



Statement 9: Caregiver Support



Families and caregivers of people with identified palliative care needs are offered ongoing assessment of their needs, and are given access to resources, respite care, and grief and bereavement support, consistent with their preferences.

Families and caregivers of people with a progressive, life-limiting illness have needs across multiple domains.

Families and caregivers benefit from support as they manage medical information, learn how to provide care, and develop coping strategies to deal with medical care, personal care, psychological care, loss, grief, and bereavement.

General advice and support, along with education to improve coping and communication skills for caregivers, are associated with decreased distress.

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- Quality Indicators
- Definitions Used Within This Quality Statement

01 | Identification and Assessment of Needs

02 | Timely Access to Palliative Care Support

03 | Advance Care Planning—Substitute Decision-Maker

04 | Goals of Care Discussions and Consent

05 | Individualized, Person-Centred Care Plan

06 | Management of Pain and Other Symptoms

07 | Psychosocial Aspects of Care

08 | Education for Patients, Substitute Decision-Makers, Families, and Caregivers

09 | Caregiver Support

For ideas on electronic resources to support family caregivers, check out our January 2019 [Tip on Caregiving Apps](#):

Sources

- [CareDove](#)
- [The Healthline](#)
- [HPC Consultation Services – Caregiving Guides](#)
- [HQO Quality Standard for Palliative Care: Statement #9 – Caregiver Support](#)
- [WW LHIN - HPC Educational Resources & Services](#)

What this Quality Standard Means

For Patients, Families, and Caregivers

Caregiving can be a rewarding experience, but it can also be stressful. If you are a caregiver, a member of the care team should assess you to identify supports that may be needed or helpful. Supports can include training, support groups, home care, and temporary respite care for the person you are caring for.

For Clinicians

Offer assessment and appropriate support to the family and caregivers of people with identified palliative care needs. A caregiver assessment includes an examination of physical, psychological, social, spiritual, linguistic, cultural, and environmental considerations. The assessment may relate to the caregiver's needs and preferences, as well as associated treatment, care, and support. Use of validated tools may help clinicians explore the caregiver's values and preferences, well-being, burden, skills and abilities, and resources.

For Health Services

Ensure that systems are in place to offer assessment and appropriate support to the family and caregivers of people with identified palliative care needs.