Toronto Dance Theatre created the following *Caregiver Support Request Form* in 2022 as part of their Balancing Act Level UP! Pilot Project. The original form was created as a Google Form that team members could fill out to request support (financial and non-financial) related to caregiving responsibilities and needs.

Please credit Toronto Dance Theatre and Balancing Act if you use, cite, or share information from this resource.

If you have any questions or would like to discuss these materials, please contact Balancing Act at balancingact@theatredirect.ca.

TDT TORONTO DANCE THEATRE

BALANCING ACT

Toronto Dance Theatre
Caregiver Support Request Form

We invite you to fill this form out at any point before or during the rehearsal and production weeks of *Convergent Divergency*. The information here may be seen by the Artistic Director, Managing Director, and Rehearsal Director.

* Indicates required question

1. First and last name *

2. Pronouns *

3. Email *

4. This is a space for you to provide context around who you are caring for and what your caregiving responsibilities are. Providing context is optional and if you choose not to, please move on to the next section.

Financial Support: We are offering a caregiver stipend for costs related to caring for a loved one that are incurred during the rehearsal and production weeks of *Convergent Divergency.*

5. Are you requesting financial support at this time? If yes, please answer the questions 6 to 8. If no, please move on to the next section. *

   - ☐ Yes
   - ☐ No

6. Amount requested (up to $500).

7. What date do you need these funds by?

8. Briefly describe what funds will be used for.

Scheduling/General Support: While we may not be able to accommodate all requests at this time, we will do our best to create solutions with you that address your unique situation.

9. Are there caregiving supports that would make participating in the project easier for you? If yes, please answer questions 10 and 11. If no, you can submit your form now. *

   - ☐ Yes
   - ☐ No

10. We invite you to describe the barriers you experience as an artist caregiver.

11. How can we help? If you have a specific solution in mind of how we can help during *Convergent Divergency* please outline it here. If not, simply write "no solution".

Thank you for taking the time to fill out this form and sharing a request for caregiver support. We will follow up shortly to confirm that we have received your request and explain next steps.