

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.