

Executive Summary: My Tools 4 Care-In Care

What You Need to Know

My Tools 4 Care-In Care was developed to address the unique needs of family and friend caregivers supporting people living with dementia in long-term care homes. Created by researchers at the University of Alberta's Faculty of Nursing and delivered in collaboration with the Alzheimer Society of Alberta and Northwest Territories, this online toolkit provides caregivers with resources, personal stories, and interactive activities designed to enhance their health, resilience, and overall well-being. The core of My Tools 4 Care-In Care is empowering caregivers to navigate the complexities of their roles. By engaging with the toolkit, caregivers gain practical skills and emotional support to manage transitions, advocate effectively, and improve their quality of life.

Program Goals

- Enhance the well-being of caregivers by addressing their unique needs.
- Empower caregivers to make informed decisions, manage emotions, and navigate transitions.
- Validate caregivers' experiences and reduce feelings of loneliness through shared stories and reflective activities.

Achievements and Impact

From 2019 to 2023, the program involved extensive research and engagement across Canada, including the creation of culturally relevant French language resources.

Key Outcomes

- 234 participants assessed the toolkit's impact, reporting improved well-being, knowledge, and mental health through the usage of the toolkit.
- Caregivers described a sense of validation, connection, and reassurance from the toolkit's personal stories and videos.
- A French version of the toolkit was successfully developed and evaluated for cultural and linguistic appropriateness.

Lessons Learned

- Translation efforts must prioritize cultural relevance, user-friendliness, and alignment with community needs.
- Iterative feedback processes are essential for adapting tools to diverse audiences.
- Sharing findings and personal stories through webinars, infographics, and videos effectively raises awareness and validates caregivers' experiences.

Why It Matters

My Tools 4 Care-In Care is an impactful resource for caregivers of individuals with dementia in long-term care homes. This accessible, research-based resource enhances the quality of life of caregivers by empowering them to navigate their journeys with confidence and resilience.

Visit the website to learn more:

- [My Tools 4 Care-In Care](#)
- Browse other community-based dementia initiatives in the [Dementia Interventions Playbook](#).