

## Caregiver and Older Adult Dementia Supports in the GTA

Agency / Resource	Contact Information/ Website	Services Offered	How to Apply
<p><b>Alzheimer Society of Toronto</b></p>	<p><a href="http://alz.to/get-help/dementia-support-information/">http://alz.to/get-help/dementia-support-information/</a></p> <p><b>Counselling hours:</b> By Phone: Monday to Friday, 9am to 5pm   Thursdays: 9am to 8pm</p> <p>In Office: Monday to Friday, 9am to 5pm   Thursdays: 9am to 8pm</p>	<p>Alzheimer Society of Toronto social workers provide free dementia support to anyone in Toronto touched by dementia, whether you're a person with dementia or their family member, friend or caregiver.</p> <p><b>Social workers provide safe, confidential counselling where you can:</b></p> <ul style="list-style-type: none"> <li>• Talk about your experience</li> <li>• Learn about dementia, including signs, symptoms and stages</li> <li>• Gain practical strategies to help cope with your own or a family member's dementia</li> <li>• Learn about other programs and resources in the community such as day programs and respite care</li> <li>• Receive information on the latest research, treatment and medications</li> <li>• Learn how to plan for the future</li> </ul> <p><b>Dementia Peer Support groups offered include:</b></p> <ul style="list-style-type: none"> <li>• Alzheimer's Disease Support Group</li> <li>• Young Onset Support Group</li> <li>• Frontotemporal Dementia Support Group</li> <li>• Lewy Body Dementia Support Group</li> <li>• Living with Ambiguous Loss Group</li> <li>• Men's Cooking Group</li> <li>• PSW Support Group</li> <li>• Vascular Dementia Support Group</li> </ul>	<p>Self-referral: You can speak to a social worker or book an appointment to discuss services and eligibility. Call 416-322-6560.</p> <p>OR</p> <p>Healthcare professional referral: Speak with your doctor or a social worker and ask them to refer you using the First Link referral at <a href="http://alz.to/health-care-professionals/first-link/">http://alz.to/health-care-professionals/first-link/</a></p> <p>Fee: None If you are interested in joining a free dementia support group, please speak to one of their social workers at 416-322-6560</p>

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<b>Dementia Advisor App</b>	<a href="http://www.dementiaadvisor.com">http://www.dementiaadvisor.com</a>	This is an easy-to-use application that helps caregivers of those with dementia manage conflict, gain co-operation and reduce stress. Learn effective coping skills and get expert coaching through scenario-based training using chat.	Free for download on Google Play and iTunes
<b>Reitman Centre for Caregivers</b>  Carers Program	<a href="https://www.mountsinai.on.ca/care/psych/patient-programs/geriatric-psychiatry/dementia-support/caregivers-and-family-members-caring-for-someone-dementia/">https://www.mountsinai.on.ca/care/psych/patient-programs/geriatric-psychiatry/dementia-support/caregivers-and-family-members-caring-for-someone-dementia/</a> Carers Brochure: <a href="https://www.mountsinai.on.ca/care/psych/patient-programs/geriatric-psychiatry/dementia-support/caregivers-and-family-members-caring-for-someone-dementia/brochure/reitman-centre-brochure-new-2015-aoda.pdf">https://www.mountsinai.on.ca/care/psych/patient-programs/geriatric-psychiatry/dementia-support/caregivers-and-family-members-caring-for-someone-dementia/brochure/reitman-centre-brochure-new-2015-aoda.pdf</a>	The Reitman Centre Careers Group Program: a skills-based training program for family members caring for someone with dementia.  Individual, group and family interventions: depending on your needs and availability, there are options such as group or one-on-one sessions with a clinician to provide counselling, system navigation and practical skills training.	Referrals can be made by self-referral or by a health professional. Call 416-586-4800 ext. 5882 or email <a href="mailto:reitmaninquiries@mtsinai.on.ca">reitmaninquiries@mtsinai.on.ca</a> .
<b>Reitman Centre for Caregivers</b>  60 Tips	<a href="https://www.mountsinai.on.ca/care/psych/patient-programs/geriatric-psychiatry/dementia-support/caregivers-and-family-members-caring-for-someone-dementia/carers/60-tips-caring-for-a-family-member-with-dementia/">https://www.mountsinai.on.ca/care/psych/patient-programs/geriatric-psychiatry/dementia-support/caregivers-and-family-members-caring-for-someone-dementia/carers/60-tips-caring-for-a-family-member-with-dementia/</a>	Strategies to help you care for yourself while caring for a family member or friend with dementia	Online resource available to print or download

