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### Family Caregivers Unite! Archives Available

**August 12th 2014: Challenges for Family Caregivers Caring at Home for Family Members**

Sara Shearkhani was a graduate student in economics but had to take a break after her husband was diagnosed with a brain tumor. Since then she has been a family caregiver. She describes her life and career, and her experience as family caregiver. She highlights her efforts to support family caregivers. She identifies the challenges she experiences as family caregiver for her husband and in dealing with the healthcare and social systems. She describes the challenges experienced by family caregivers in immigrant communities. She explains the responses she would like to see to the challenges she

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### Featured Guest



#### Sara Shearkhani

Sara Shearkhani was a graduate student in economics but had to take a break after her husband was diagnosed with a brain tumour; since then, she has been a family caregiver. She learned to be an advocate for her husband to effectively administrate his treatment. This experience led to her advocacy work for patients and family caregivers. Her article, "An Untold Suffering", was an attempt to give other family caregivers courage to talk about their problems and feelings. It was published in the Globe and Mail, <http://ow.ly/zSL2v>. She believes in supporting local family caregivers' support groups and promoting self-advocacy for them. She is now trying to change

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