

CARERS Program, Calgary Zone
The Calgary Chinese Elderly Citizens' Association

Project Lead: Liza Chan, Executive Director

Family caregivers play a vital role in the management and delivery of care for people with dementia; however, they are often unprepared and feel emotionally vulnerable with little opportunity to develop skills to provide care to their family member. The CARERS program, developed by Sinai Health System Reitman Centre, is an evidence-based training program, designed to develop skills in caregiving using Problem Solving Therapy (PST) and simulated patients to deliver educational content. Three groups will go through the CARERS program, with sessions being offered in Mandarin and Cantonese. An activity based respite program will be delivered concurrent to the CARERS education session to provide respite and social interaction for the individual with dementia.