

Caregiver Support

Helpful links and contacts

Repositories of Links and Information

Seniors' Info – a collaborative online resource

Website: www.seniorsinfo.ca

Ontario Seniors' Secretariat

Seniors' INFOLine: 416-314-7511

Toll-free: 1-800-910-1999

TTY Toll-free: 1-800-387-5559

Website: www.ontarioseniors.ca

Care Facilities

Ministry of Health and Long Term Care

Website: www.health.gov.on.ca

Ontario Long-Term Care Association

Phone: 905-470-8995

Website: www.oltca.com

The Care Guide

Phone: 416-287-CARE (2273)

Toll-free: 1-800-311-CARE (2273)

Website: www.thecareguide.com

Senioropolis – Resource Guide to Retirement Homes

Website: www.senioropolis.com

Community Based Health Services

Canadian Red Cross National Office

Phone: 613-740-1900

Website: www.redcross.ca

Ontario Community Support Association

Phone: 416-256-3010

Toll-free: 1-800-267-6272

Website: www.ocsa.on.ca

Ontario Home Care Association

Phone: 905-543-9474

Website: www.homecareontario.ca

VON Canada National Office

Phone: 613-233-5694

Website: www.von.ca

Community Care Access Centres (CCACs)

Website: www.ccac-ont.ca

Central Region

Head Office – Newmarket

Phone: 905-895-1240

Website: www.central.ccac-ont.ca

Central East Region

Head Office – Whitby

Phone: 905-430-3308

Toll-free: 1-800-263-3877

Website: www.ce.ccac-ont.ca

Central South Region

Brant Community Care Access Centre

Phone: 519-759-7752

Toll-free: 1-866-759-7752

Website: www.brant.ccac-ont.ca

Community Care Access Centre Niagara

English: 905-684-9441

French: 905-684-4602

Toll-free: 1-800-263-5480

Website: www.niagara.ccac-ont.ca

Haldimand-Norfolk Community Care Access Centre

Phone: 519-426-7400

Toll-free: 1-800-265-8068

Website: www.hn.ccac-ont.ca

Hamilton Community Care Access Centre

Phone: 905-523-8600

Toll-free: 1-800-450-8002 (from 416, 905, and 519 area codes)

Website: www.hamilton.ccac-ont.ca

Central West Region

Head Office – Brampton

Phone: 905-796-0040

Toll-free: 1-888-733-1177

Website: www.cw.ccac-ont.ca

Community Care Access Centres (CCACs, continued)

Champlain Region

Head Office – Ottawa

Phone: 613-745-5525

Toll-free: 1-800-538-0520

TTY: 613-745-0049

Website: www.champlain.ccac-ont.ca

Erie St. Clair Region

Head Office – Chatham-Kent

Phone: 519-436-2222

Toll-free: 1-888-447-4468

Website: www.esc.ccac-ont.ca

Hamilton Niagara Haldimand Brant Region

Head Office – Brantford

Phone: 519-759-7040 ext.227

Toll-free: 1-866-759-7752

Website: www.hnhb.ccac-ont.ca

Mississauga Halton Region

Head Office – Etobicoke and York

Phone: 416-626-2222

Website: www.mh.ccac-ont.ca

North East Region

Head Office – Sudbury

Phone: 705-552-3461

Toll-free: 1-800-461-2919

TTY: 1-866-369-3113

Website: www.ne.ccac-ont.ca

North West Region

Head Office – Thunder Bay

Phone: 807-345-7339

Toll-free: 1-800-626-5406

Website: www.nw.ccac-ont.ca

Community Care Access Centres (CCACs, continued)

North Simcoe Muskoka Region

Head Office – North Simcoe Muskoka

Phone: 705-792-6270

Toll-free: 1-888-721-2222 (from 705 area code)

Website: www.nsm.ccac-ont.ca

South East Region

Head Office – Kingston

Phone: 613-544-8200

Website: www.se.ccac-ont.ca

South West Region

Head Office – London

Phone: 519-473-2222

Toll-free: 1-800-811-5146

TTY: 519-473-9626

TTY Toll-free: 1-800-811-5147

Website: www.sw.ccac-ont.ca

Toronto Central Region

Head Office – Toronto

Phone: 416-506-9888

Toll-free: 1-866-243-0061

Website: www.toronto.ccac-ont.ca

Waterloo Wellington Region

Head Office – Kitchener

Phone: 519-748-2222

Toll-free: 1-888-883-3313

Website: www.ww.ccac-ont.ca

Elder Abuse Resources

Ontario Network for the Prevention of Elder Abuse (ONPEA)

Phone: 416-640-7784

Website: www.onpea.org

Victim Support Line

Phone: 416-314-4227

Toll-free: 1-888-579-2888

Regional Elder Abuse Consultants

Provincial and GTA Multicultural Coordinator: 416-978-0545

North West Region: 807-343-8563

North East Region: 705-525-0077

West Region: 519-699-5010 ext.223

Central West Region: 905-276-3282

Central East Region: 705-745-4100

East Region: 613-596-5626 ext.234

Ministry of Health and Long-Term Care Assistive Devices Program

Phone: 416-327-8804

Toll-free: 1-800-268-6021

Website: www.health.gov.on.ca

Advocacy Centre for the Elderly

Phone: 416-598-2656

Website: www.advocacycentreelderly.org

Office of the Public Guardian and Trustee

Phone: 416-314-2800

Guardianship Investigations Unit: 416-327-6348

Toll-free: 1-800-366-0335

Website: www.attorneygeneral.jus.gov.on.ca/english/family/pgt

Ontario Palliative Care Association

Phone: 905-954-0938

Toll-free: 1-888-379-6666

Website: www.ontariopalliativecare.org

Hospice Association of Ontario

Phone: 416-304-1477

Toll-free: 1-800-304-1477

Website: www.hospice.on.ca

Bereaved Families of Ontario

Main Website: www.bereavedfamilies.net

Cornwall Chapter – