

Baycrest

KOSCHITZKY CENTRE
for Innovations in Caregiving



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WHAT DOES IT MEAN TO CARE?

Revealing the Complexities, Recognizing the Contributions

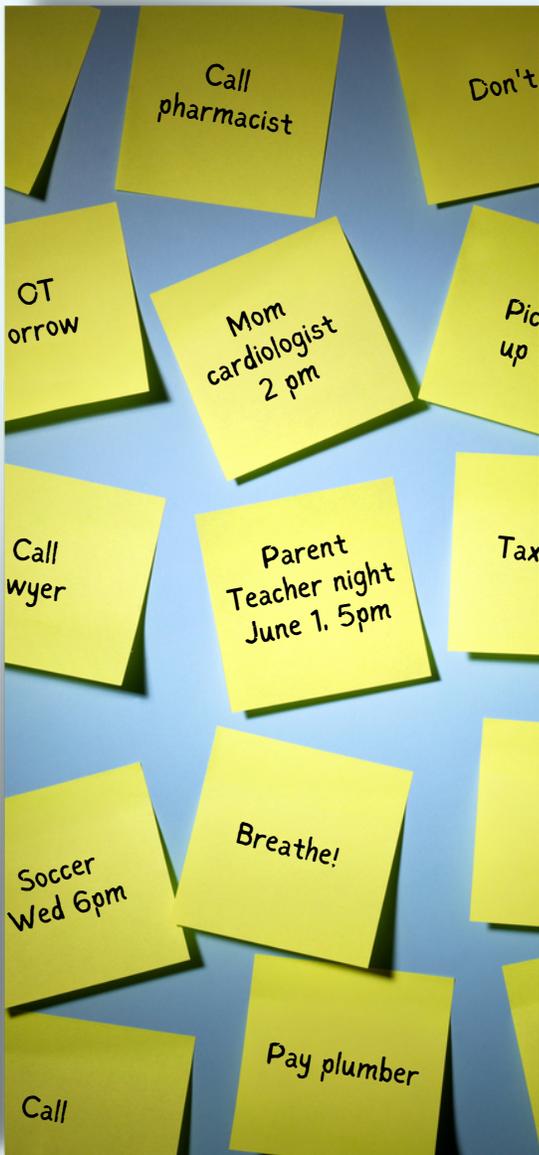
Adapted from Dr. Amanda Grenier's
webinar on May 18th, 2022



What does it mean to care? What are some taken-for-granted assumptions about care?

Dr. Amanda Grenier reveals some of the taken-for-granted assumptions about care. Starting with everyday examples, she expands our ideas and practices of care into a broader social responsibility.

For those interested in more detail, the webinar can be viewed at <https://baycrestathome.ca/what-does-it-mean-to-care-revealing-the-complexities-recognizing-the-contributions/>



Unpacking caregiving and care

- Care and caregiving are everyday social practices that are provided everywhere.
- Raising a child also involves providing care, but it is different from what we mean when we talk about caregiving, as it does not go beyond the normal amount of care needed at that stage of life.
- Family caregiving often refers to care that is provided because of an unmet need that is not typically expected or guaranteed. For example, a parent can be a caregiver for a child who has a disease and requires more care than the child would typically need if they were not ill.
- Caregiving is often an unexpected role, and some see it as a career on its own, or as a second job.
- Caregiving can involve juggling multiple demands and needs, for example finding time for work, providing care, and raising children.

- Paid carework is normally provided by para-professionals, meaning paid individuals who are trained but not part of a regulated profession, like Personal Support Workers (PSWs).



- Carework involves personal care and assistance with activities of daily living (ADLs) like bathing and dressing and may involve some assistance with instrumental activities of daily living (IADLs) like light housekeeping or preparing a meal. This work does not require much training but requires a high level of skill to perform. Despite the required skill and effort, carework is normally undervalued, low paid, and provided mostly by women.

Changing how we think about care

Providing care is not only about activities like helping someone to bathe or brushing their hair, or going for a walk with them, there is something of value there that goes beyond these actions.

Care...

- is about sorrow, grief, worry, doubt, and concern
- comes with responsibility, and a desire to protect, preserve, or guide
- is human and universal
- has meaning in two ways:
 - refers to the activities we perform
 - as well as the emotional experience, such as the tendency to be concerned about the person we are caring for

Caregiving...

- is also an emotional state and a complex social relationship that is shaped by personal histories and current conditions

Providing care...

- involves the performance of helpful tasks which go beyond a typical exchange between two people
- it includes a feeling of being responsible for someone else, as well as yourself, and cared for in return
- this makes caregiving a reciprocal act, meaning that both people are giving and receiving

Everyone needs care at some point in life,

and you need care in different ways and in different intensities at different points in time. **We need to move away from seeing caregiving as an individual responsibility** and into seeing it as a more social and larger human species activity.



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