

## **Caregiver Support Program Caregiver Coach and Peer Support Program Focus Group Participant**

### **Position Description**

The Caregiver Support Program offers education sessions, network groups, information and consultation related to the emotional and practical aspects of caregiving. The program serves people caring for an adult friend or family member with a physical or cognitive condition. With funding from New Horizons for Seniors Program we are expanding and developing our Caregiver Coach and Peer Support Program. This program recruits, trains, and matches volunteer coaches to be of emotional and practical support to caregivers in our community. A full job description will be provided prior to the focus group sessions.

We are currently seeking focus group participants to offer insight, wisdom, and expertise to help shape the program in the initial planning stages.

Reports to: Coordinator, Caregiver Program

### **Time Commitment**

- The Focus Group Participant is invited to attend one focus group session for 2 hours
- If you are interested but unable to attend, an individual meeting can be arranged

### **Skill & Education Requirements**

- Capacity to appreciate the various challenges and stresses of the caregiving role
- Comfortable sharing ideas and perspectives in a group setting
- Some understanding of the skills important in coaching others
- Ability to identify important considerations for training
- Personal experience or interest in the caregiving role and/or the coaching role
- Reliable and committed
- New Horizons for Seniors focuses on the inclusion of “seniors” in the development and implementation of programs. If you self-identify as a senior, please consider joining us. If you do not, please know you are still welcome to participate.

Familiarity with North Shore services is an asset.

**Language Requirements: S=SPEAK R=READ W=WRITE**  
Able to speak and read English. Another language would be an asset.

Contact Elizabeth Bishop to indicate your interest at [elizabeth.bishop@nscr.ca](mailto:elizabeth.bishop@nscr.ca). Several online focus group sessions will be scheduled and you will be able to choose the one most convenient for you.