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# Making Connections



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## ECDSS UPDATES

The staff at ECDSS want to wish you a happy new year full of success and good health!

*"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day."*  
~Edith Lovejoy Pierce



*"Working together for our children's future."*

### Building Resiliency for our Children's Future March 3, 2011

Mark your 2011 calendars for the *Building Resiliency for our Children's Future* conference on March 3. This full-day conference will focus on the human capacity to overcome adversity, offering practical and research-based suggestions on how children, youth, families, and communities can do this.



This session is for anyone struggling with crisis, grief, trauma, or stress and for those who assist others to overcome these problems. We welcome two guest speakers as they guide us through

an informative day...

**Nan Henderson, M.S.W.**, is an internationally recognized author, trainer, and consultant on fostering human resiliency in youth, adults, families, and organizations. Her publications on this subject are used in more than 25 countries. She is co-founder of the California organization, Resiliency In Action, Inc.

**Cindy Blackstock, M.M., PhD**, Executive Director of First Nations Child and Family Caring Society of Canada and a member of the Gitksan Nation. She has worked in the field of child and family services for over 20 years. Key interests include exploring the over-representation of Aboriginal children in child welfare care, structural drivers of child maltreatment in First Nations communities, human rights and the role of the voluntary sector in expanding the range of culturally and community based responses to child maltreatment.



**Date:** March 3, 2011

**Location:** 720 62 Street, Edmonton

**Cost:** \$60.00 (lunch included)

**Register online at** [www.ecdss.ca](http://www.ecdss.ca)

# UPCOMING PROFESSIONAL DEVELOPMENT

## Relationship Based Practice—Level I

(Formerly known as Core Home Visitation)

This session focuses on building the knowledge and skills of relationship based practitioners, exploring values and beliefs, and gaining practical strategies for reaching, engaging and supporting hard to reach families. This training will increase awareness and knowledge of child abuse, duty to report, establishing and maintaining healthy boundaries. Practitioners will explore communication strategies, safety practices for working alone, confidentiality and self-care.

Date: February 7-11, 2011 (5 days)  
March 21-25, 2011

Cost: \$255.00

## Relationship Based Practice—Level II

This session focuses on deeper exploration of relationship based practices. Participants will explore interdisciplinary practices and how to collaborate with other professionals. Participants are challenged to look at their own values and beliefs and to explore the impact on their ability to support families. Participants will drill deeper into the topic of maintaining healthy boundaries, case-note writing, ethics and leadership.

Date: March 10-11, 2011 (2 days)

Cost: \$105.00



## Group Facilitation Training

This session focuses on research, tips and strategies to create an engaging parent group and make learning fun. Based on adult learning principles, this training takes your facilitation skills to the next level by incorporating learning styles, group dynamics, and interactive engagement. Participants will learn how to incorporate back door learning into their agendas to make learning a meaningful experience for attending parents. Come prepared to practice your facilitation skills!

Date: January 13, 2011 (1 day)

Cost: \$53.00

## Kouzes and Posner Leadership Challenge

Backed by 25 years of original research and data from over three million leaders, The Leadership Challenge® is a leadership development program by bestselling authors Jim Kouzes and Barry Posner. Approaching leadership as a measurable, learnable, and teachable set of behaviors, this proven leadership model proclaims Leadership Is Everyone's Business.

Date: January 25-26 and Feb 17, 2011 **←SOLD OUT**  
May 9-10, 2011 and June 8, 2011 (3 days)

Cost: \$450.00

## Relationship Based Child Development

This two-day session focuses on child development within the context of relationships. Participants will explore the basic concepts of brain development, relationship development and how interactions between child and caregiver create the crucial foundation for healthy development. Participants will explore the roots of challenging behavior and learn strategies to positively engage children in ways that build relationships.

Date: February 17-18, 2011 (2 day)

Cost: \$105.00

**Register online at**  
**[www.ecdss.ca](http://www.ecdss.ca)**

## TAKING CARE OF THE CAREGIVERS

Within our own families and within the families of those we assist, we will encounter many unique caregiving roles. There may be someone who is caring for an elderly parent, someone assisting their sibling with mental illness, someone providing meals for an ill neighbour, etc. The term caregiver refers to anyone who provides assistance to someone else who is, in some degree, incapacitated and needs help: The caregiver role may be formal (those who are working within a service system), or informal (family, friends or neighbours assisting those they care about in a variety of ways, and often in an unpaid role).

