

## Elizz 5 LifeStages of Caregiving

Every caregiving experience is unique. Your journey may start at any stage and evolve in either direction.

Helping	Involved	Intensive	All Encompassing	Closing
< 1 1	0 20	) 30 4	40 50+	>
Hours/Week Caregiver starts helping 'a bit more than usual' with everyday activities like shopping, meals, transportation, appointments and banking. Help is mostly consistent with the existing relationship – i.e. family member, friend, neighbour, colleague.	<b>Warning:</b> <b>Time to Get Help*</b> Caregiving activities increase and may involve dressing, bathing and managing medications and treatments. This stage may follow a new diagnosis or hospitalization. Caregiving starts to affect one's home and work life. Important to start proactive supports for caregiver wellness and preparation, though individual may not self-identify as a "caregiver".	Often the longest caregiving stage, with complex and increasing care needs. Individual self-identifies as a caregiver. Without support, caregiver may be unprepared and experience unchartered emotions , family conflict and greater impacts on home/work life with risk of burnout and health issues. With support, caregiver may develop a sense of competence, strength.	Care needs are all-encompassing and may be 24/7. In addition to everyday activities, caregiver completes medical tasks and collaborates with health care team. Major impact on home/work life is likely. Without support, high risk of caregiver isolation, financial strain, burnout, and physical and mental health issues. With support, caregiver may experience a sense of mastery and stabilization.	Caregiving comes to a close through major transition – i.e. return to independence, placement in long-term care, or death. Caregiver may experience loss of the important caregiving role, in addition to grief, guilt, loneliness, acceptance and relief. Without support, risk of mental health issues. With support, caregiver finds 'new normal' for his or her own life.

\* The odds of caregiver distress are two and a half times greater when spending 21 or more hours per week on caregiving. Canadian Institute for Health Information, 2010