

Resources for family caregivers



At some point in life, there will come a time where you will care for or know someone who is caring for a family member or friend who is older, sick, or disabled. While caregiving is a rewarding process, it is common for caregivers to put the health of their loved one above their own. This can often result in self-neglect, stress, mental health decline, as well as physical health issues. It is important for caregivers to practice self-care and seek out resources to avoid caregiver burnout. Some resources for caregivers include...

- **Hotlines***. [1-833-416-2273 \(CARE\)](tel:1-833-416-2273) is a one-stop resource from the Ontario Caregiver Association for information and referrals, and connects caregivers to the support they need, including peer support programs or respite care services.
- **Webinars**. [The Ontario Caregiver Association](#) and its partners offer a library of educational videos on a variety of topics related to caregiver wellbeing and self-care.
- **Support groups***. [Baycrest](#) offers virtual support groups, facilitated by geriatric social workers, where family members that are caring for a loved one with dementia can meet in a safe, supported space.
- **Coaching***. [Sinai Health](#) offers a coaching program (Reitman Centre CARERS Program) for family caregivers. This is an 8 session program which focuses on practical skills-based tools and emotional supports needed to provide care for family members with dementia.
- **Educational resources**. The [Alzheimer Society of Canada](#) has created a number of resources to help caregivers, including suggestions on how to reduce caregiver stress, tips and advice from other caregivers, and what to expect when starting on a journey of caregiving.

For more programs and services offered in your area, please see the comprehensive list of resources provided by the [Canadian Centre for Caregiving Excellence](#).

**These resources are only available to those who reside in Ontario*