

CAREGIVER CORNER



Welcome to our Caregiver Corner Newsletter. Each quarter, we share thoughtfully selected information and resources to support you in your caregiving journey. We understand that caregiving can be both meaningful and demanding, often filled with quiet challenges that go unseen. Our hope is that these resources offer encouragement, practical support, and a reminder that you are not alone in this important and often unrecognized work.

Caring for someone with dementia? [ALZeducate](#) provides free, high-quality dementia education to help empower people to live well with dementia or provide care to someone living with dementia. Sessions are provided by the Alzheimer Society and held online.



Starting April 8th, Acclaim Health will offer a free, eight week [Dementia Information Series](#). Participants will learn about dementia, how it affects their loved one and how to communicate with them. Information about resources available to support care partners in the home and community will also be shared. **Session is for caregivers only.**

Caregiving is filled with obligations and a seemingly never-ending to do list! Join the Ontario Caregiver Organization as they show how to support your emotional well being through healthy boundary setting. Click [here](#) to register and find out more.



Can't join a live session? We know caregiver schedules are tight. The Ontario Caregiver Organization provides free, on-demand webinars for busy caregivers. Visit the [OCO Video Library](#) to browse their previously recorded webinars and view on your own schedule.

CAREGIVER CORNER



The Ontario Caregiver Coalition is the voice of family caregivers, advocating for fair access and needed support since 2009. Read their latest policy brief: Supporting Caregivers in the Workforce and find out more about the work they are doing to advocate for working caregivers.



SENIORS SAFETY LINE

Knowing where to turn for help in times of crisis is half the battle. **The Seniors Safety Line** is an Ontario helpline for seniors experiencing neglect, abuse or distress. Seniors can access the **Seniors Safety Line 24/7 by phone 1-866-299-1011** or via their [web page](#).

This service provides access to counsellors who can help with information, emotional support, resource connection, safety planning and system navigation. The web page is available in a number of different languages.

Do you have a caregiver support that has made a meaningful difference in your caregiving experience? Are you a community service provider that supports caregivers? We invite you to share with us. Your suggestion may become the connection, idea, or support another caregiver has been searching for! Recommendations can be shared via our email at info@regionalllearningcentre.ca

Thank you for being part of our Caregiver Corner community. We look forward to bringing you more helpful resources, educational opportunities, and supports in our next newsletter coming this July!