

HBRP

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

# Healthy Balance Research Program Policy Advisory Committee

April 12, 2006



# Introduction to the Healthy Balance Research Program

# Program Objectives

## ❧ Knowledge Generation

- To examine the relationship among unpaid caregiving work (performed on its own or in combination with paid work), empowerment and health status.

## ❧ Knowledge translation

- To foster uptake of new ideas and practices in policies and promote innovation in programs and health service delivery that reflects new insights into the values and expectations we bring to caregiving and paid work.

## ❧ Strengthening Research Capacity in Atlantic Canada

- Recruiting and retaining health researchers.

# HBRP Structure

- ❧ Management Team
- ❧ Equity Reference Groups
- ❧ Research Teams
- ❧ Post-doctoral Fellow
- ❧ Healthy Balance Staff
- ❧ Research Assistants

# Research Teams

- ❧ Team Q – Focus Groups
- ❧ Team P – Caregiver Portraits
- ❧ Secondary Analysis Team – Analysis of existing Statistics Canada data
- ❧ Survey Team – Population-based survey of unpaid caregivers in Nova Scotia



# 2006 – 2007 HBPR Work Plan

## ✧ Research on Women's Unpaid Caregiving

- Re-branding HBPR research publications
- Releasing new data
- Evaluation of ERG as methodology
- Supporting presentations and publications
- Finding a Healthy Balance: Research, policy and practice on women's unpaid caregiving in Nova Scotia

# 2006 – 2007 HBWP Work Plan

## continued

### ∞ Evidence-based Policy Recommendations

- Synthesizing HB data to identify key findings
- Developing a theoretical framework to guide policy recommendations
- Policy Advisory Committee
- Identifying indicators for success of policy uptake and evaluating outcomes
- Developing, promoting and presenting policy recommendations

# 2006 – 2007 HBRRP Work Plan continued

## • Community Action

- Equity Reference Group meetings
- HBRRP website re-design
- Communications
- Caregiver Resource

