

Canadian's Experiences with Long COVID Care and Rehabilitation



We interviewed people living with long COVID, caregivers, and health and social care providers to capture their experiences of navigating the Canadian health care system. We learned from:



People living with long COVID, and their caregivers need access to integrated and informed rehabilitation practices that address all domains of well-being.

1 People living with Long COVID & Caregivers

Navigating long COVID is challenging due to access and participation barriers

In the absence of LC-informed rehab, people living with long COVID and caregivers had to involuntarily take on care and symptom management at home.

"I just feel like we've been left to struggle on our own. And no one knows how to help us"
-- Person living with Long COVID

2 Health & Social Care Providers

The Canadian health care system was not equipped to adequately support care providers working in the context of long COVID

Health care providers working with the long COVID population experienced disruptions in their professional knowledge and experiences, leading them to adapt their practices on-the-go.

"At that point in time, having to say to patients we don't really know what this is going to look like long-term, but this is the best information we have right now"
-- LC Health Care Provider

Long COVID-Informed Rehabilitation Care Considerations:

1. **LC-informed education and awareness**
 - a. Best practices to inform rehab
 - b. Strategies to improve function (e.g., self-management, assistive devices)
2. **Affirmative care practices**
 - a. Trauma-informed care interventions
3. **Foster community-building practices**
 - a. Peer support
4. **Caregiver & family involvement**

This infographic was created by our research team at St. John's Rehab Research Program, Sunnybrook Research Institute in collaboration with people living with long COVID, caregivers, health care and rehab professionals, and academic collaborators. For more information about our long COVID research project, please visit: www.LivingWithLongCOVID.ca or email Dr. Marina Wasilewski at marina.wasilewski@sunnybrook.ca.