



Free Caregiver Programs & Services

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.