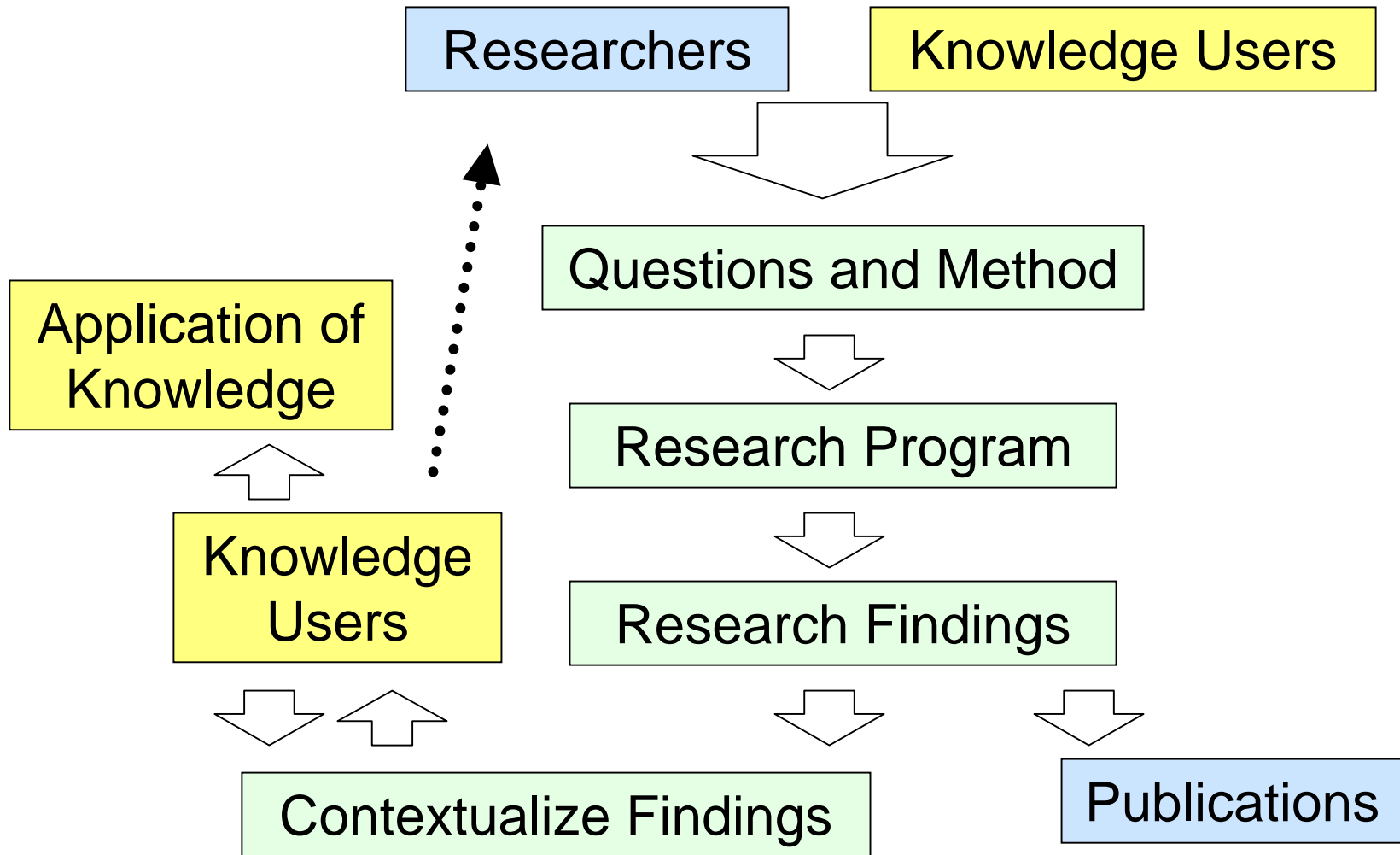


# Introduction to Knowledge Translation and the role of the Policy Advisory Committee

# What is KT?

- ↻ Creative exchange and dissemination of research findings resulting in accelerated uptake by community members, policy makers, and other professionals (Canadian Institutes of Health Research)
- ↻ Beneficial application of research findings
  - “public money = public benefit” (Canadian Policy Research Network)

# How do you do KT?



# Role of the HBRP Policy Advisory Committee

∞ The purpose of the HBRP PAC is to:

- Provide consultation and advice on the development of a set of policy recommendations based on the findings of the HBRP.
- Provide expertise on specific programs, policies or issues relevant to the development of policy recommendations.
- Provide opportunities for networking and knowledge transfer between researchers, the public and private sectors and community groups.

# Outcomes for the Healthy Balance Research Program and PAC Members

- ✧ Increased awareness of Healthy Balance research and issues related to women's unpaid caregiving in Nova Scotia.
- ✧ Development of opportunities for future inter-sectoral collaboration.
- ✧ Effective policy recommendations based on Healthy Balance findings.



# Gender Based Analysis

## Why WOMEN'S unpaid caregiving?

Adapted from "An Integrated Approach to Gender-Based Analysis",  
Status of Women Canada and "Guidelines for Gender Inclusive  
Analysis: An Integrated Approach to Policy / Program Development",  
Women's Policy Office, NL

# The difference between GENDER and SEX

- ✧ Gender refers to the relationship between women and men and the way it is socially constructed.
- ✧ Sex identifies the biological differences between men and women.

# What is Gender-Based Analysis?

- ✧ A tool that integrates gender considerations into the policy, planning and decision-making process
- ✧ A way of examining the differences in women's and men's lives
- ✧ GBA recognizes that not all women are the same
- ✧ Aims to achieve equity rather than equal treatment

# Why WOMEN'S unpaid caregiving?

- ❧ Women are more likely than men to be unpaid caregivers.
- ❧ Providing unpaid care has different economic impacts on women than men.
- ❧ When women and men are both engaged in unpaid caregiving they are involved in different activities.
- ❧ These differences need to be considered in developing policies and programs to support unpaid caregiving.

# Key Questions to Ask:

- ❧ Does this policy / program / trend improve the well-being of women / men?
- ❧ What resources does a person need to benefit from this policy / program / trend?
- ❧ Who controls the decision-making processes related to this policy / program / trend?
- ❧ Does this policy / program / trend benefit men more than women (or vice versa)? If so, why?