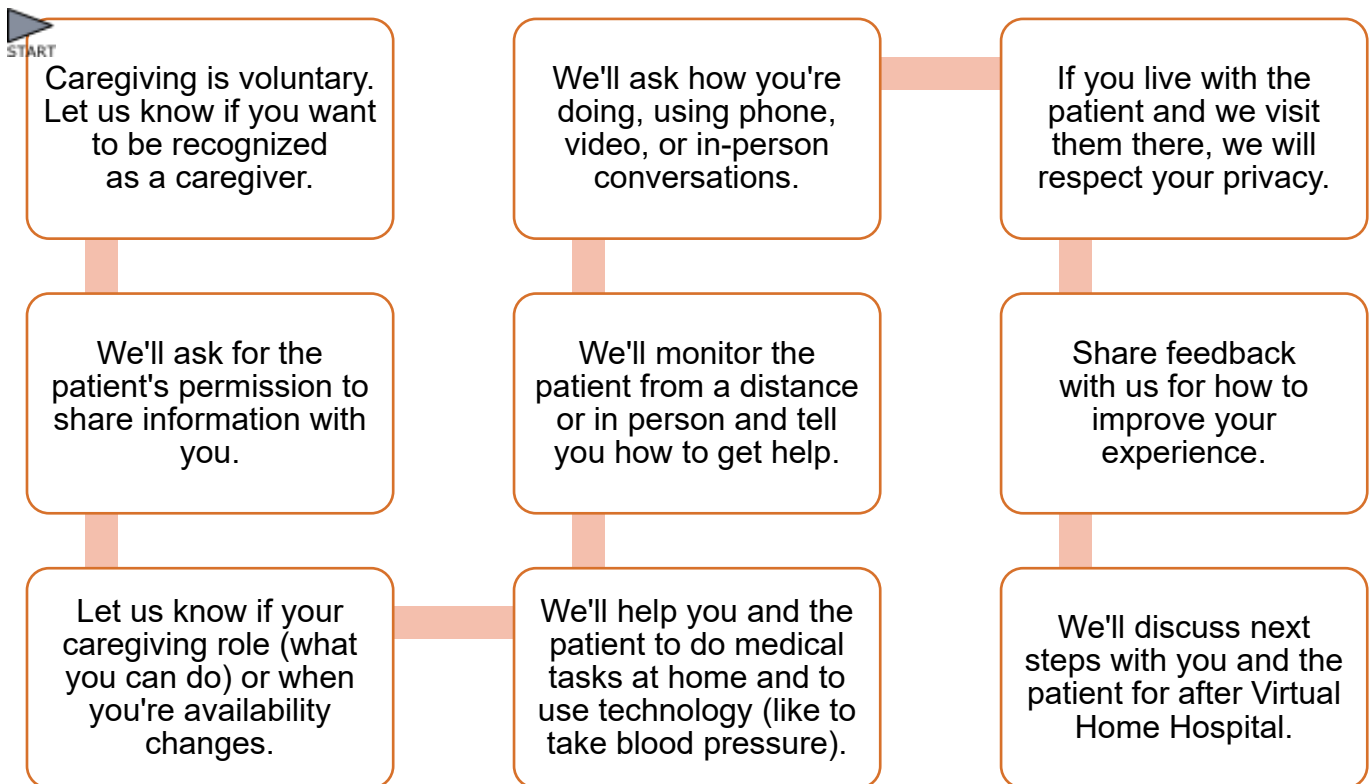
You may be familiar with caregiving, but when the person you're helping is in the Virtual Home Hospital, new questions may come up.

**Follow the path below to see what you may experience.**

**We provide care centered around you, the caregiver.**

This care is designed to:

- Recognize caregivers
- Communicate and partner with you
- Help you recover quickly after tough experiences (called resilience)
- Know where to go for what you need in the healthcare system



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## Who do I call for help?

- Virtual Home Hospital** Phone: \_\_\_\_\_ Hours: \_\_\_\_\_
  - Health Link** Phone Number: 811 Hours: 24 hours a day, everyday
  - Your doctor:** \_\_\_\_\_ Phone: \_\_\_\_\_ Hours: \_\_\_\_\_
  - Other:** \_\_\_\_\_ Phone: \_\_\_\_\_ Hours: \_\_\_\_\_
- In the event of a medical emergency, call **911** or go to the nearest **Emergency Department**.

