



# Free Caregiver Programs & Services

[www.ontariocaregiver.ca](http://www.ontariocaregiver.ca)

## **ONTARIO CAREGIVER HELPLINE** **(1-833-416-2273 or Live Chat)**

One-stop resource for information and referrals connecting caregivers to community-based services and support. Service is offered in English and French 24/7 with interpretation services available in 150 languages.

## **1:1 PEER SUPPORT PROGRAM**

Caregivers can connect with trained Peer Mentor volunteers for 1:1 phone calls to receive emotional support and discuss their caregiving challenges and needs.

## **ONLINE SUPPORT GROUPS**

An opportunity for caregivers to connect with each other in a supportive environment to share their challenges, successes, and concerns. Support groups are offered several times a week with the option to join online or by phone.

## **SCALE (Supporting Caregiver Awareness, Learning and Empowerment) PROGRAM**

The program aims to empower caregivers with practical information and skills to focus on their own mental health and well-being needs by offering webinars, strategies/tools, online group/individual counselling.

## **CAREGIVER COACHING PROGRAM** (Limited, eligibility-based service)

A professional one-to-one relationship between a Coach and a caregiver. The Coach can provide caregivers with the tools they need to meet their challenges and responsibilities. See program webpage for eligibility requirements.

## **EDUCATIONAL WEBINARS**

Live one-hour webinars presented by subject matter experts on a variety of timely and important topics for caregivers. To register for upcoming webinars, please visit our Eventbrite page.

## **ONLINE LEARNING LIBRARY**

OCO offers several eLearning modules aimed at building caregiver knowledge and skills. The courses are self-directed and can be accessed at any time.

## **90SECOND CAREGIVER**

A free, short, evidence-based, health letter delivered each week to your inbox. The letter includes health information, tips, and advice related to the caregiving experience.

## **TIME TO TALK PODCAST**

Join our host Michelle Jobin along with subject matter experts and caregivers to discuss things that matter most to caregivers including caregiving challenges, mental health, wellness and many more.

## **YOUNG CAREGIVERS CONNECT**

An online resource with information and tools to help young caregivers between the ages of 15-25. They can also join our online discussion forum to connect with other young caregivers.

## **ADDITIONAL TOOLKITS AND RESOURCES**

- **I am a Caregiver Toolkit** – includes information to support new or long-time caregivers.
- **Toolkit for Working Caregivers: Work & Caregiving – A Balancing Act** – designed to assist working caregivers find the right solutions for them and their employers.
- **Health Privacy and Consent Resources** – a set of resources to better understand health privacy and consent rules in Ontario as they relate to caregivers.

