



← Access the resources below by scanning this QR code with your phone camera. ←

Information for Caregivers



What is a caregiver?

- A caregiver provides emotional and/or physical support to a family member, partner or friend, usually helping them through a health concern. Though it may come as second nature, caregiving comes with many responsibilities and can be very overwhelming. See this resource to learn about the support available for people who are caregivers.



I need more information on what it means to be a caregiver.

- Scan the QR code at the top of a page for a long guide resource for patients and caregivers that provides information on the caregiving journey, including accessing doctors, what to do when one is unavailable, ordering tests, follow-up, hospital stays, specialist care and more. This resource is good for caregivers who are very comfortable reading long documents in English.



The Ontario Caregiver Helpline is a one-stop resource for information about programs and resources that can aid in your role as a caregiver. They are available 24/7 by phone (1-833-416-2273) and Online Chat from Mon-Fri 7am-9pm EST. The helpline is available in English and French and interpretation services are not currently available over chat.



I am a young person looking after my family members. Are there any supports for me?

- If you are a young person under 25 and you find yourself in a caregiver role in your family, the Young Caregivers Association has resources available that teach you to look after yourself, develop life and personal development skills, and practice self-care while looking after your loved ones. Scan the QR code at the top of the page to access the Young Caregivers Association website and resources.



I am supporting someone who is struggling with mental health and addiction or neurological deterioration. Where can I go for help?

- ConnexOntario is available 24 hours a day, 365 days a year over phone, text, live chat, or email to provide information and compassionate support for people suffering from mental health, gambling, and addictions. You can call for yourself or for a loved one.
- Visit connexontario.ca or call 1-866-531-2600.
- If you are navigating challenging behaviours associated with dementia or other cognitive decline, please scan the QR code at the top to access supportive resources.



Are there any videos about caregiving support and information? I'm not comfortable reading in English.

- *Woodgreen Community Services* has a playlist of 20 videos called the "Caregiver Navigation Guide" that touches on several topics from how to find support if you're caregiving, what to do if your care recipient is admitted to or discharged from the hospital, legal considerations and advanced care planning, substitute decision maker and more. The videos are in English, but they have subtitles in Bangla, Chinese, Gujarati, Filipino, Greek, Persian, Tamil, and Urdu. Scan the QR code at the top of the page to access the videos.