

Table 1 Multifaceted strategies for improving the quality of caregiving in Qatar

Strategy	Indicative options
Public awareness campaigns	• Leverage Qatar's cultural values to raise awareness about caregiving and collective responsibility • Engage religious and community leaders for inclusive social dialogues • Launch targeted social marketing campaigns to change perspectives on aging and chronic illness, combat stereotypes and promote gender-balanced caregiving attitudes
Caregiving policy reform	• Integrate caregiving into the social welfare system and develop clear guidelines and regulations that protect caregiver rights, including vulnerable groups like migrant workers • Ensure equitable health care access for migrant caregivers and their families, while providing financial support for long-term caregiving needs • Provide comprehensive psychological support services, including counselling, to help caregivers manage stress and prevent burnout
Leveraging technology (19)	• Leverage technological innovations to transform caregiving practices • Implement telehealth for medical consultations and advice for people living in remote areas or with limited transportation • Deploy mobile health applications to enhance communication and coordination between caregivers, healthcare providers, and patients for improved health outcomes
Community-based care	• Expand community-based care to provide comprehensive support for older adults, people with disability and those living with chronic disease • Build upon Qatar's existing health care infrastructure investments to develop specialized home-based caregiving services • Leverage the strength of community-based initiatives that are based on community needs assessments
Workplace policies	• Encourage large employers to implement workplace policies that support work-life balance and support caregiving responsibilities • Develop comprehensive frameworks that include adequate social protection systems and workforce development
Training and education	• Develop culturally specific training programmes across the caregiving continuum, to enhance competence and confidence • Expand cultural competency training for migrant workers, including religious and end-of-life care practices • Strengthen and expand training programmes for community health workers and home health aides on the provision of specialized care for disabilities and chronic illnesses
Professionalise caregiving (20)	• Develop a comprehensive framework to professionalise caregiving across formal and informal sectors • Review and adapt successful models like the community health worker programme, which has shown promise in the Eastern Mediterranean Region • Implement cost-effective home- and community-based support systems that combine health education, service referrals and direct care provision