

SERVICES FOR CAREGIVERS

Caregiver's need	Resources	Contact information
Knowledge and Education	Alzheimer Society – provides: Information, resources and education sessions regarding dementia	T:416-322-6560; F: 416-322-6566 www.alzheimertoronto.org http://www.alzheimer.ca/en/on
	Canadian Mental Health Association – for Mental Health related information and resources	T: 416-789-7957 info@cmha-toronto.net
	CLEO – for financial and legal right information	T: 416-408-4420; F: 416-408-4424 cleo@cleo.on.ca ; www.cleo.on.ca
	Advocacy Centre for the Elderly (ACE) - for legal right information	T: 416-598-2656 F: 416-598-7924 www.advocacycentreelderly.org
	Ontario Senior's Secretariat – provides resources and information about legal and financial rights as well as other resources available in the community.	T: 1-888-910-1999 infoseniors@ontario.ca
Emotional support, counseling and therapy	Alzheimer Society – Provides counselling services (phone/face to face) and support groups in various languages	T:416322-6560; F: 416-322-6566 www.alzheimertoronto.org http://www.alzheimer.ca/en/on
	CARERS Program – Reitman Centre Mount Sinai Hospital – Provides skill building training and individual and group therapy for caregivers	T: 416-586-4800 ext. 5882 F: 416-586-3231
	Caller Reassurance Program – support service and distress line for vulnerable seniors.	Program – 416-439-0744 Distress line- 416- 408-4357
	Dementia Help Line – Baycrest –a phone service to provide counseling and information about dementia to caregivers of patients with dementia as well as peer support services	416-785-2500 ext: 2236
	Crisis Outreach Service – can provide support and short term case management services in times of crisis.	For crisis services in the Toronto Central area contact: COSS team at: 416-217-2077
Skill building and coping strategies	CARERS Program – Reitman Centre Mount Sinai Hospital – A Problem Solving Technique based program that supports and teaches coping skills to caregivers through group therapy and simulation practice. A concurrent group for the care recipient is also offered.	T: 416-586-4800 ext. 5882; F: 416-586-3231 https://www.mountsinai.on.ca/care/reitman
	Canadian Mental Health Association – Living Life to the Full - an interactive 8-week course that provides caregivers 55+ with skills and knowledge to cope with life's challenges. Various locations.	T: 416-977-5580 ext. 4135 http://ontario.cmha.ca/public-policy/living-life-to-the-full/living-life-full-caregivers-55/

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Respite services: Day programs Night programs Short term stay Overnight stay Group activities Friendly visiting Home help Transportation Caregiving services PSW	Community Care Access Centre (CCAC) - provides: case management and coordination, Personal Support Workers (PSWs), Home Help, links to Long Term Care short stay facilities, links to all other services.	Toronto Central CCAC: T: 416-506-9888 F: 416-506-0374 Outside of Toronto call: 416-310-2222.; www.ccac-ont.ca/
	Toronto Seniors Helpline – links to agencies that provide respite services in the Toronto Central area.	T: 416-217-2077 www.cnap.ca
System navigation	Alzheimer's Society – First Link Program – Provides support and guidance as well as linkage to community services	T:416322-6560; F: 416-322-6566 www.alzheimertoronto.org http://www.alzheimer.ca/en/on
	Community Care Access Centre (CCAC) - provides: case management and coordination	Toronto Central CCAC: T: 416-506-9888; F: 416-506-0374 Outside of Toronto call: 416-310-2222.; www.ccac-ont.ca/
	Community agencies - provide intensive case management by social workers and help link to community services	Community Navigation Access Program (CNAAP) In the Toronto Central LHIN area: T: 1-877-540-6565; www.cnap.ca Outside of Toronto call: 416-310-2222.; www.ccac-ont.ca/
	Caller Reassurance Program – For information regarding community services	Program – 416-439-0744 Distress line- 416- 408-4357
	Ontario Senior's Secretariat – provides resources and information about legal and financial rights as well as other resources available in the community.	T: 1-888-910-1999 infoseniors@ontario.ca
	Canadian Mental Health Association – for Mental Health information and services	T: 416-789-7957 info@cmha-toronto.net

Websites of interest:

1. Toronto Dementia Network: Resources in the Toronto area compiled by the Alzheimer's Society of Toronto; <http://www.dementiatoronto.org/>
2. St. Elizabeth interactive caregiver support website; <https://elizz.com/>
3. Alzheimer's Society UK: Lots of tip sheets and information about dementia; <http://www.alzheimers.org.uk/>
4. Community Seniors' Mental Health and Addiction Services: Toronto area mental health services; <http://csmhas.com/find-a-service.php?list=type>
5. University of Waterloo Murray Alzheimer Research and Education Program: General information about dementia; <http://www.livingwithdementia.uwaterloo.ca/index.html>

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