

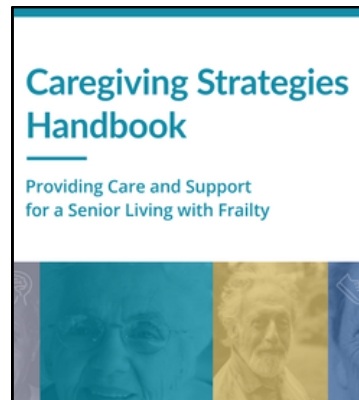


Caregiver Resources

The following are a collection of helpful resources, you can open your camera app on your phone to take you to the link.



Recorded webinar empowering caregiver to take action on delirium.



I'm caring for a person living with dementia
(Alzheimer Society)



Caregiver / Care Partner Support and Resources
(Brain xchange)



Caregiving Strategies Course
(Provincial Geriatrics Leadership Ontario)



Ontario Health atHome
Home care,
Community care,
Long term care.





Care Partner Programs

Care Partners and the people they care for attend the programs together and take part as a pair. Together they can enjoy meaningful activities that support connection, well-being and shared enjoyment. Care partners also have opportunities to connect with others, feel supported, and take a short break from the mental load of being a care partner, in a friendly and welcoming environment.



I am a Caregiver Toolkit

(Ontario Caregiver Organization).

Available in Multiple languages.

Unique versions are tailored to the needs of Indigenous, Black, and 2SLGBTQIA+ caregivers.



Caregiving Checklist

This exercise will help you to identify and prioritize the support you need. Mark which tasks you are doing and how often, as well as where you have help from either a service provider or from family members, friends, neighbours or community groups. Once complete, reflect on where you could use help.

	Activities	I perform this task	Who can help?	When/ How often is this done?
Personal Care	Bathing	☐		
	Dressing	☐		
	Eating/feeding	☐		
	Foot care	☐		
	Mouth care	☐		
	Toileting	☐		

Caregiver Checklist- Ontario Caregiver Organization helps identify the tasks being performed by caregivers and facilitates discussions on asking for help.



Contingency Planning Toolkit for Caregivers

Worksheet | (347 KB)

DOWNLOAD

Emergency Planning Toolkit for Caregivers

Form | (374 KB)

DOWNLOAD

Contingency/Emergency Planning for Caregivers- Fillable documents from the Ontario Caregiver Organization to help develop a plan for when a caregiver is unavailable, or an emergency arises.





Feelings Pathway and 1Door.ca

A guide to mental health resources in Simcoe County & Muskoka. You can also visit 1Door for free low barrier options to Mental Health and addiction support.



LEAP™ Carers is a free online, self-learning palliative care course that provides caregivers with important information, practical training and resources to help them provide care to their family or friends living with a serious illness.



St. Elizabeth Foundation How To Videos for Caregivers

CareChannel is an online portal with free resources for family and community caregivers to help them in their caregiving journeys. Topics include, but not limited: How to support a person with hands on support for oral care, dressing, wound care, oxygen, bathing/showering etc...



A guide to programs and service for Seniors: Family and Caregiver resources

This resource outlines services, benefits, and supports available to caregivers and families helping older adults in Ontario. It includes information on home care, tax credits, caregiver leave, and community programs that support healthy aging.



Supports for Older Adults and their Caregivers

The **Seniors Safety Line** is an Ontario helpline for seniors experiencing neglect, abuse or distress. Seniors, caregivers, friends or relatives can access the Seniors Safety Line 24/7 by telephone 1-866-299-1011, or their newly revised website seniorssafteyline.ca. The safety line's counsellors can help with information, emotional support, resource connection, and safety planning and system navigation. What to expect when you connect: a real person, confidentiality and personalized support.

Canadian Red Cross

The [Friendly Calls Program](#) helps reduce social isolation by providing regular phone calls from trained staff who offer emotional support, connection, and referrals to community resources. 1-833-979-9779 toll-free from 9 a.m. to 5 p.m. on weekdays.

The [Friendly Visiting Program](#) matches isolated seniors with trained volunteers for regular visits and companionship. The program helps reduce social isolation, improve well-being, and support seniors in remaining connected to their communities. Local contact (North Simcoe/Barrie area): 705-721-3313 ext. 5266.

Provides [transportation](#) for seniors and adults with disabilities to medical appointments, shopping, and community activities. 705-721-3313 ext 1

[Meals on Wheels program](#) delivers affordable, nutritious meals to seniors and other adults who have difficulty preparing food on their own. The service supports healthy eating, independence, and the ability to remain safely at home



Caregivers

- ♥ We see you
- ♥ We hear you
- ♥ We're here to help

24/7 Caregiver Helpline
1-833-416-2273

The photograph on the right shows a caregiver with reddish-brown hair and a pink scarf smiling and leaning her head against the forehead of an elderly woman with white hair and red-rimmed glasses. The elderly woman is also smiling and wearing a pink patterned scarf.