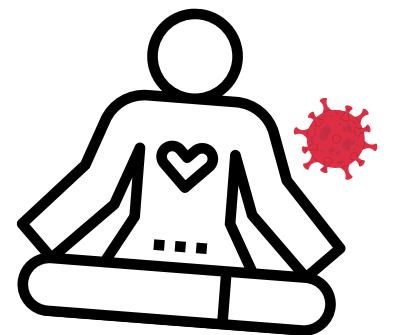


# Research Study:

**Did an online course help family caregivers of adults with intellectual and developmental disabilities during COVID?**



**Learn more about the research paper [here](#)**

# Why did we do this research?



Families of adults with intellectual and developmental disabilities (IDD) have experienced many challenges during COVID.



We wanted to learn **if** and **how** an online course helped support family caregivers.



# What did we do?



Healthcare workers and family caregivers of adults with IDD **created an online course together.**



The course taught families about mental health topics and **how to cope with COVID-19.**



126 family caregivers from all across Canada took the course.



They answered questions **before** the course, **after** the course, and **8 weeks** later.



The course happened once a week for 6 weeks.

# What did we learn?



We wanted to know if people **felt better** after taking the course.

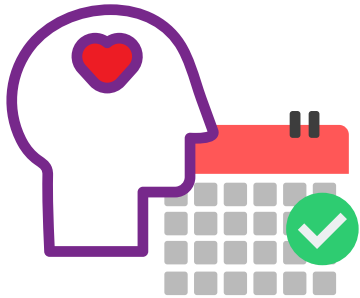
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Lots of people came to the course and they **liked learning together**.



People felt **more confident** about **taking care of their mental health**.



People shared that their **mental health** got better and **stayed better** 8 weeks later.

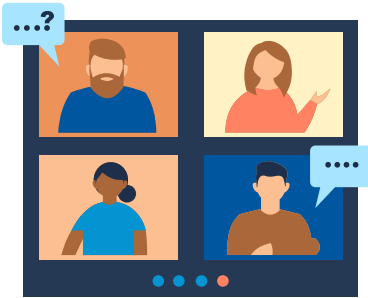


People felt **better able to support their own** and **their loved one's mental health**.

# So What?



**Courses** that teach people about **mental health** are **important**.



It is important to support family caregivers so that they can better support their loved ones.

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## More than 75% of caregivers agreed!



The course helped with **planning health care visits** (e.g. About My Health). It also helped caregivers and their loved ones **learn strategies to cope with their feelings and wellbeing**.

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Even when people don't live in the same place, they **can learn together** by taking an online course.

**Families need to be a part of teaching** what matters to other families.

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We also thank the group of family advisors who worked together with our team to create this easy read guide.

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