

SUPPORTING & EDUCATING CAREGIVERS



Whether a caregiver is in a paid role or is supporting a loved one, there are a few ways that occupational therapists support them in their role:

- Occupational therapists educate caregivers in developing routines and strategies that allow them to effectively, easily, and safely support the individual in their care.
- OTs reduce risk of caregiver burnout by working with caregivers to develop coping strategies; connecting them with resources such as caregiver support groups or respite care.

Occupational therapy (OT) practitioners are a natural fit for primary care teams because they offer a valuable, multi-scope skill set that is unique and cost-effective. As rehabilitation and health promotion experts, OTs can help improve client participation in daily activities, encourage healthy lifestyle choices, support mental health, foster self-management of chronic conditions, and identify those who need care prior to crisis or hospitalization.

To learn more, contact Tanya Fawkes, Regional Director CAOT-BC, at tfawkes@caot.ca



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