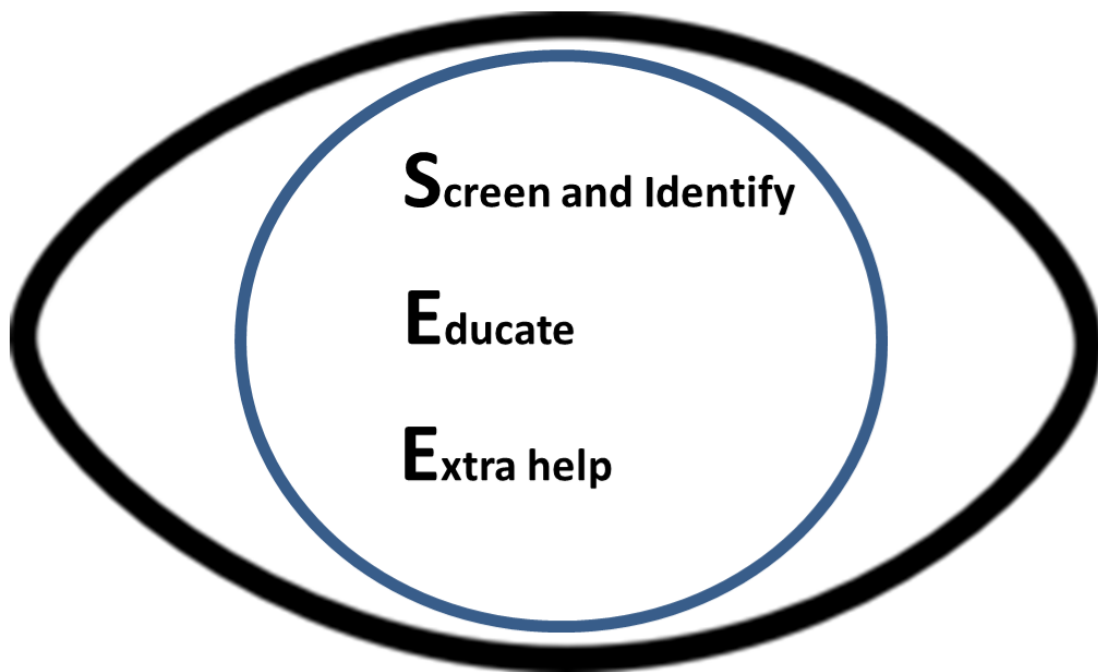


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**I**nclude (as a partner and as an element  
of the care plan)



**U**nderstand



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## **A Framework to Supporting Caregivers of People with Dementia in the Community**

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**Many caregivers report feeling invisible to service providers who are caring for the person with dementia. The I-SEE-U framework is meant to offer us clinicians a guideline to change that reality and better identify and support caregivers of people with dementia in the community.**

<p><b>I</b> <b>nclude</b></p>	<p><u>Include</u> means to include the caregiver as part of the care plan but also to include the caregiver as a partner of the care team. Dementia is often characterized by lack of insight into one’s condition and so it is the caregiver who becomes our partner in care and the one that carries out most treatment recommendations and interventions. Including the caregiver is not only crucial for a successful management of dementia but also contributes to the caregiver feeling heard, respected and valued.</p>
<p><b>S</b> <b>creen</b></p>	<p><u>Screen</u> stands for screening and identifying caregiver stress and burnout. In order to identify caregiver stress it is important to be aware of the different factors that may contribute to caregiver stress versus ones that may augment resilience. Through using formal and informal methods to actively assess and screen caregiver stress we can make the caregiver feel visible and supported and avoid crisis.</p>
<p><b>E</b> <b>ducate</b></p>	<p><u>Educate</u> is about empowering the caregiver to learn and know more about dementia to enable him/her to better understand the nature of the person with dementia’s behaviour and to learn and develop skills to respond more effectively.</p>
<p><b>E</b> <b>xtra Help</b></p>	<p><u>Extra help</u> stands for support such as: emotional, educational , financial and respite services to relief the caregiver from his/her caregiving duties to take time to care for themselves.</p> <p>It is also just as important to remember that as clinicians/health providers we as well are caregivers and it is important to take care of ourselves.</p>
<p><b>U</b> <b>nderstand</b></p>	<p><u>Understand</u> stands for understanding the caregiving experience. Part of this understanding is recognizing the complexity of being both a caregiver and a husband/wife/daughter/son and the challenges it brings with it. Understanding is also about how we translate this realization into effective and supportive communication with caregivers.</p>

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