

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.

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.

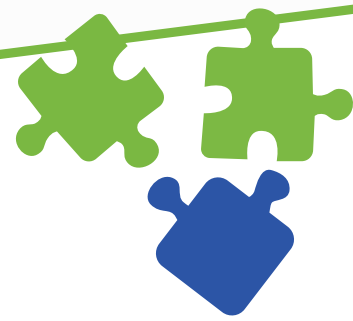
"I just feel like we've been left to struggle on our own. And no one knows how to help us"
-- Person living with Long COVID

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 Practices:

Health & Social Care Providers

LC-informed Education and Awareness
Best practices to inform LC-care and rehab

Affirmative care practices
trauma-informed care interventions

Foster community-building practices

Caregiver & family involvement

People living with long COVID & Caregivers

Strategies to improve function
Self-management, assistive devices

Affirmative care practices
trauma-informed care interventions

Peer Support

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.