



**Alzheimer Society of Calgary**

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**Alzheimer Society**  
CALGARY **30+**  
years

Where community, insight and empowerment begin.

# What we learned from Caregivers.....



- 66% of caregivers are caring for a spouse.
- 24% of caregivers are caring for a parent (s)
- 58% report an increase in time spent caregiving since the pandemic began

Source: <https://www.w21c.org/file/FCG-Pilot-Study-Report-FINAL-004.pdf>



# What we learned from Caregivers.....



- Increased time spent in all caregiving activities

## Tasks have changed

- 60% emotional support
- 39% grocery shopping
- 36% running errands
- 35% help around the house
- 34% with getting outside

Source: <https://www.w21c.org/file/FCG-Pilot-Study-Report-FINAL-004.pdf>

# Less Supports



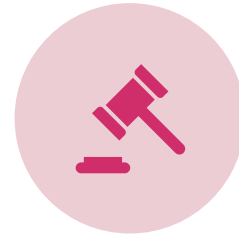
TRANSPORTATION



DAY PROGRAMS



HOME CARE  
HOURS



LEGAL SERVICES



SUPPORT GROUPS

# Are there any positives?



# Single Site Order



**Single Site Order** – mandates that all staff who work in a LTC or DSL facility will be required to work at only one LTC or DSL facility for the duration of the pandemic. As of October 16, 2020, all LTC/DSL facilities in Alberta have implemented the CMOH Single Site Order



# Seeing families as essential



1 in 4 Canadians are caregivers who provide care and support to those living with disease, disability or frailty due to aging.

75% of care is provided by family members who are often the care recipient's closest, holistic, and involved care partner; family caregivers deserve to be regarded as critical members of the health care team.

Canadian Hospice Palliative Care Association, Oct 07, 2020

# Key Findings from 2020 CMHA report



- 57% of Albertans say staying connected with loved ones has helped their mental health and wellbeing during the pandemic.
- Increased comfort with technology has facilitated more social connections for rural Albertans who may be otherwise isolated throughout the pandemic.
- 49% of Albertans say a focus on their physical activity and health has helped their mental health and wellbeing during the pandemic.
- 42% of Albertans report isolation throughout the pandemic to be the top mental health concern for themselves and their community.

Source: <https://alberta.cmha.ca/covidreport/>





"Laughter is the best medicine, but your insurance only covers chuckles, snickers and giggles."

# Laughter is the best medicine



Image source: pexels.com

They say what  
doesn't kill you  
makes you  
stronger.  
At this point, I  
should be able  
to bench-press  
a Buick.



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If I get quarantined for two weeks with my wife and I die. I can assure you it was not the virus that killed me.

# ME THINKING ABOUT HOMESCHOOLING MY KIDS DURING COVID-19





Make the most  
of yourself  
for that is all  
there is of you.  
Ralph Waldo Emerson

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