

“MUCH OF OUR WORK ISN'T ABOUT FIXING; IT'S ABOUT BEING THERE.”

PERSPECTIVES OF INNER-CITY WORKERS ON MEANINGS OF CAREGIVING AT THE END-OF-LIFE

AUTHORS

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INTRODUCTION

Caregiving is central to Canada's healthcare system, with 1 in 4 Canadians currently acting as caregivers (Canadian Centre for Caregiving Excellence, 2022). As Canada's population ages and mental health and disability rates rise, caregiving demand and complexity are increasing (Canadian Centre for Caregiving Excellence, 2022). A significant gap exists in understanding caregiving from the perspectives of non-familial caregivers, such as inner-city workers (ICWs), who provide essential care to marginalized populations.

OBJECTIVE

The primary objective of this arts-based qualitative study was to understand inner-city workers' (ICWs) perceptions of caregiving at the end-of-life in the context of providing support to people who experience structural vulnerability.

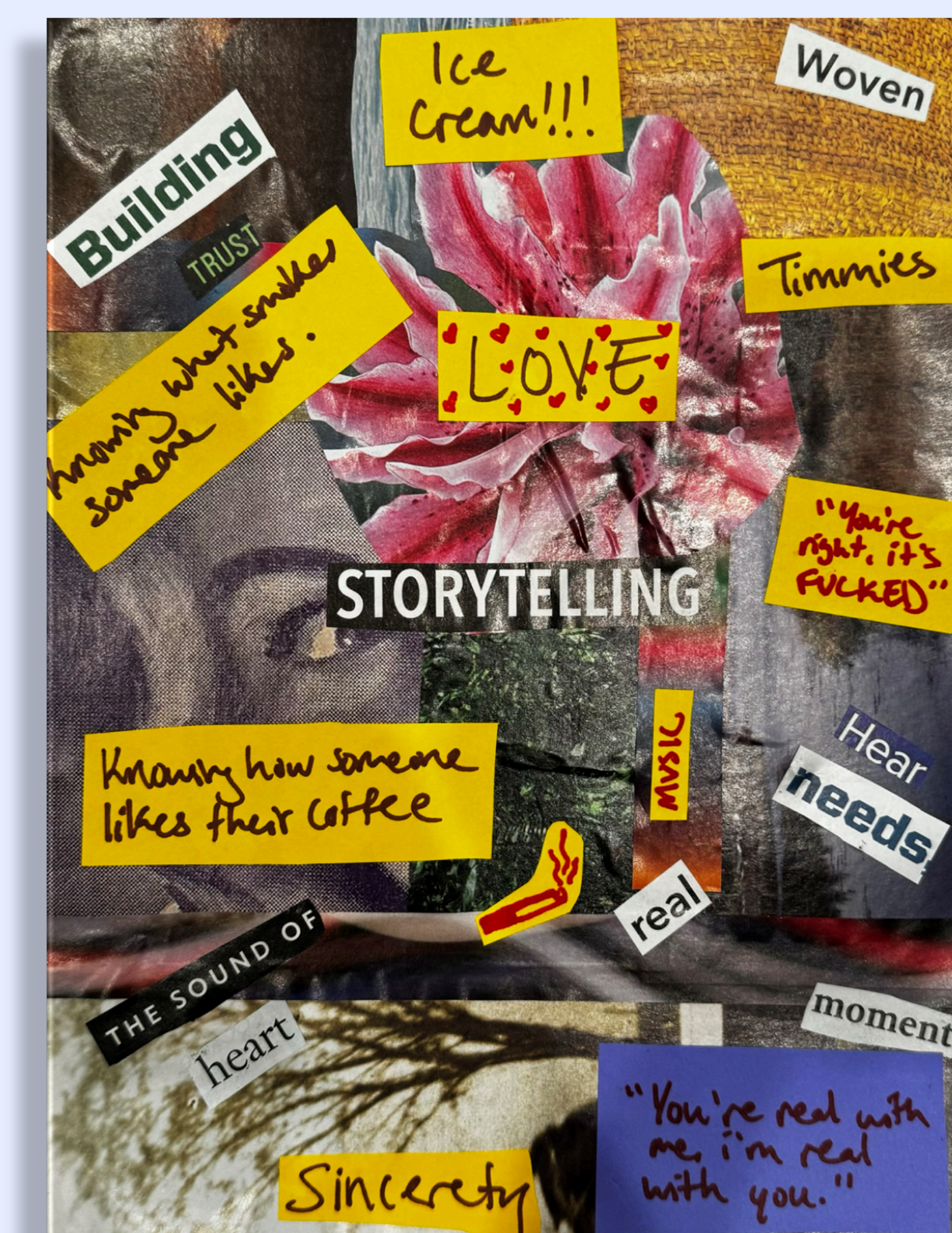
METHODOLOGY

We conducted a zine-making workshop with six inner-city workers (ICWs), which was audio recorded and transcribed.

