

# An Online Workshop for Healthcare Professionals



**Family and friend caregivers** supporting an adult with health limitations in the community are an integral part of the Nova Scotia health system. Despite their important role, many health care professionals are not always fully aware of the strengths they have or unique challenges they face. This interactive workshop will assist health care professionals to better understand the realities of family and friend caregivers. Participants will assess their values and beliefs with regard to family caregiving, examine caregiving issues, and leave with insight about how to modify their practice to better support caregivers.

The **Nova Scotia Centre on Aging** is piloting an online version of a workshop "**I wasn't aware of that!**" **Examining the realities of family and friend caregivers and our approaches to working with them** starting in January 2011. Nancy Guberman, University of Quebec at Montreal and past Scientific Director of the University Affiliated Research Centre on Social Gerontology, facilitated this day long workshop in person in Nova Scotia in May 2010.

With financial support from the Nova Scotia Health Research Foundation (NSHRF), and the expertise of the Mount's Distance Learning and Continuing Education department, the team has developed a similar workshop which will be facilitated by Dr. Guberman online. It is expected that accessibility to this professional development opportunity can be expanded through this means. The online version will be delivered over a 4 week time period using Elluminate Live and Moodle, platforms that support technology-enabled learning through both synchronous (interactive, real time) and asynchronous (self-directed) formats. Part of the NSHRF funded project includes piloting the workshop with healthcare professionals to assess this technology-enabled learning initiative.

In addition to the time commitment, there are technical requirements for eligibility. We will be accepting 12 participants from NS, PE and Quebec for this pilot project, and we are interested in having healthcare professionals from a range of disciplines who work directly with family and friend caregivers participate. **Please contact us by Monday, November 15, 2010 to discuss your eligibility for this pilot** (include your place of work, professional position/discipline and briefly explain your interest in this e-learning workshop and potential benefit to you/your organization).

For more information contact:  
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