Informal or family caregivers spend significant amounts of time and energy caring for their loved ones. Often care giving is viewed as care provided to the elderly. But it is much broader than that. There is an increase in the number of seniors and other relatives who are providing care for children and adults with physical disabilities, mental illness and other health problems. Informal caregivers might be the primary or secondary caregiver, assisting full time or part time, and may live with the person being cared for or live separately. Their assistance can take the form of providing emotional support, directly helping with various household chores, maintenance, meals, mediating with organizations and people who provide care or providing financial assistance.

Recent studies in the US and Canada have shown results of just how significant a role caregivers contribute often 'behind the scenes.' Based on data collected in 2007 by Statistics Canada, the RAPP program at the University of Alberta recently released some interesting research results (see box on right). It is reported that in 2002, 2.2 million Canadians, aged 45 and over, provided care to someone with a long-term health condition or disability. In 2007, the reported numbers had increased to 3.8 million. In 5 years, the number of Canadian caregivers (aged 45 and over) increased by 65%!

*Our Family, Our Future: The Heart of Long Term Care Planning*, a recent study in the US, revealed that the actual impact of care giving is often significantly greater than what people expect or envision their role to include. Some of the results were released as *The Top 5 Family Caregiving Myths and Misconceptions*. These show:

- While only **40%** of caregivers expect they will contribute financially to the care of a family member, the reality is that **83%** actually do.

### Informal Care Giving in Canada:

**3.8 million** The number of people aged 45 and over in 2007 who provided care to someone with a long-term health condition or disability.

**\$25 billion** The estimated value of unpaid care provided, in 2007 alone.

**One in Five** The percentage of caregivers supporting someone with a physical and cognitive or mental disability.

**11.9 hours** The average number of hours female caregivers spend each week providing care to their primary care recipient.

**7.4 hours** The average number of hours male care givers spend each week providing care to their primary care recipient.

**75%** The percentage of caregivers providing care for two or more years.

Sample of Statistics taken from Research on Aging Policies and Practices (RAPP) at the University of Alberta

- In actuality, **63%** of caregivers experience a reduction in income. This compares to **38%** of caregivers that expect to experience such a reduction.
- **37%** of caregivers expect their savings to decline as a result of their care giving responsibilities. The study found that, in fact, **61%** of caregivers have used some of their savings to care for a loved one.

Continued on page 4...

## ...Continued from Page 3 Taking Care of the Caregivers

- **48%** of caregivers lost a job, changed shifts or missed out on career opportunities as a result of their care giving responsibilities, compared to **29%** that expected such impact.

Many people do not recognize themselves as caregivers even though they are giving their time and energy to help another person manage their activities of daily living. And because of the lack of recognizing their significant role, they do not acknowledge their need for care and assistance in the role. Many believe it is selfish to acknowledge the negative impacts care giving has taken on them.

Some of the negative results include: emotional stress, physical fatigue, lack of sleep, strain on family relationships, problems with employment and added financial costs. The pressures of care giving can contribute to the development of anxiety, depression, and addictions.

There is often a lack of support and acknowledgement from other members of society about what a huge role the informal caregivers play in the lives of others. Without this acknowledgement, there may be few supports, resources, and policies in place to assist them.

In our roles as service providers, we have the opportunity to connect with many people in care giving roles. Many of us are caregivers ourselves. So are our colleagues. So, how can we best support them?

- Help the person identify themselves as a caregiver.
- Help the person see what they are doing is stressful and it is important to take time for himself/herself.
- Help the caregiver consider the role of managing services, rather than performing all the work.
- Encourage acceptance of outside help. Suggest writing a list of things others could do to help.
- Research resources available and provide caregivers with this information. Offer to assist in connecting with services.
- Invite caregiver to talk about feelings.
- Encourage the caregiver to:
  - seek respite
  - practice relaxation techniques
  - consider joining a support group
  - recognize their signs of stress
  - be open to trying new ways of dealing with stress
  - draw strength from their faith
  - establish and maintain a support system.
- Remind them that if they do not take care of themselves, they will not have the strength to take care of others.



### Resources for Caregivers in our Region

The **Alberta Caregivers Association's** (ACGA) main purpose is to offer useful programming and build supportive communities for the benefit of caregivers.

Because caregivers have limited time and energy to participate in multiple programs offered in various venues, there is mutual benefit in building the capacity of existing agencies and groups to assist caregivers with whom they already have contact. This is accomplished by developing programs and services within the ACGA and working with community partners to implement them and coordinate delivery to the existing clientele.

ACGA will provide program partners with all the tools their agency will need to provide caregiver programs at their convenience, including:

- Facilitator training for staff/volunteers
- Program materials for facilitators and participants
- Promotional materials

To discuss how your agency, workplace, or church can provide ACGA programs, please call Lori Simon, Program Coordinator, at 780-453-5088 or by e-mail at [lsimon@albertacaregivers.org](mailto:lsimon@albertacaregivers.org).

