

Care Partner Perspectives - Checklist

Gain Creators



- Using technology
- Applying an equity lens
- Knowledge building
- Political and systemic issues
- Social networks

Pain Relievers



- Less is more
- Personal Support Workers
- System navigation
- Financial supports

Jobs



- Shopping, groceries, household chores
- Medical care, quality of life, end of life
- Activities of daily living (feeding, changing, etc.)
- Managing financials (POA, etc.)
- Decision-making (SDM)
- Advocating for supports
- Navigating various government / support systems
- Coordinating service provision (formal and informal)
- Self-care