

Preliminary Program

Finding a Healthy Balance:

Research, policy and practice on women's unpaid caregiving in Nova Scotia

Tuesday, May 2

8:00 – 9:00 am	Registration
9:00 – 9:15 am	Welcome and Opening Remarks
9:15 – 10:15 am	<i>The Caregiver Experience</i> A panel of four women will speak about their personal experiences of caregiving.
10:15 – 10:30 am	Nutrition Break
10:30 – 11:15 am	<i>Healthy Balance Research Program: An Overview</i>
11:15 – 12:00 pm	<i>Caregiving in Nova Scotia: A selected profile</i>
12:00 – 1:15 pm	Lunch
1:15 – 2:45 pm	Concurrent Sessions:
Room A	<i>Balancing health and caregiving</i>
Room B	<i>Partnering with communities: Equity Reference Groups as a model for participatory research</i>
Room C	<i>Common challenges, different needs: Diversity and caregiving</i>
2:45 – 3:00 pm	Nutrition Break
3:00 – 4:30 pm	Concurrent sessions:
Room A	<i>Caring for others, caring for yourself: Balancing work and life</i>
Room B	<i>New directions in research on caregiving</i>
Room C	<i>Caring at all costs: The economic implications of caregiving</i>
5:00 – 7:30 pm	Networking Reception & Dinner Reception (cash bar) beginning at 5pm. Dinner served at 6pm.

Wednesday, May 3

- | | |
|------------------|--|
| 8:00 – 9:00 am | <i>Next Generation Networking Breakfast</i>
This networking breakfast is intended to bring together the 'Next Generation' of researchers, caregivers and policy makers to share experiences and ideas. |
| 9:00 – 10:00 am | <i>Theatre Performance by Irondale Theatre Ensemble</i>
This performance will feature the perspectives of caregivers as well as researchers and policy makers, providing a transition into the second day of the forum which will focus on the policy implications of the Healthy Balance Research. |
| 10:00 – 10:30 am | Nutrition Break & Information Fair |
| 10:30 – 12:00 pm | <i>Building Better Policies for Caregivers</i>
This panel discussion will focus on policy issues and current developments in caregiving policy. By examining the existing policy landscape, forum participants will begin to identify strategies for action and areas for future change. |
| 12:00 – 1:00 pm | Lunch |
| 1:00 – 2:00 pm | <i>Next Generation: The future of caregiving research, policy and practice</i>
This panel will initiate a discussion about policies, programs and supports that should be a part of the future of caregiving in Nova Scotia. |
| 2:00 – 3:00 pm | <i>Research to Action: Table talk discussions</i>
Participants will have an opportunity to reflect on the research findings and engage in dialogue about strategic priority areas for policy recommendations from the Healthy Balance research. |
| 3:00 – 3:30 pm | Nutrition Break & Information Fair |
| 3:30 – 4:30 pm | <i>Looking ahead: Strategic directions for caregiving research, policy and practice</i>
Barbara Clow & Colleen Cameron
The forum will close with a plenary session designed to wrap up the table talk discussions and identify areas for further research and policy recommendations. |