



Taking the Caregiver Guidelines off the Shelf: Mobilization Toolkit

#fcguidelines
 @MHCC_ /theMHCC



Agenda


- Guidelines Overview
- Introduce the Toolkit for Mobilization
- Using the Toolkit - Activity
- Questions and comments
- Evaluation



Learning Objectives



At the end of this session the learner will be able to:

- Identify current barriers faced by caregivers and the supports recommended to mitigate them
- Define knowledge mobilization
- Develop a knowledge mobilization plan based on the Mobilization Toolkit



MHCC and Caregivers



- 2.1.6 Enhance supports for families to foster recovery and well-being, provide care and meet their own needs in handling stress and loss.
- 2.2.1 Increase active involvement of caregivers in governance, accreditation, monitoring, and advisory bodies in the service system

What it's like for Caregivers

Not "if" but "when"


- 8 million caregivers in Canada (2012)
- +560,000 Canadians report they provide care to a loved one with MH problem or illness
- Mental Health problems #1 reason for a parent to provide care to a child, including adult children
- Nearly 50% of parents providing care to their children, and 38% caring for a spouse, spent \$2000 or more during a 12 month period.

What Do Caregivers Need?

In Their Own Words


- Know that their relative is receiving appropriate care and access to services
- Know that their relationships and roles are recognized and valued
- Be engaged in treatment planning
- Timely information and support from service providers so that they can optimally support their loved one
- Have their personal needs outside of caregiving recognized



Caregiver Guidelines

Recommendations for an improved service system to support caregivers

- Developed by the former Family Caregiver Advisory Council
- Comprehensive set of recommendations for the many types of supports, services, and inclusion in the system that caregivers need
- Aimed at service providers and policy makers who can often make the most impact on the lives of service users and make changes happen in the system – from bedside to boardrooms.




National Guidelines for a Comprehensive Service System to Support Family Caregivers of Adults with Mental Health Problems and Issues



Recommendations for Change


41 Recommendations for 5 Sectors


- Integrating Family Support into Mental Health Services
- Training and Support for Mental Health Service Providers
- Government and Policy
- Intersectoral Partnerships
- Public Awareness



Toolkit for Mobilization

Moving Knowledge into Practice






What do we mean by *Mobilization*?

Moving Knowledge into Practice

Knowledge mobilization is about using what we know works – research, evidence, experience - to help transform the mental health system.

Knowledge is data and information that have been contextualized through experience and interpretation. Knowledge is social.

Mobilization is the process of putting into active use.





Quiz

Do you know?
On average, how long does it take to move knowledge into practice?

- a) 3 years
- b) 8 years
- c) 12 years
- d) 17 years

Answer: **c) 17 years**






Why a toolkit?

Building capacity

- Guidelines received excellent reviews from Caregivers, caregiver advocates and caregiver organizations across Canada
- Many people were looking for adaptable tools to jump start the implementation process
- Providing examples of what has been done successfully
- Communities often know best which recommendations are most relevant




About the Toolkit

What, How and for Whom?

WHAT: Toolkit to support individuals, groups, or organizations in their efforts to help others understand and implement the recommendations from the Guidelines.

HOW: Developed in collaboration with members of the former Family Caregiver Advisory Committee, followed by an online consultation with individual caregivers, advocates and organizations across Canada.


WHO: Caregivers, caregiver advocates, caregiver organizations.



Tools

Background on the Issue – updated information, planning guide, case studies, supporting resources

Appendices:
 Planning Questionnaire
 Planning Activities – stakeholder analysis, dotmocracy, thought shower...
 Facilitator Guide
 Sample Letter
 Sample Summary Document
 Telling your Story
 Meeting checklist
 PowerPoint Slides




Using the Toolkit

Getting Started
 Access and download the Toolkit at:
<http://www.mentalhealthcommission.ca/English/issues/caregiving>

Recommended to:

- Review the **Guidelines** and recommendations
- Read the **Background on the Issue**
- Complete the **Planning Questionnaire**
- Use tools identified

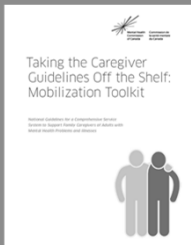



Using the Toolkit

Activity
 20min

At each table you will find:
 1 Recommendation
 1 Copy of the **Guidelines**
 6 Copies of the **Background on the Issue**
 6 Copies of the **Planning Questionnaire**


Based on the recommendation at your table, use the **Planning Questionnaire** to begin to build your strategy.





Share out

What was the recommendation?
 Who was your audience?
 What was your key message?
 What tools did you plan to use?





Questions?





Thank you!

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