**“We make a living by what we get, but we make a life by what we give.”**

**Sir Winston Churchill**

## RELATED LINKS FOR CAREGIVING

Alberta Caregivers Association  
[www.albertacaregiversassociation.org](http://www.albertacaregiversassociation.org)

Caregivers' Aspirations, Realities, and Expectations: The CARE Tool  
[www.msvu.ca/site/media/msvu/2008%20Caregivers%20Aspirations%20Realities%20and%20Expectations.pdf](http://www.msvu.ca/site/media/msvu/2008%20Caregivers%20Aspirations%20Realities%20and%20Expectations.pdf)

Hidden Health Care Work and Women  
[www.womenandhealthcarereform.ca/publications/hiddenHealthCareWork\\_en.pdf](http://www.womenandhealthcarereform.ca/publications/hiddenHealthCareWork_en.pdf)

Friendship & Family—The Company We Keep  
[www.vifamily.ca/media/node/765/attachments/VIF\\_trans\\_winter2010E\\_121010-3.pdf](http://www.vifamily.ca/media/node/765/attachments/VIF_trans_winter2010E_121010-3.pdf)

Caring for a parent who lives far away: The consequences  
[www.statcan.gc.ca/pub/11-008-x/2010001/article/11072-eng.pdf](http://www.statcan.gc.ca/pub/11-008-x/2010001/article/11072-eng.pdf)

Canadian Caregiver Coalition  
[www.ccc-ccan.ca/](http://www.ccc-ccan.ca/)

Caregiver Connect  
[www.caregiver-connect.ca](http://www.caregiver-connect.ca)

Resource Guide for Family Caregivers  
[www.fcns-caregiving.org/wp-content/uploads/2010/12/final-draft-of-reprint-Oct-2006.pdf](http://www.fcns-caregiving.org/wp-content/uploads/2010/12/final-draft-of-reprint-Oct-2006.pdf)

Research on Aging Policies and Practice  
[www.vifamily.ca/media/node/756/attachments/RAPP\\_FF\\_33.pdf](http://www.vifamily.ca/media/node/756/attachments/RAPP_FF_33.pdf)

Caregivers Support Group-South Edmonton  
[www.edmontonsouthsidepcn.ca/NewsEvents/Workshops/Pages/CaregiverSupportGroups.aspx](http://www.edmontonsouthsidepcn.ca/NewsEvents/Workshops/Pages/CaregiverSupportGroups.aspx)

Alberta Health Services—Family Caregiver Centre  
[www.calgaryhealthregion.ca/programs/famcaregiver/index.htm](http://www.calgaryhealthregion.ca/programs/famcaregiver/index.htm)

### Seeds to Sunshine Early Childhood Development Workshop

Welcoming Dr. Martin Brokenleg, from Victoria B.C...A worldwide presenter, retired professor, member of the Rosebud Sioux Tribe, former chaplain, doctorate in psychology, father of three.

Dr. Brokenleg will share concrete strategies for creating environments in which children will thrive. He will speak to parents, caregivers and professionals about:

- parenting in a complicated world
- celebrating being a parent
- teaching children how to be courageous and caring.

Date: Saturday, April 9, 2011  
9:00 a.m.—3:00 p.m

Location: Westlock Memorial Hall  
99 Avenue, 106 Street, Westlock

Cost: \$25.00/person (includes lunch)  
\$35.00/couple

For more information or to register call Healthy Families Healthy Futures at 780-307-2444 ext. 0, or Toll-Free at 1-866-859-8109, or email [hfr11@telusplanet.net](mailto:hfr11@telusplanet.net).

### Health Canada Announces New Phthalate Regulations for Children's Toys

Health Canada has announced new regulations that will restrict the allowable concentrations of phthalates in the soft vinyl of all children's toys and child care articles.

Phthalates are a family of chemicals commonly used as plasticizers. Phthalates are added to vinyl plastic to make it both soft and flexible.

Research shows that phthalates may adversely affect reproduction and development. These new regulations will ensure that children's toys and child care articles imported, sold or advertised in Canada do not present a risk of phthalate exposure to young children.

The mere presence of phthalates in the soft vinyl does not equate to a health risk. For example, touching or licking soft vinyl does not constitute a health risk. It is the amount of phthalates that leach out of the soft vinyl and migrate into the body that can be harmful. Phthalates leach out of soft vinyl during periods of sustained mouthing action (sucking and chewing) that occurs on a daily basis, and migrate into the body through the saliva.

Health Canada advises parents and caregivers to monitor their children's use of soft vinyl toys and to remove these products from the child's environment if they observe the child sucking or chewing on them for extended periods.

