

FCSA training kit			Canada	Abroad
FCSA (Application Guide) , 24 pages, colour cover page			\$35.00	\$35.00
The FCSA Tool (Family Caregivers Support Agreement), 24 pages, colour cover page			Incl.	Incl.
Pamphlet: "Helping families caring for an elderly relative"			Incl.	Incl.
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CONTACT INFORMATION

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Organization: _____

Title: _____

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Date: _____ Signature: _____

DESJARDINS CHAIR IN NURSING CARE
FOR SENIORS AND THEIR FAMILIES



Order Form

FCSA

(Family Caregivers Support Agreement)

WHAT IS THE FCSA?

FCSA stands for “family caregivers support agreement”. It is a tool that serves to identify the support needs of family caregivers of elderly persons with impaired functional or cognitive autonomy. It also serves to set up a support plan for these caregivers.

The FCSA is an adapted Quebec version of the “Carers Outcome Agreement Tool/COAT” used in Sweden. It was validated and field-tested by the research team of the **Desjardins Chair in Nursing Care for Seniors and Their Families** in the course of a study funded by the Canadian Institutes of Health Research.

A TRAINING KIT FOR SERVICE PROVIDERS

The training kit contains the FCSA tool, an explanatory guide for service providers and a pamphlet for caregivers. The three are available in French or English. It is possible also to order these items separately. For large orders of 500 or more, it is recommended that you contact Diane Saulnier, Coordinator of the Desjardins Chair, at **514 340-2800, ext. 4770, diane.saulnier@umontreal.ca**.



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A TOOL OF HIGH RELEVANCE, BASED ON A PARTNERSHIP APPROACH, AND EASY TO USE

It is well known that the quality of life of family caregivers who care for an elderly relative at home can be seriously undermined. The FCSA tool is intended for use with all caregivers, whether they have been providing care for years already or are just now embarking upon their caregiver trajectory. Studies have demonstrated the necessity of intervening proactively with this clientele and of doing so as early as possible. The beginning of the caregiving trajectory is a critical moment when caregivers must learn to deal with the losses associated with their relative's condition and to plan for what lies ahead.

The distinction of this tool resides in how it is applied, namely, according to a “caregiver/service provider” partnership approach. This method allows arriving at a joint agreement on the type of support caregivers would like for their own needs to be satisfied and on when they would like to receive it. When these two conditions – type and timing of support – are not respected, caregivers more often than not perceive services to be of little use, refuse them or give them up.

The FCSA is easy to use. It covers four dimensions that group together essential support needs that must be met, namely:

- 1 “helping you care for your relative”;
- 2 “making life better for your relative”;
- 3 “making life better for you”;
- 4 “getting quality help”.

In order to ensure that the FCSA tool is implemented in practice settings under optimum conditions, the Desjardins Chair's research team is available to provide training (about four hours).

TO ORDER

To order the FCSA training kit or its items separately, simply complete the enclosed order form and mail it along with payment to the address below (It is possible to download the order form online from the Desjardins Chair website at **www.chairedesjardins.umontreal.ca** under “News” or “Library”).

Orders are payable by cheque made out to **Université de Montréal/Chaire Desjardins**.

Desjardins Chair in Nursing Care for Seniors and Their Families

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