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<p><b>Reitman Centre for Caregivers</b></p> <p>Group Program for People with Dementia: An Arts-Based Method</p>	<p><a href="https://www.mountsinai.on.ca/care/psych/patient-programs/geriatric-psychiatry/dementia-support/caregivers-and-family-members-caring-for-someone-dementia/group-program/">https://www.mountsinai.on.ca/care/psych/patient-programs/geriatric-psychiatry/dementia-support/caregivers-and-family-members-caring-for-someone-dementia/group-program/</a></p>	<p>The Reitman Centre Group Program for People with Dementia: An Arts-Based Method</p>	<p>Available to people with a family member currently enrolled in a Carers group. For more information on how to enroll in the Carers group, call 416-586-4800 ext. 5882 or email <a href="mailto:reitmaninquiries@mtsinaion.ca">reitmaninquiries@mtsinaion.ca</a>.</p>
<p><b>Reitman Centre for Caregivers</b></p> <p>How To Handle Challenging Behaviours in People with Dementia</p>	<p><a href="http://www.mountsinai.on.ca/care/psych/patient-programs/geriatric-psychiatry/prc-dementia-resources-for-primary-care/dementia-toolkit-for-primary-care/direct-link-files/how-to-handle-challenging-behaviours-in-people-with-dementia/view">http://www.mountsinai.on.ca/care/psych/patient-programs/geriatric-psychiatry/prc-dementia-resources-for-primary-care/dementia-toolkit-for-primary-care/direct-link-files/how-to-handle-challenging-behaviours-in-people-with-dementia/view</a></p>	<p>A guide for caregivers and family members for specific behaviours they might encounter, possible causes, meaning of the behaviour, and possible solutions.</p>	<p>Online resource available to print or download</p>
<p><b>Baycrest</b></p> <p>Seniors Counselling and Referral Services</p>	<p><a href="http://www.baycrest.org/care/care-programs/seniors-counselling-and-referral-services/">http://www.baycrest.org/care/care-programs/seniors-counselling-and-referral-services/</a></p> <p>Counselling is provided Monday to Friday from 9am to 5pm with additional peer volunteer support available Monday, Wednesday and Thursday, 4pm to 8pm</p>	<p>The Baycrest Dementia Helpline for Families provides support for caregivers who are looking after someone with dementia at home or who may have a family member or friend with dementia in a long-term care facility. The telephone service is free of charge and eligibility criteria includes clients who self-identify as an informal caregiver (ex. spouse, adult child, grandchild, friend) to a person with dementia.</p>	<p>Fee: None For caregiver support, please call: 416-785-2500 ext. 2223</p>

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<b>Baycrest</b>  Caring for Others	<a href="http://www.baycrest.org/care/care-programs/koschitzky-centre-for-innovations-in-family-caregiving/services/">http://www.baycrest.org/care/care-programs/koschitzky-centre-for-innovations-in-family-caregiving/services/</a>	The goal of the online caregiver support groups is to provide enhanced care to dementia family caregivers through the development, facilitation and evaluation of Internet-based, online clinical interventions and social connectivity by trained social workers.	Fee: None For more information, call 416-785-2500, ext. 2223
<b>Baycrest</b>  Caring for Your Loved One	<a href="http://www.baycrest.org/care/care-programs/koschitzky-centre-for-innovations-in-family-caregiving/services/">http://www.baycrest.org/care/care-programs/koschitzky-centre-for-innovations-in-family-caregiving/services/</a>	<p>This six-week education and support group is for children of parents with dementia who live in the community.</p> <p>The program and group discussions are based on the education guide <i>Caring for Your Loved One</i>, teaching caregivers about dementia and how to deal with related issues. The program is offered twice a year, in the fall and spring. Ongoing support is provided for graduates of this course through the Alumni Support Group.</p>	Fee: None For more information, call 416-785-2500, ext. 2223
<b>In Your Home Therapy</b>	<a href="http://www.inyourhometherapy.com">http://www.inyourhometherapy.com</a>	Allied health professionals who bring services to your home, including: physiotherapy, acupuncture, massage therapy, osteopathy, chiropractic, nutrition, personal support, dental cleaning and more!	Fee: refer to website for specific services Local: <u>905-592-4601</u> Toll free: <u>1-888-211-1952</u> GTA: <u>Text: 289-962-3277</u> Email: <u>info@inyourhometherapy.com</u>