

# Appendix D: Example Framework: “Timing it Right”

PHASE	TIME	SETTING	CARE FOCUS	CAREGIVER SUPPORT NEEDS	CAREGIVER OUTCOMES
Event/ Diagnosis	Acute phase of illness  Short duration	Acute care hospital	Professional care  Focus is on diagnosis and surviving the current event  Family care  Concern for survival  Not aware of what the IC role may entail as a result of this illness event	Information: diagnosis, prognosis, and current treatment  Emotional: someone to talk to  Training: not required at this time  Appraisal: not required at this time	Knowledge: survival/prognosis  Enhanced informed decision making regarding treatment  Emotional distress
Stabilization	Shortly after patient has stabilized  Short duration	Acute care hospital	Professional care  Patient has stabilized  Focused on specific markers (e.g., mobility)  Family care  Critical event over  Still much uncertainty about future	Information: cause of event, current care needs  Emotional: someone to talk  Training: initial training to assist with ADL and rehab therapies  Appraisal: not required at this time	Information outcomes: awareness about cause  Training outcomes: confidence in supporting ADL activities  Emotional distress

PHASE	TIME	SETTING	CARE FOCUS	CAREGIVER SUPPORT NEEDS	CAREGIVER OUTCOMES
Preparation	Before patient goes home  Short to moderate duration	Acute care hospital or rehabilitation facility	Professional care  Clinical emphasis on discharge or in-patient rehab  Safety in ADL  Secondary prevention introduced  Family care  Shift focus to care needs when CR returns to community  Concerns about ability to meet care recipient's needs in community	Information: ability and how to access community resources  Emotional: mounting anxiety and uncertainty about the future, social support  Training: some practice of new ADL skills and rehab therapies  Appraisal: feedback about ADL supporting activities	Knowledge: re community resources  Caregiving self-confidence/self-efficacy  Emotional distress  Anxiety  Perceived social support
Implementation	First few months after patient returns home  Moderate duration	Home	Professional care  Adaptation to community living  Community services  Family physician  Learning the ropes and recognizes there is still much to learn about providing care  Interaction with community services  Start to recognize the personal costs of caregiving (e.g., lifestyle and emotional health)	Information: everyday management of ongoing activities  Information: potential impact of providing care on caregiver everyday life and health  Emotional: fear and anxiety of adapting to providing care in the home  Training: additional support to manage care in the home  Appraisal: feedback about how they are managing in the home	Improved self-efficacy in managing care  Use of community services  Perceived social support  Emotional support  Psychological well-being

PHASE	TIME	SETTING	CARE FOCUS	CAREGIVER SUPPORT NEEDS	CAREGIVER OUTCOMES
Adaptation	After a period of adjustment in the home  Long duration	Home	Professional care  Care recipient has adapted to living in the home  Limited professional care  Community reintegration  Secondary prevention  Family care  Concern for care recipient community reintegration  Caregivers increasingly confident in their caregiving activities  Caregivers experience personal consequences of care  Focus on future caregiving needs, their own needs as well as the care recipient	Information and training: focus on caregiver participation in valued activities and interests  Information: accessible work and community options (e.g., movie, restaurants)  Information: recognition of and planning for the future including future health crisis/ events that may change caregiving demands, what if caregiver gets sick?  Emotional: support from others in similar situations, e.g., support groups  Emotional: relationship changes  Training: assisting with SS community integration  Appraisal: continued feedback on how they are managing in the home	Patient community reintegration  Perceived social support  Decrease in emotional distress  Increase in psychological well-being  Increased participation in valued activities

From “Timing it Right: A conceptual framework for addressing the support needs of family caregivers to stroke survivors from the hospital to the home,” by J. I. Cameron and M.A.M. Gignac, 2008, *Patient Education and Counseling*, 70, p. 305. Copyright [2008] by Elsevier. Reprinted with permission.