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WAYS

MLAs CAN HELP NEW BRUNSWICK'S INFORMAL CAREGIVERS



LOOK AROUND:

Before your next meeting, ask informal caregivers what they need. Unsure where to find them? Ask around. They are often open to sharing their stories if you are willing to ask.

BE PROACTIVE:

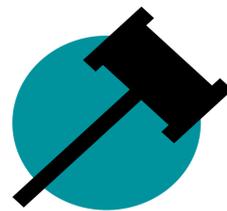
By 2026 it is projected that there will be 188,300 citizens aged 65 years and over in New Brunswick. By failing to address informal caregivers needs now, the problems will only worsen.

RECOGNIZE:

Informal caregivers are an invisible population and without their help, our health care system would fall apart.

ADVOCATE:

Bring the challenges of informal caregivers and their families to legislative meetings. Make statements in the Legislative Assembly on behalf of caregivers. You are their voice. Help them help our seniors.



WHAT IS AN INFORMAL CAREGIVER?

Family and friends who provide unpaid assistance with tasks such as transportation and personal care. They help seniors remain in their homes, thereby reducing demands on the health care system.

NEW BRUNSWICK BASED RESEARCH

From 25 research interviews with informal caregivers, Dr. Michelle Lafrance - Psychology professor at St. Thomas University - was granted the inside scoop of what it means to be an informal caregiver in New Brunswick.

As part of their STU social work action placement, Emily MacEachern and Samantha Steeves explored these transcripts for the challenges caregivers face. These challenges include, but are not limited to:

- Burnout/compassion fatigue
- Feeling invisible in their caregiving role
- Financial strains
- Inconsistent information across sectors
- Lack of community resources/supports

These challenges guide the 4 WAYS MLAs Can Help Informal Caregivers.

Why is this important?

8 million Canadians are family caregivers (22% of the population). For New Brunswick, that equals 165,861 people.

With an aging population, it is no longer a question **whether** someone will become a caregiver, rather it is **when**.

Caregivers help delay or avoid the need for more costly long-term care services.

