

Caregiver Resources



Canadian Centre for
Caregiving Excellence

Centre canadien d'excellence
pour les aidants

Canadian Centre for Caregiving Excellence – tools and resources compiled by caregivers and caregiver organizations across the country. Visit <https://canadiancaregiving.org/>



THE ONTARIO
caregiver
ORGANIZATION

Ontario Caregiver Organization – provides a single point of access to information, support and services so caregivers are empowered with the information they need to be successful. They also offer a 24/7 helpline at 1-833-416-2273. Visit www.ontariocaregiver.ca

caregiver
exchange.ca

Caregiver Exchange – an online list of current support services across Ontario, along with tips and insights for family caregivers. Visit www.caregiverexchange.ca

Help starts here.



211 – provides information and referrals to Ontario's community, social, health-related and government services, assisting people with services and government benefits. 211 also provides an interpreter in over 150 languages. Also available online at www.211ontario.ca

thehealthline.ca

thehealthline.ca – an online compilation of health related resources that are regularly updated including services, supports, exercise classes, day programs and workshops, with the capacity to complete searches by service, community, county, or region. Visit www.thehealthline.ca

Ontario 

A Guide to Programs and Services for Seniors – information on resources available for seniors in Ontario, including tax credits, health, caregiving, housing, driving and staying safe. Visit www.ontario.ca/page/guide-programs-and-services-seniors

BounceBack®
reclaim your health

BounceBack – offered through the Canadian Mental Health Association, designed to help adults and youth 15+ manage symptoms of depression and anxiety. Contact by phone: 1-866-345-0224, or online at www.bouncebackontario.ca



Healthy Aging in South West Ontario – designed to help adults find resources on staying healthy, fit, and living in their own homes safely. Visit www.swhealthyaging.ca



OTN telehomecare– designed to help those with Chronic Heart Failure (CHF) or Chronic Obstructive Pulmonary Disease (COPD) stay at home and manage their condition with fewer visits to the Emergency Department. Contact by phone: 1-800-811-5146, or visit <https://healthcareathome.ca/home-care/telehomecare/>



ConnexOntario - provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness or gambling by connecting them with services in their area. <https://www.connexontario.ca/en-ca/>



Elder Abuse Ontario
Stop Abuse - Restore Respect

Elder Abuse Prevention Ontario – site provides list of tools and resources, webinars and training, information about the Senior Safety Line, current networks in Ontario, and a directory of programs and services. <http://www.eapon.ca/>



Finding Balance– designed to increase awareness of fall prevention, promoting real life strategies older adults can implement to reduce their risk of falling. Includes downloadable tools and videos like Exercises at the Kitchen Sink. Visit www.findingbalanceontario.ca

ONTARIO CAREGIVER HELPLINE: 1-833-416-2273

Single point of access to information, support and service in English and French 24/7. Live chat is available 7am-9pm (Mon – Fri) at ontariocaregiver.ca. Caregivers can speak to a Community Resource Specialist to connect to community based services and supports across Ontario based on their individual needs.

SCALE PROGRAM: CAREGIVER NEEDS AND WELL-BEING

Eight weekly webinars, online group coaching and one-on-one telephone counselling. [SCALE \(Supporting Caregiver Awareness, Learning and Empowerment\)](#) focuses on topics relevant to new or experienced caregivers, including caregiver stress, managing feelings of anxiety or guilt, and self-care for the caregiver. Registration is required.

ONLINE SUPPORT GROUPS

An opportunity for caregivers to connect with other caregivers to discuss the challenges they are facing. Support groups are offered several times a week including a group for young caregivers. Option to join online or by phone. [For caregivers seeking an online support group](#)

1:1 PEER SUPPORT PROGRAM

Peer support program that connects caregivers with trained peer mentors for 1:1 phone or virtual support. Caregivers with lived experience and knowledge to share are trained to become peer mentors to provide support to another caregiver seeking support with the challenges they are facing.

- [For caregivers seeking to become a peer mentor](#)
- [For caregivers who need the support of a peer mentor](#)

EDUCATIONAL WEBINARS

One-hour webinars offered two times per month on a wide range of topics for caregivers. Recordings of past webinars are also available online [here](#).

TOOLKITS AND RESOURCES FOR CAREGIVERS

Our website offers a wide range of tools, tips sheets and resources including:

- [*I am a Caregiver Starter Toolkit*](#) focuses on how the caregiver can be empowered to take care of themselves.
- [*Work & Caregiving – A Balancing Act: Toolkit for Working Caregivers.*](#)

CAREGIVER 101

Learn about caregiving roles, conflicts in caregiving, caregiver burnout, what to expect, developing resilience, and what supports are available. Access the online course [here](#).

YOUNG CAREGIVERS CONNECT

Young Caregivers Connect is a website to help young caregivers aged 15-25. The website was designed in collaboration with, and for, young caregivers and offers information and resources and a way to connect that address their unique needs. Visit the website [here](#).

TIME TO TALK PODCAST

Join host [Michelle Jobin](#) along with experts and caregivers, to discuss things that matter most to caregivers. Access the podcast [here](#).