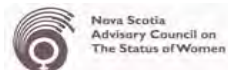


HBRP | Healthy Balance Research Program

"A community alliance for health research on women's unpaid care giving"



Barbara Clow, Co-Director ~ Atlantic Centre of Excellence for Women's Health
Brigitte Neumann, Co-Director ~ Nova Scotia Advisory Council on the Status of Women
Carol Amaratunga, Co-Director ~ University of Ottawa, Institute of Population Health
Joanne Hussey, Coordinator ~ Healthy Balance Research Program
Carolina Crewe, Researcher ~ Healthy Balance Research Program

Commitment to Inclusion and Community Participation

Four Equity Reference Groups (ERG):

- ✎ Aboriginal Women
- ✎ African Canadian Women
- ✎ Immigrant Women
- ✎ Women with Disabilities

ERG Members:

- ✎ have provided a method of enabling community participation and inclusion of diversity groups in academic research
- ✎ participated in the methodological design, collection of data, organization of participant recruitment and selection, data analysis and contributed to publications and reports.
- ✎ guided the research teams allowing the research to develop in a manner that is sensitive to diverse communities.
- ✎ assisted in interpreting the research findings as well as disseminating findings within communities, organizations and networks.

36% (265,693) of Nova Scotians age 19 and over provided care for someone who was experiencing an illness or health related limitation in 2005 (Keefe et al., 2006).

"Whether caregivers work for pay or provide full time care, they need respite support, financial support, training and education support. The government needs to develop a sound program to let caregivers know they are supported."

(Caregiver quoted in Beagan et al., 2005.)

Knowledge Generation

Secondary Analysis Research Team: Studied existing StatsCan data to determine the impact of paid and unpaid work on the health and well-being of women in Atlantic Canada.

MacDonald, M., Phipps, S., & Lethbridge, L. (2005). Taking its toll: The influence of paid and unpaid work on women's well-being. *Feminist Economics*, 11(1), 63-94.

MacDonald, M., & Phipps, S. (2004). Total packages of work: Why do women in Atlantic Canada report more hours? *Atlantis*, 30(1).

Focus Group Research Team: Participants in the focus groups represent unpaid caregivers from a wide range of social, economic, cultural and ethnic backgrounds and from both rural and urban areas.

Gahagan, J., Loppie, C., MacLellan, M., Rehman, L., & Side, K. (2004). *Caregiver resilience and the quest for balance: A report on findings from focus groups*. Halifax, NS: Healthy Balance Research Program.

Caregiver Portraits Research Team: In-depth case studies with unpaid caregivers representative of seven different socio-cultural diversity groups in Nova Scotia.

Beagan, B., Stadnyk, R., Loppie, C., MacDonald, N., Hamilton-Hinch, B., & MacDonald, J. (2005). "I do it because I love her and I care": *Snapshots of the lives of caregivers*. Halifax, NS: Healthy Balance Research Program.

Survey Research Team: A population-based survey highlighting unpaid caregivers fills the previous gap in statistics for Nova Scotia.

Keefe, J., Hawkins, G., & Fancey, P. (2006). *A portrait of unpaid care in Nova Scotia*. Halifax, NS: Healthy Balance Research Program.

"We have worry and terror, we have stress, change of priorities, responsibility, sacrifice. We have change of role, we have resentment around people taking over, who does the work in the family?"

(Caregiver quoted in Gahagan et al, 2004.)

Knowledge Translation

✎ National Roundtable Co-hosted with the Canadian Policy Research Networks, *A Healthy Balance: Caregiving Policy in Canada Backgrounder, Roundtable for Canadian Policy Makers*. 26 September 2005, Ottawa, Canada.

✎ May 2-3, 2006, Forum: *Finding a Healthy Balance: Research, policy and practice on women's unpaid caregiving in Nova Scotia*

✎ *Balancing Act* : Theatre piece illustrating the challenges of unpaid caregiving, performed May 3, 2006 at HBRP Forum by the Irondale Ensemble Project

✎ A **caregiver resource guide** is in development using the HBRP research findings and input from ERG members and community reviewers

Knowledge Uptake - Policy Advisory Committee

✎ Bringing together ERG members, individuals from federal departments, provincial government, the private sector and community to provide advice and feedback on the most effective ways to deliver policy recommendations to policy makers

✎ Providing unique opportunities for networking and knowledge transfer between researchers, the public and private sectors and among community groups