

# Core Beliefs



Caregivers Alberta upholds the following beliefs:

## The Caregiver Identity

- All caregivers share common needs and strengths despite their varying situations and points on the caregiving journey.
- Caregivers are integral providers of care and therefore are equal members of the care team.
- Acceptance of one's identity as a caregiver is the first step to seeking help.

## Supporting Caregivers

- Caregivers need time, energy, money, and support to be able to maintain balance in their lives and participate in community life.
- Varying physical, mental, and emotional challenges necessitate ongoing, comprehensive availability of support to help caregivers cope positively.
- Caregivers need assistance accommodating for their changing roles and identities, including life transitions and the post-caregiver stage.
- The caregiving experience affords caregivers unique perspectives and expertise to plan and provide relevant support for other caregivers.

## Public Policy and Service Systems

- Definition and understanding of the caregiver experience is fundamental to developing policies and service systems to meet their needs and those of their loved ones.
- Strong service systems for caregivers and their loved ones are required in communities to make a substantial difference in the lives of caregivers.
- Caregivers require a choice of accessible services (e.g. respite) to maintain their well-being.
- Caregivers need a voice in policy and practice decisions affecting them or their loved ones.

## Caregiver Alberta's Principles of Practice

- Caregivers should drive the development of programs for caregivers.
- The focus of all programs must be the well-being and quality of life of caregivers themselves.
- The needs of the caregiver are the primary consideration in everything we do.
- Caregiver experiences inform our work.
- Cooperation, rather than competition, among caregiver-serving organizations is the only way to build caregiver-friendly communities.
- Caregivers Alberta must be accessible to all caregivers in Alberta, regardless of situation, background, or location.
- Caregivers Alberta will respond to all requests in a timely, effective, and compassionate manner.