

Paper Abstract: ANPR Conference, July 4-6, St. John's

The Healthy Balance Research Program: Assessing Challenges and Opportunities for Unpaid Caregivers in Nova Scotia

Through a community-university partnership the Healthy Balance Research Program (HBRP) has identified and assessed health challenges and opportunities for unpaid caregivers in Nova Scotia. A Policy Advisory Committee has brought together researchers, government, service providers and community organizations. Equity Reference Groups have facilitated the participation of traditionally underrepresented groups including African Nova Scotian women, women with disabilities, First Nations women and immigrant women. Members of the Policy Advisory Committee and Equity Reference Groups have helped to develop health interventions to improve the overall health and well-being of caregivers. These interventions include a caregiver's handbook and policy recommendations. This paper will examine the HBRP methodology as an approach for assessing health challenges and opportunities and developing interventions in a community setting.