Caregivers Alberta | CARING FOR CAREGIVERS

Board of Directors

Recruitment Information Package

Message from the President

Thank you for considering service on Caregivers Alberta's Board of Directors. By joining our board you will have a unique opportunity to help create a community of support around family caregivers.

Caregivers Alberta's Board is a welcoming place where those passionate about supporting caregivers are encouraged to contribute their experiences and talents, and to learn from each other. They are supported by a dynamic and dedicated team of staff and volunteers.

The Caregivers Alberta is a young and exciting organization driven by family caregivers and their supporters. Should you be successful in your application, I know you will enjoy your experience.

Jonathan Robb
Board President

About Caregiving

Caregivers assist family members and friends living with an illness, disability or aging. They include spouses caring for a chronically ill partner, parents caring for a child with a disability, or adult children caring for aging parents.

Though it is often invisible, caregiving is incredibly common. Indeed, 28 percent of Albertans are currently a caregiver and 46 percent will be caregivers at some point in their lives. The range of challenges they face is broad. They include stunning physical and mental health impacts, employment and financial difficulties, strained family relationships and social isolation.

"I have lost my social life. My choices are go late and leave early or go alone and worry about him the whole time"

"You don't get it until you've lived it… get the tiredness, what you have to do for you to survive"

"I need to maintain my sanity – need to be healthy to care for my loved one, but no time for me, so how do you look after yourself?"

Caregivers Alberta- Background

Caregivers Alberta was founded in 2001 by a group of caregivers who had recognized that most supports that existed *for* caregivers weren't really *about* caregivers. They wanted programs and services that would address their experiences as caregivers: the guilt, stress, resentment, sadness and isolation with which they all identified.

We strive to:

- Help caregivers care for themselves with education, support and one-on-one programs
- Build the capacity of other organizations to support caregivers by providing networking and education opportunities, and by sharing support programs
- Give a voice to family caregivers through consultations, presentations, newsletters, media relations and recognition events
- Encourage the development of policies that recognize and address the needs of caregivers

Ultimately we strive to be the cornerstone agency for family/friend caregivers in Alberta.

Our Aim**:** To empower caregivers and promote their well-being.

Our Vision: An Alberta where all caregivers are valued and supported.

Our Strategic Goals

1. Raise the profile of and public support for caregivers, their issues and Caregivers Alberta.

2. Provide programs that meet the information, education, support, networking and advocacy needs of individual caregivers.

3. Influence and affect systems change at all levels to recognize caregivers and address their needs.

4. Expand the reach of Caregivers Alberta to support communities and their caregivers throughout Alberta.

5. Ensure the growth, sustainability, relevancy and effectiveness of Caregivers Alberta.

Caregivers Alberta Board of Directors

Caregivers Alberta's Board of Directors is a volunteer-based governance Board. It determines the long-term direction of the organization by developing policies. The Board hires an Executive Director to implement the Board's policies and to manage the day-to-day business of the organization. The Executive Director (ED) is accountable to the Board. Front-line staff and volunteers are accountable to the ED.

Benefits of Being a Director

Be a part of the committed and passionate group of caregivers and supporters who guide the vision of Caregivers Alberta. Your involvement will help make a difference in the lives of thousands of caregivers. You do not need to have prior Board Experience to join the Caregivers Alberta Board of Directors, and your participation will afford many opportunities to expand your current skill sets.

Director Requirements

A Director on Caregivers Alberta's Board of Directors must:

1. Be committed to the work of the organization – become informed on the programs, services and organizational matters, and participate in discussion and decisions at Board meetings
2. Be willing to serve on a minimum of one committee and attend committee meetings
3. Attend bi-monthly Board meetings, the Annual General Meeting ("AGM"), and the Board Retreat / Orientation
4. Support Caregivers Alberta events and fundraising efforts
5. Include Caregivers Alberta as a charity of choice
6. Read and understand the Board Policy Manual and By-Laws

Term

Directors are elected by the Members at the AGM. Directors are elected for a two year term and are eligible for election for two additional two-year terms.

Board Size

The minimum Board size is 8 and the maximum is 15 Directors. Generally, the Board maintains more than the minimum number of directors.

Qualifications and Skills

Caregivers Alberta's Board seeks a wide variety of backgrounds and skills to represent the diversity of viewpoints in our communities. We are driven by the experiences of caregivers and therefore at least 30% of our Directors must be current or past caregivers.

Time Commitment

Directors are expected to attend bi-monthly Board meetings as well as the AGM and Board Retreat. Dates are set well in advance.

New Board member orientation will take place in August and the Board Retreat is a full day event in the fall of each year. Committee and Board Executive work is in addition to the general Director time commitments. Directors are also highly encouraged to attend Caregivers Alberta events.

Board Meetings

Board meetings are held regularly at Caregivers Alberta office. Meetings start promptly at 5:30 pm and refreshments are available. Regular Board meetings are approximately 2 hours in duration, with roughly one hour of preparation in advance of the meeting.

Board Committees

Executive *Finance* *Programs & Research* *Fund Development & Communications*

Calendar of Events

- May: Caregivers Month (multiple events, including the AGM)
- August: Board Orientation
- October/November: Board Retreat
- Other board & committee meetings scheduled as appropriate

Recruitment Process

Interviews for Board positions are generally held in the early spring prior to the AGM. Selected candidates may be able to attend the prior Board meeting in order to meet other Board members and get a feel for what the Board meetings are all about. Board members are elected at the AGM.

Are You Interested?

If you have questions or are interested in becoming a Director, please complete the application form and send the form and your resume to contact Nikki Fullerton, Nominating Committee & Board Member, at nikkifullerton@gmail.com

Other Volunteer Opportunities

There are many other volunteer opportunities available with Caregivers Alberta. Please contact the Administrator at office@caregiversalberta.ca or 780-453-5088.

This is an exciting time to be a part of Caregivers Alberta.
Thank you for your interest in the Board!

Caregivers Alberta - Board of Directors Application Form

Thank you for your interest in joining the Caregivers Alberta Board of Directors. Please complete this form and submit it along with your resume to nikkifullerton@gmail.com

Personal Information

Last Name:	First Name:	Initial:
Salutation: Ms. ☐ Mrs. ☐ Miss. ☐ Mr. ☐ Dr. ☐	Current Occupation:	
Mailing Address:		
City:	Province:	Postal Code:
Home Phone:	Work or Cell Phone:	
Email Address:		

Applicable Experience and Interests

Do you have any personal experience with caregivers or caregiving? Please check which statements apply to you. ☐ I am or I was a caregiver. ☐ Other: ☐ I work in health or social services.
Why are you interested in joining Caregivers Alberta's Board of Directors?
What skills/talents/experiences do you feel you can contribute to Caregivers Alberta?