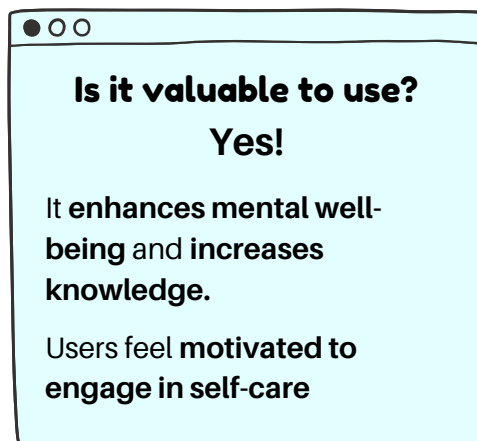
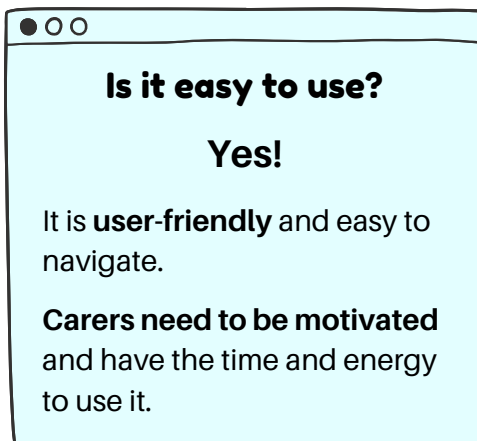
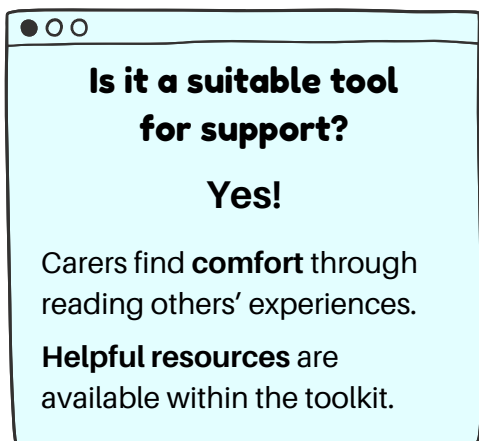
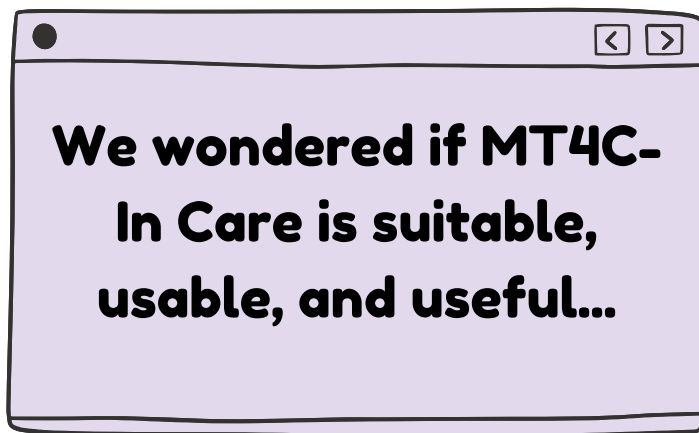
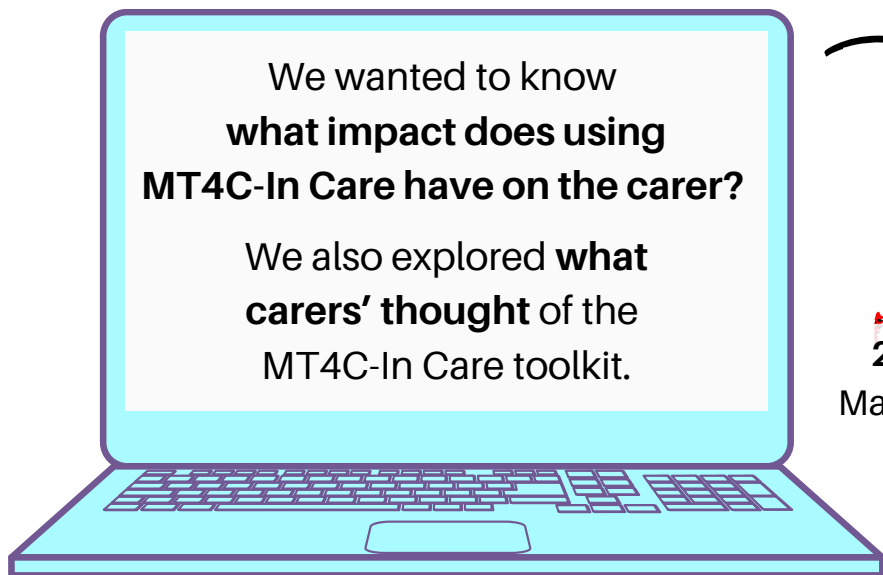


Supporting Family Caregivers of Persons Living with Dementia: My Tools 4 Care-In Care



My Tools 4 Care-In Care (MT4C-In Care) is an online toolkit designed to support family and friend carers with the changes they experience while caring for an older adult living with dementia in a long-term care home.



Does MT4C-In Care support carers?

Yes!

People who used the toolkit reported that their **social support improved**.

Social support can be important to promote both **hope** and **mental health**.



The Top 5 Sections of the toolkit used were...

- 1) Frequently Asked Questions
- 2) Resources
- 3) What Helps Me?
- 4) Advocating for Care
- 5) Common Changes to Expect

What comes next?

There is **more work to be done** to identify who MT4C-In Care works best for, when it works best, and why. We also want to meet the needs of different populations.

Thank You

We would like to extend our sincere thanks to the participants who helped us in this phase of our project.



MT4C-IN CARE IS NOW PUBLICLY AVAILABLE IN ENGLISH & FRENCH ON ASANT CAFÉ.



<http://asantcafe.ca/learn/>

MT4C-In Care also has a sibling! The “My Tools 4 Care” toolkit was developed for carers of persons living with dementia **in the community**. It can also be found on ASANT Café.

If you have any questions or would like more information, you may contact the research team at: mt4cic@ualberta.ca

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