

STRENGTHENING RELATIONSHIPS: STAFF TO FAMILY MEMBER | APRIL SAFETY SEGMENTS

Person centred care is defined by the World Health Organization as “empowering people to take charge of their own health rather than being passive recipients of services.”

The interactions between the staff, patients, and their families are based on respect and compassion as they are all seen as equal partners to ensure that the patient meets their needs.

MENTAL HEALTH FOCUS: CARE FOR THE CAREGIVER

DIRECTIONS

Before you begin this discussion, set the expectations for a safe space that is respectful of everyone’s feedback. You will want to print out or provide an electronic copy of the ["Care for the Caregiver"](#) by the Canadian Mental Health Association. Give each staff member 10 minutes to read the provided resource. Next, play the video: ["Caring for YOU, the Caregiver."](#) After everyone is done, use the guiding questions to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What are some signs indicating that you might need some care for yourself?
- Why is it important that we set healthy limits?
- What should you do if you notice unusual changes in your mental health?

Alternate Activity:

- Download the ["Caregivers AB Impact on Wellbeing infographic"](#) What are some impacts on wellbeing for caregivers?

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experience or opinion without fear of reprisal.
- Review the [Facilitator Guide](#) for tips.



Follow the CCSA and check our other resources.

