

CAREGIVER SUPPORT SERVICES

Caregiver's need	Resources	Contact information
Information	Alzheimer Society of Toronto – First Link program: Information, resources and education	T:416-322-6560; F: 416-322-6566 www.alzheimertoronto.org
	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	Alzheimer Society of Toronto – Counselling services (phone/face to face) and support groups (in person or online)	T:416322-6560; F: 416-322-6566 www.alzheimertoronto.org
	CARERS Program – Reitman Centre Mount Sinai Hospital – Individual and group therapy for caregivers	T: 416-586-4800 ext. 5192 F: 416-586-3231
	Caller Reassurance Program – support service and distress line for vulnerable seniors	Program – 416-439-0744 Distress line- 416- 408-4357
Skills and coping techniques	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. 5192 F: 416-586-3231
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/
	Community Navigation Access Program (CNAP) – links to agencies that provide: PSW, Caregiving services, group activities, short term stay, day and night programs, friendly visiting, transportation, home help, etc.	T: 1-877-540-6565 www.cnap.ca

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