

## Caregiver and Older Adult Dementia Supports in the GTA

Agency / Resource	Contact Information/ Website	Services Offered	How to Apply
<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 counseling, system navigation and practical skills training.	*Referrals can be made by self-referral or by a health professional by calling 416-586-4800 ext. 5882 or by emailing <a href="mailto:reitmaninquiries@mtsinaion.ca">reitmaninquiries@mtsinaion.ca</a>
<b>Reitman Centre for Caregivers</b>  Group Program for People with Dementia: An Arts-Based Method	<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>	The Reitman Centre Group Program for People with Dementia: An Arts-Based Method	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> .

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<b>Reitman Centre for Caregivers</b>  Tips for Caring for Dementia Care Partners	<a href="https://www.dementiacarers.ca/learning-resources/tips-for-caring-for-dementia-care-partners/">https://www.dementiacarers.ca/learning-resources/tips-for-caring-for-dementia-care-partners/</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
<b>Reitman Centre for Caregivers</b>  How To Handle Challenging Behaviours in People with Dementia	<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>	A guide for caregivers and family members for specific behaviors you might encounter, possible causes and meaning of the behavior, and possible solutions.	Online resource available to print or download

<p><b>Alzheimer's Society of Toronto</b></p>	<p><a href="https://alz.to/dementia-support-services/">https://alz.to/dementia-support-services/</a></p> <p><b>Counseling hours:</b> By Phone: Monday to Friday, 9 a.m. to 5 p.m.   Thursdays: 9 a.m. to 8 p.m.</p> <p>In Office: Monday to Friday, 9 a.m. to 5 p.m.   Thursdays: 9 a.m. to 8 p.m.</p>	<p>Alzheimer Society of Toronto social workers provide free dementia support to anyone touched by dementia in Toronto, whether you're a person with dementia or their family member, friend, or caregiver.</p> <p><b>Social workers provide safe, confidential counseling 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 medication</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 to book an appointment to discuss services and eligibility by calling 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</p> <p>If you are interested in joining a free dementia support group, please speak to one of our social workers at 416-322-6560.</p>
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## Caregiver and Older Adult Dementia Supports in the GTA

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<b>Baycrest</b> Dementia Helpline for Families: A support resource for families caring for a loved one with dementia	<a href="https://www.baycrest.org/Baycrest/Coming-to-Baycrest/For-Family-Caregivers/Family-Caregiving-Innovations/Caregiver-Services">https://www.baycrest.org/Baycrest/Coming-to-Baycrest/For-Family-Caregivers/Family-Caregiving-Innovations/Caregiver-Services</a>	Support is available for family caregivers, who are caring for a person with dementia at home or have a loved one with dementia in long-term care. For caregivers who feel isolated, overwhelmed or depressed, and need support. This non-crisis service provides emotional support, over the telephone, by trained social workers and volunteers. Counselling is provided Monday to Friday, 9 a.m. to 5 p.m., with additional peer volunteer support available Monday, Wednesday and Thursday, 4 p.m. to 8 p.m	<b>Fee:</b> None <b>For more information:</b> 416-785-2500 ext. 2223
<b>Baycrest</b> Caring for Others	<a href="https://www.baycrest.org/Baycrest/Coming-to-Baycrest/For-Family-Caregivers/Family-Caregiving-Innovations/Caregiver-Services">https://www.baycrest.org/Baycrest/Coming-to-Baycrest/For-Family-Caregivers/Family-Caregiving-Innovations/Caregiver-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.	<b>Fee:</b> None <b>For more information:</b> Call 416-785-2500, ext. 2526

<b>Baycrest</b>  Caring for Your Loved One	<a href="https://www.baycrest.org/Baycrest/Coming-to-Baycrest/For-Family-Caregivers/Family-Caregiving-Innovations/Caregiver-Services">https://www.baycrest.org/Baycrest/Coming-to-Baycrest/For-Family-Caregivers/Family-Caregiving-Innovations/Caregiver-Services</a>	This six-week education and support group is for children of parents with dementia who live in the community. 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 per year, in the fall and spring. Ongoing support is provided for graduates of this course through the Alumni Support Group.	<b>Fee:</b> None <b>For more information:</b> Call 416-785-2500, ext. 2998
<b>Baycrest</b>  The Changing Relationship	<a href="https://www.baycrest.org/Baycrest/Coming-to-Baycrest/For-Family-Caregivers/Family-Caregiving-Innovations/Caregiver-Services">https://www.baycrest.org/Baycrest/Coming-to-Baycrest/For-Family-Caregivers/Family-Caregiving-Innovations/Caregiver-Services</a>	This eight-week education and support group is designed for individuals living in the community who are caring for spouses with dementia. The group provides an opportunity to meet other caregivers facing similar issues and teaches you how to draw on your strengths to face new challenges. The program is offered twice per year, in the spring and fall, and is held on Tuesday mornings.	<b>Fee:</b> None <b>For more information:</b> Call 416-785-2500, ext. 2480 or ext. 3199.
<b>Baycrest</b>  Dementia Resources from around the world	<a href="https://www.baycrest.org/Baycrest/Education-Training/Educational-Resources/Dementia-Resources-Around-The-World">https://www.baycrest.org/Baycrest/Education-Training/Educational-Resources/Dementia-Resources-Around-The-World</a>	This webpage provides access to a selection of the best available senior friendly web resources on Dementia. It is designed for both individuals experiencing symptoms of the disorder and their caregivers. The selected websites provide information on Dementia including risk factors, sign & symptoms, diagnosis, treatment options, strategies to cope with daily life challenges and available support groups.	

<b>Baycrest</b> Responsive behaviors	<a href="https://www.baycrest.org/Baycrest/Education-Training/Educational-Resources/Responsive-Behaviours">https://www.baycrest.org/Baycrest/Education-Training/Educational-Resources/Responsive-Behaviours</a>	This webpage has multiple resources focused on responsive behaviors, their assessment and treatment, caregiver support, and has a C.A.R.E.R. tool for caregivers.	
<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, chiropractor, nutrition, personal support, dental cleaning, and more!	Fee: refer to website for specific services Local: <a href="tel:905.592.4601">905.592.4601</a> Toll free: <a href="tel:888.211.1952">888.211.1952</a> GTA: <a href="tel:289-962-3277">TEXT: 289-962-3277</a> Email: <a href="mailto:info@inyourhometherapy.com">info@inyourhometherapy.com</a>