



Hey Family Caregiver:  
How are *you* feeling today?

May 27 2019





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**Health**

**110 Years in Health Care**

9,000 Employees Nationally  
20,000 Homecare Visits/Day

**Creating the Brighter Future of Health at Home**

## Why do we focus on family caregivers?

Family caregivers with poor wellbeing are:

- ***More likely to feel unable to continue caring***
- ***Correlated with care recipient LTCH admission***

# Family Caregivers in Canada

**9 MM**  
& growing



**50%**  
under 50 yrs old



**75%**  
are working

**25%**  
Millennials

**Multimedia content**  
Articles, videos, quizzes

Wellness

Family

Planning

Caregiving

**AI Chatbot**



elizzbot



*Smart Family Caregiving*

***Elizz.com***

**How are you Feeling Today?**



**Newsletter**

The Good Rant  
BY *elizz*

**5 LifeStages of Caregiving**

Helping

Involved

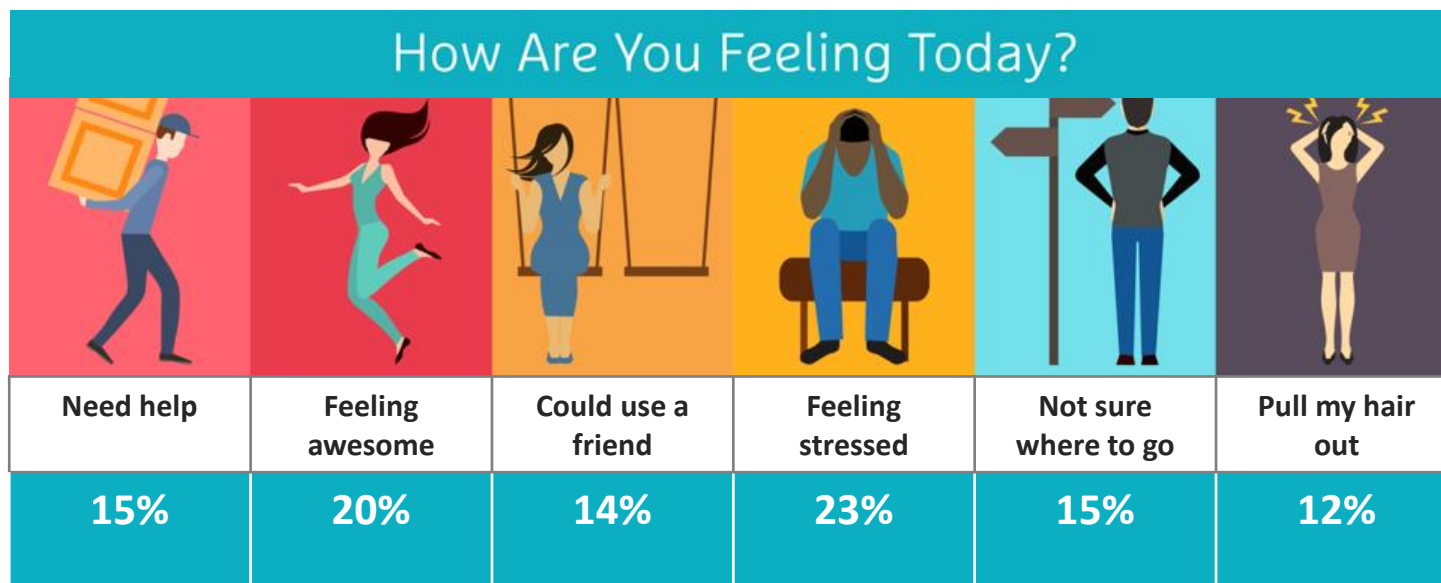
Intensive

All Encompassing

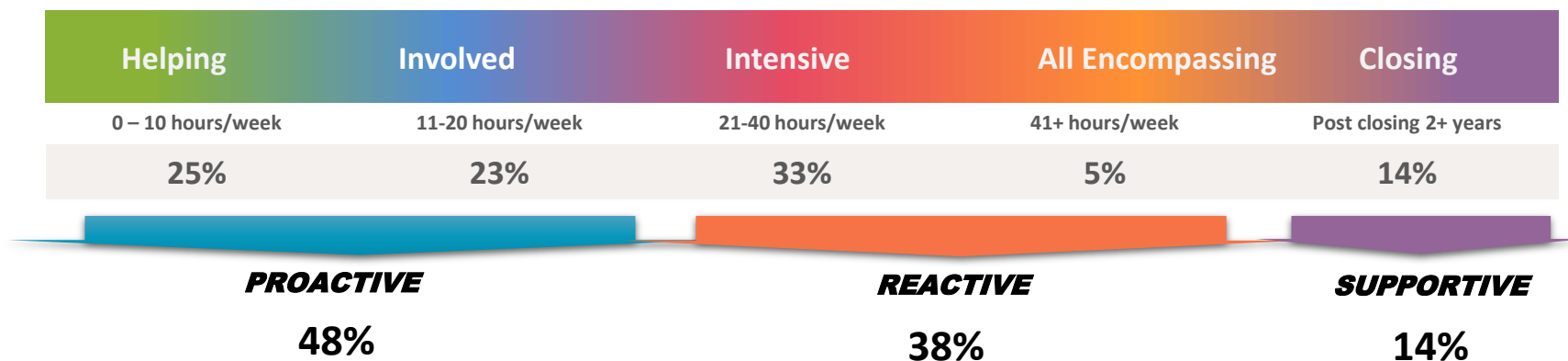
Closing

# How are caregivers feeling today?

**66%** of family caregivers are never asked how they're feeling. Elizz asked and reached **630,000** people **over 100** countries.



# Elizz 5 LifeStages of Caregiving



- Assessment created using research/ evidence based elements
- 26,000 completed assessments
- 50% of Caregivers in the Intensive and above stage

# Useful resources and content for family caregivers

[Elizz.com](https://www.elizz.com) – June 12<sup>th</sup> new launch

## Wellness

- Nutrition
- Body
- Mental Health
- Self-Care
- Caregiver Stories

## Planning

- Legal & Financial
- CG Planning
- Aging in Place
- End of Life Care
- Caregiver Stories

## Family

- Relationships
- Conflicts
- Caregiver Stories

## Caregiving

- Skills
- Palliative Care
- Dementia Care
- Care Channel



# Building conversations and community



**Debbie Tulpin** Awesome comments. It shows me there are a lot of great people in the world who are not driven by greed but by love and compassion. Especially when it comes to caring for others. ❤️

Love · Reply · Message · 6d



**Debby Nixon** As a senior I would love help with home fixes and painting, especially since they often involve being in a ladder

Like · Reply · Message · 1w

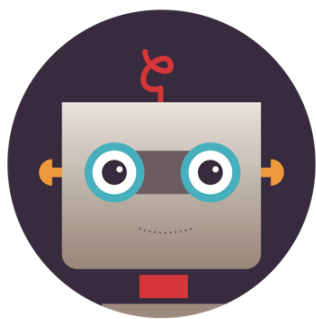


**Linda Gordon** Learning how to do simple repairs in a home, changing out light switches , changing power plugs ,putting done paving stones among some things.

Like · Reply · Message · 1w



Elizzbot: You're my favorite human.



elizzbot  
[Elizz.com/Elizzbot](https://Elizz.com/Elizzbot)



**Boost mood** with behavioral therapy techniques



An objective, nonjudgmental **listener**



Over time, **self-learning AI** understands you better through conversations



**On demand**  
24/7

0 burden, 0 judgement, 100% there for you whenever you need.