

CAREGIVER SUPPORT SERVICES

| Caregiver's need | Resources | Contact information |
|---|---|---|
| Knowledge and education | Alzheimer Society – provides: Information, resources and education sessions regarding dementia | T:416-322-6560; F: 416-322-6656 http://alz.to/ http://www.alzheimer.ca/en/on |
| | Canadian Mental Health Association – for Mental Health related information and resources | T: 416-789-7957 info@cmha-toronto.net |
| | CLEO – for financial and legal right information | T: 416-408-4420; F: 416-408-4424 cleo@cleo.on.ca ; www.cleo.on.ca |
| | Advocacy Centre for the Elderly (ACE) - for legal right information | T: 416-598-2656 F: 416-598-7924 www.advocacycentreelderly.org |
| | Ontario Senior's Secretariat – provides resources and information about legal and financial rights as well as other resources available in the community. | T: 1-888-910-1999 infoseniors@ontario.ca |
| Emotional and psychological Support | Alzheimer Society – Provides counselling services (phone/face to face) and support groups in various languages | T:416-322-6560; F: 416-322-6656 http://alz.to/ http://www.alzheimer.ca/en/on |
| | CARERS Program – Reitman Centre Mount Sinai Hospital – Provides individual and group therapy for caregivers | T: 416-586-4800 ext. 5882 F: 416-586-3231 |
| | Caller Reassurance Program – support service and distress line for vulnerable seniors. | Program – 416-439-0744 Distress line- 416-408-4357 |
| | Dementia Help Line – Baycrest –a phone service to provide counseling and information about dementia to caregivers of patients with dementia | 416-785-2500 ext: 2223 |
| | The Seniors Line – can provide support and short term case management services in times of crisis. | 416-217-2077 |
| Skill building and coping strategies | CARERS Program – Reitman Centre Mount Sinai Hospital – A Problem Solving Technique based program that supports and teaches coping skills to caregivers through group therapy and simulation practice. A concurrent group for the care recipient is also offered. | T: 416-586-4800 ext. 5882; F: 416-586-3231 www.mountsinai.on.ca/reitman |
| Respite services: Day programs Short term stay Overnight stay Group activities Friendly visiting Home help Transportation PSW | Home and Community Care Local Health Integration Network (LHIN) - provides: case management and coordination, Personal Support Workers (PSWs), Home Help, links to Long Term Care short stay facilities, links to all other services. | Toronto Central CCAC: T: 416-506-9888 F: 416-506-0374 Outside of Toronto call: 310-2222.; http://healthcareathome.ca/ |
| | Toronto Seniors Helpline – can provide support and short term case management services in times of crisis. | 416-217-2077 |

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| System navigation | Alzheimer Society – First Link Program – Provides support and guidance as well as linkage to community services | T:416-322-6560; F: 416-322-6656 http://alz.to/ http://www.alzheimer.ca/en/on |
| | Home and Community Care Local Health Integration Network (LHIN) - provides: case management and coordination | Toronto Central CCAC: T: 416-506-9888 F: 416-506-0374 Outside of Toronto call: 310-2222.; http://healthcareathome.ca/ |
| | Toronto Seniors Helpline – can provide support and short term case management services in times of crisis. | 416-217-2077 |
| | Ontario Senior's Secretariat – provides resources and information about legal and financial rights as well as other resources available in the community. | T: 1-888-910-1999 infoseniors@ontario.ca |
| | Canadian Mental Health Association – for mental health information and services | T: 416-977-5580 ext. 4135 ontario.cmha.ca |
| | North York Community House (NYCH) – Newcomer Connection Program provides connection for senior caregivers living in northwest Toronto at risk for language and cultural barriers | T: 647-458-7201 www.nych.ca/senior-caregivers |
| | Seniors Safety Line – The SSL provides contact and referral information for local agencies across the province that can assist in cases of elder abuse | T: 1-866-299-1011 For information about elder abuse and contact numbers: https://www.ontario.ca/page/information-about-elder-abuse |
| | WoodGreen Community Navigation and Support – provides resources for caregivers in the community | T: 416-645-6000 ext. 1362 http://www.woodgreen.org/OurServices.aspx |
| | Community Navigation and Access Program (CNAP)– provides listing of services for seniors in the community | T: 416-210-2077 http://4seniors.org/ |

Websites of interest:

1. Ontario Community Support Association: Searchable community support site; <https://www.caredove.com/ocsa?refr=5011>
2. Toronto Dementia Network: Resources in the Toronto area compiled by the Alzheimer's Society of Toronto; <https://tdn.alz.to/>
3. Circle of Care: Senior Home Care <http://www.circleofcare.com>
4. Alzheimer Society Canada: Educational resources and tip sheets; <http://www.alzheimer.ca/en/Home>
5. Behavioural Supports Ontario – Provincial system navigation; <http://behaviouralsupportsontario.ca/>
6. Living with Dementia -- system navigation and dementia education; <http://healthy.uwaterloo.ca/livingwithdementia/>
7. Baycrest selection of reliable and valid information on dementia: <http://www.baycrest.org/educate/dementia-resources/>
8. St. Elizabeth interactive caregiver support website -- <https://elizz.com/>

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