## How are you feeling?

We want to help lower your stress. **Let your Virtual Home Hospital team know if you:**

- Feel sad or alone or worried
- Feel irritable or easily angered
- Lose interest in things you used to enjoy
- Have frequent headaches or other pains
- Use alcohol or drugs to deal with stress
- Miss your own medical appointments

## Ways to take care of yourself:

Visit [this Mayo Clinic website](#) for ideas to reduce stress. Try some **before** you might start to feel stress.

- **Ask for help** to take your loved one for a walk or ride to an appointment.
- **Say no** to tasks that drain your energy, like hosting a large dinner.
- **Talk** with other caregivers.
- If you can, use services to help give rides, deliver groceries, or to clean the house.
- Have a quick visit with a friend.



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## Free supports for caregivers

Type	Description	Website and Contact
Education	<b>AHS Caregiver College:</b> variety of online courses to choose.	<a href="#">Alberta Caregiver College</a> Phone: 780-735-8283
	<b>Caregivers Alberta:</b> webinars on caregiving.	<a href="#">Caregivers AB</a> Phone: 1-877-453-5088
	<b>Caregiving Wellness Workshop:</b> training to gain confidence and build knowledge.	<a href="#">NorQuest College</a> Phone: 1-866-534-7218
	<b>McMaster University Caregiving Essentials</b>	<a href="#">McMaster University</a>
Talk to a Support Person	<b>Family Caregiver Centre:</b> resources and access to support people.	<a href="#">Alberta Health Services Programs</a> Phone: 403-955-1674
	<b>Caregivers Alberta:</b> request a caregiver coach consultation.	<a href="#">Caregivers AB Coaching</a>
Talk to Caregivers	<b>Caregivers Alberta:</b> weekly, online group conversations with other caregivers.	<a href="#">Caregivers AB Support</a> and <a href="#">Events</a> Phone: 1-877-453-5088
Podcasts	<b>The Role of Caregivers (2023)</b>	<a href="#">Sound Cloud AHS CEO Podcast</a>
	<b>Caregiver's Compass with Stephanie Muskat (2021-2024)</b>	<a href="#">Apple Podcasts</a>
	<b>Caregivers Out Loud (2021-2024)</b>	<a href="#">Family Caregivers of BC</a>
	<b>Happy Health Caregiver</b>	<a href="#">Happy Health Caregiver</a>
Videos	<b>Who are Caregivers? Why should we care?</b> 11 mins, 2021	<a href="#">YouTube – Family Caregivers</a>
	<b>A Day in the Life of Our Caregivers.</b> 8 mins, 2019	<a href="#">YouTube – Day in the Life</a>
	<b>We are all Caregivers.</b> 3 mins, 2019	<a href="#">YouTube – AGE-WELL</a>
	<b>Diversity in Caregiving: LGBT Caregivers.</b> 6 mins, 2013	<a href="#">YouTube - Diversity</a>
	<b>Abigail's Story – Young Carer.</b> 5 mins, 2018	<a href="#">YouTube – Young Carer's</a>
Print or Web Tools	<b>211 Alberta:</b> web and 24/7 live support to find local services.	<a href="#">211 Alberta – Program Topics</a>
	<b>AHS family/support person guidelines and more.</b>	<a href="#">AHS Patient/Family Information</a>
	<b>Caregiver Tips:</b> Written, video resources.	<a href="#">Caregiver – MyHealth.Alberta.ca</a>
	<b>Self-Care Starter Kit:</b> Activities, templates for planning.	<a href="#">Homewood Health</a>
	<b>Caring Experiences:</b> Shares stories from caregivers.	<a href="#">Carers Canada</a>
	<b>Caregivers in Canada:</b> Statistics about caregivers.	<a href="#">Stats Canada</a>
	<b>Caregiver Bill of Rights:</b> To protect caregiver well-being.	<a href="#">Family Caregivers of BC</a>
	<b>Stories for Caregivers:</b> Supporting Canadians.	<a href="#">Telus Fund</a>
	<b>Snapshots of Aging:</b> Caregiver articles and videos.	<a href="#">Research on Aging</a> Phone: 780-492-2865
<b>Knowledge</b> for children, youth, young adult caregivers.	<a href="#">Young Caregivers Association</a>	