# LOW OR NO COST FAMILY EVENTS

## Illuminations

Experience a winter wonderland in Churchill Square. Featuring the explosive performance of Circus Orange in the Edmonton premiere of The Tricycle. Try your hand at Yukigassen, a Japanese snow battle sport, making its North American debut right here at Winter Light! Have a skate in front of City Hall, and warm up with a cup of free hot chocolate. Songs, dancing, street performers and pyrotechnics will fill our downtown square.

Date: Saturday January 29, 2011  
4:00 p.m.—10:00 p.m.

Location: Churchill Square, Edmonton

Cost: FREE

## Win/Win at Galaxyland

Have the kids been begging to go on some rides at West Edmonton's Mall's Galaxyland? But prices for ride tickets are just so steep.

Now's your chance to treat the kids...Buy your all-rides pass to Galaxyland at a reduced rate AND at the same time support the Girl Guides fundraiser.

Date: Saturday, January 22, 2011  
7:30 p.m.—10:30 p.m.

Location: Galaxyland, West Edmonton Mall

Cost: 8.00 per person

Contact Yvette at 780-982-8943 for tickets.



## Common Ground

A new mid-winter festival that brings people together through music, light, stories, and old-fashioned winter fun. Visit an Aboriginal Camp with seven traditional First Nations shelters, take in some African drumming and music, enjoy Italian food and costumes, and be awed by the Asian New Year display. a lantern parade, a traditional blessing, the lighting of fires, cultural entertainment and special guests, all reflecting the vitality of the inner city.

Date: February 4-5, 2011  
Friday: 6:00 pm—8:00 pm  
Saturday: 11:00 a.m.—8:00 p.m.

Location: Giovanni Caboto Park  
95 Street - 109 Avenue, Edmonton

Cost: FREE

For more information visit the website at [www.winterlight.ca](http://www.winterlight.ca).

## Jackie Parker Outdoor Adventures

Skate, sled, and play. Head to Jackie Parker Park this winter and enjoy a variety of outdoor activities! After your winter adventures, you can warm-up inside the Pavilion.

Date: Weekends, December 17 – February 27  
Fridays: 6:00 p.m.—9:00 p.m.  
Saturdays: 12:00 p.m.—6:00 p.m.  
Sundays: 12:00 p.m.—6:00 p.m.

Location: Jackie Parker Recreation Area  
4540 – 50 Street, Edmonton

Cost: FREE



## DID YOU KNOW...

### Health Canada Releases a New Report... *Improving Cooking and Food Preparation Skills*

This new report profiles case studies of 13 Canadian and two international promising or successful programs which aim to improve cooking and food preparation skills among children and/or families.

The case studies are a selection of innovative programs that provide pertinent and varied lessons, while sharing a focus on improving cooking and food preparation skills, and, in a number of cases, knowledge about healthy eating among children and families toward improved health outcomes.



Those interviewed for this report offered helpful information based on their experience developing, implementing and evaluating cooking and food preparation skills programs. This is a useful resource for agencies running a collective kitchen or healthy eating program.

The report can be viewed online at [www.hc-sc.gc.ca/fn-an/alt\\_formats/pdf/nutrition/child-enfant/cfps-acc-profil-apercu-eng.pdf](http://www.hc-sc.gc.ca/fn-an/alt_formats/pdf/nutrition/child-enfant/cfps-acc-profil-apercu-eng.pdf)

## Neighbours are In Need of Snow Angels

Snow is no stranger to Edmontonians this month. When it snows, city crews clear our roadways and property owners must clear their sidewalks. But for some Edmontonians, particularly seniors and persons with disabilities, moving snow can be difficult and even dangerous. They need your help - they need a Snow Angel.

Become an Angel

To be a Snow Angel, adopt the sidewalk of a senior or a person with disabilities this winter and keep it clear of snow and ice. Watch for people in your neighbourhood who could use help shovelling their sidewalks and driveways and ask if you can lend a hand.



"Working together for our children's future."

### Contact Us

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This newsletter is researched and produced by Nicole Vogel, Communication Consultant, ECDSS. We welcome your comments and suggestions, including research findings, fundraisers, events, resource connections, site visits, etc.

Please contact Nicole at [nmv@shaw.ca](mailto:nmv@shaw.ca) with any suggestions.



Edmonton & Area  
Child & Family Services Region 6

Early Childhood Development Support Services is supported by funding through the Edmonton and Area Child and Family Services Authority (CFSA). This funding is provided to assist Early Childhood Development funded service providers with program delivery, program development, data collection, evaluation and training. Through ongoing collaboration with the CFSA, this newsletter is intended to provide information to service providers pertaining to these services.