

Frequently Asked Questions

Caregiving Strategies Resources

Regional Geriatric Programs of Ontario

1. What are the Caregiving Strategies resources?

Caregiving Strategies provides free information, tools and tips about supporting and caring for a person living with frailty. The resources have been curated specifically for family and friends who are caring for a frail senior. You will learn how you can support their resilience, encourage independence, and enhance their quality of life.

2. Who developed these new educational resources?

The Regional Geriatric Programs of Ontario collaborated with seven specialized geriatric services from across the province to create these new educational resources. The starting point for the content is the Senior Friendly Care framework, developed by the Regional Geriatric Program of Toronto. Then, caregivers and healthcare professionals co-designed new educational resources, and subject matter experts reviewed the content. McMaster Continuing Education supported the development of the online course. The Province of Ontario funded this project.

The content is available on our website, in downloadable and printed Handbooks and through an online course.

3. How do I access the Caregiving Strategies website?

Simply type the web address into your web browser:

<https://www.rgps.on.ca/caregiving-strategies/>

4. How do I access the Caregiving Strategies Handbook?

To access the handbook from the website, scroll to the bottom footer of any page on the Caregiving Strategies website and click on the "Download Handbook" button (see picture on next page). You can save the downloaded handbook to your own computer by clicking 'save as'. Save the handbook on your computer in a place that is easily accessible, like the desktop.



5. How do I access the Caregiving Strategies FREE online course?

To access the Caregiving Strategies FREE online course, scroll to the bottom of any page on the Caregiving Strategies website and click on the “Take Online Course” (see picture below).



6. How do I register for the online course?

All the information about the online course and course registration can be found on the Caregiving Strategies website: <https://www.rgps.on.ca/about-the-online-course/>

To watch a short video on how to register for the course, click on the following link: <https://youtu.be/oiYzlzY6Jrk>

Follow these steps to register for the course:

- a. Go to <https://opencoursesstore.d2l.com/>
- b. Find the Caregiving Strategies tile as seen in the picture below:
- c. Click on “View Details” (see picture beside)
- d. Scroll to the bottom and click “Buy Now” – do not worry, the course is free and you will not be charged or asked for any financial information.
- e. Then click “Checkout”
- f. Then click “Create Account”. You will need to provide your name, email and set up a password.
- g. Accept the course terms and conditions.
- h. Click “Continue”
- i. Accept the course terms and conditions.

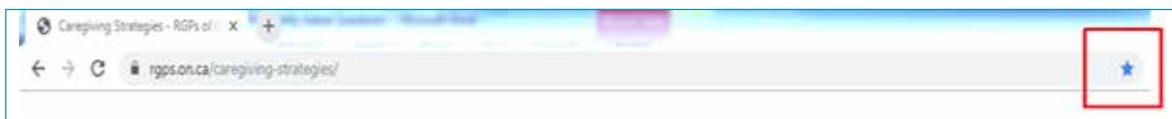


7. How do I “bookmark” the online course to my web browser so that I can come back to it later?

To come and go from the website or course as you please, you can add the Caregiving Strategies website and the online course link in your browser's favorites tab or bookmarks bar/menu. By doing this, you will be able to access the caregiving strategies resources with just one click the next time you want to return to the site.

To bookmark the website:

- a. Click on the following link: <https://www.rgps.on.ca/caregiving-strategies/>
- b. Click on the star on the right hand side of the website address to open up “Edit Bookmark” (see picture below)



- c. Then click “Done”
- d. Next time you open your browser, you will see your saved bookmark in your browsers favorites bar. The saved website bookmark is titled “Caregiving Strategies – RGP's of Ontario”

Follow the same instructions above to bookmark the online course.

- Click on the following link: <https://opencourses.desire2learn.com/d2l/login>
- Follow steps b and c above
- You will see the saved course bookmark titled “Login – Desire2Learn Open Courses”
- Note: You will always have to type in your username (email) and password to login to the course.

8. What if I have other questions about the Caregiving Strategies resources?

If you have any further questions, please contact:

info@rgpo.ca