

BEHAVIOURAL SUPPORT ROUNDS

Thursday, September 19th 2024 | 2–3 PM EDT

PRESENTATION TITLE:

Mental health considerations for Family Caregivers as they navigate providing care for clients with expressive (verbal and/ or physical) behaviours.

PRESENTERS:

Stephanie Muskat (MSW, RSW, Bsc (Hons)) is an award-winning registered social worker and psychotherapist and the founder of Compassion in Caregiving, a mental health practice for family caregivers. Prior to transitioning to private practice full-time, Stephanie worked in acute care and mental health research at several major hospitals for over a decade in the Greater Toronto Area (Ontario, Canada).

Stephanie has been featured on numerous television networks and radio stations (including CTV, CP24, and Rogers Television) and presents regularly to universities and organizations to raise awareness about mental health and mental health support. Stephanie has acted as a primary caregiver to several family members and brings her personal experiences to her work with clients.

Stephanie has a strengths-based, non-judgmental approach focused on empowerment and positive growth and change. She believes that our daily experiences in life are an interplay between ourselves, the systems that surround us, and how we have been impacted by our experiences from childhood to the present moment. She uses a number of therapeutic modalities in her practice including ACT, EFT, CBT and psychodynamic approaches.

Stephanie sits on several committees and advocacy groups aimed at raising awareness and change for caregivers, including Caregivers CAN (Canadian Centre for Caregiving Excellence) and the Caregiver Centered Care Physician Advisory Network.

LEARNING OBJECTIVES:

By the end of the presentation, participants will be able to:

- Identify the major stressors family caregivers face while trying to navigate behaviours in the person they care for
- Learn strategies to engage and connect with the family caregiver in practice
- Identify effective approaches family caregivers can use to manage their own daily stressors while providing care

HOW TO PARTICIPATE:

- **Register in advance [here](#).** After registering, you will receive information about joining the webinar
- If you have any questions about these rounds or wish to be included on the distribution list, please contact Bianca Figueira at BFigueira@baycrest.org
- If you have Zoom Webinar questions, please contact Agnes Cheng Tsallis at achengtsallis@baycrest.org

HOW TO OBTAIN A CERTIFICATE OF ATTENDANCE:

After having attended, complete the evaluation survey and enter an email address to request your certificate.

These sessions are open to all healthcare professionals and students to provide a learning forum to review leading practices in assessing and managing personal expressions, as demonstrated by individuals who live with dementia.

These Rounds are co-sponsored by the Behavioural Support for Seniors Program, and the Ontario Centres for Learning, Research and Innovation in Long-Term Care at Baycrest