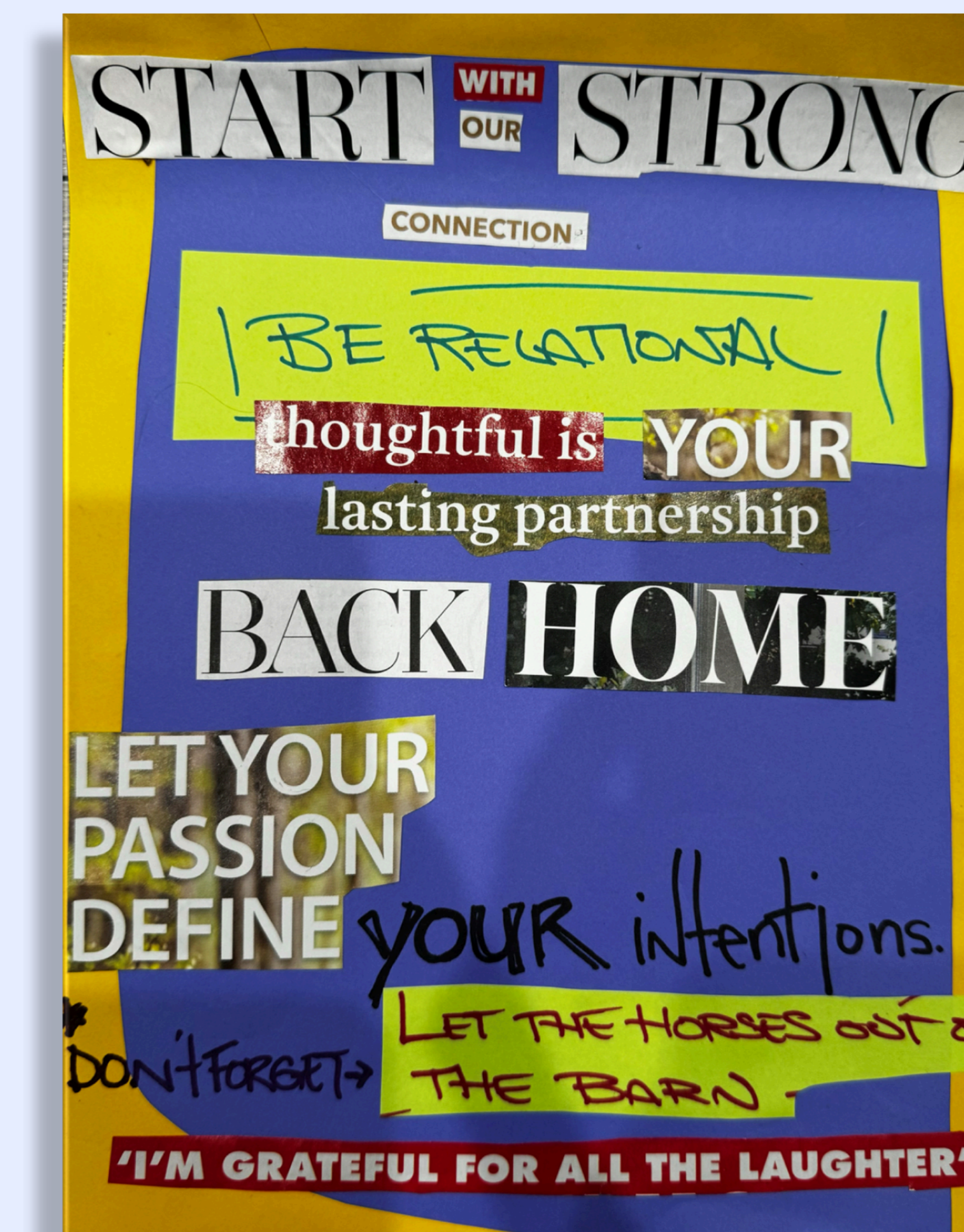
The workshop was guided by the question: **What does caregiving at the end of life mean to you in your current work setting?**

ZINE PAGES

Theme 1: Building Trust Through Authentic Care



Theme 2: The Emotional Complexity of Caregiving



Theme 3: Navigating Contradictions



FINDINGS

Theme 1: Building Trust Through Authentic Care

“I see the power in being witness for someone. Even if I can't change what's happening, I can validate their experience and let them know they're not alone.”

Theme 2: The Emotional Complexity of Caregiving

“A lot of our work isn't about fixing; it's about being there. Accompanying someone in their journey, even if it's painful, is its own kind of care.” “Sometimes I think about how we define a 'good death'. What society thinks it looks like often isn't what the patient actually wants.”

Theme 3: Navigating Contradictions

“Sometimes I think about how we define a 'good death'. What society thinks it looks like often isn't what the patient actually wants.”

CONCLUSION

Further studies could explore how caregivers, particularly in marginalized communities, balance their caregiving role with advocacy efforts. Research could examine how local communities and peer networks collaborate to address gaps in formal care, creating more sustainable and equitable caregiving models. Zines can serve as arts-based research tools, promote peer collaboration by enabling caregivers to exchange ideas and resources within their communities.

ACKNOWLEDGMENTS

I would like to extend my sincere gratitude to my supervisors, Dr. Kelli Stajduhar and Lexy Stewart, for their unwavering support, guidance, and encouragement through this project. I would also like to thank the service providers within the Action Team for their generosity in sharing their time, insights, and experiences, which have been crucial to this research. I would also like to thank the Jamie Cassels Undergraduate Research Program in supporting my work.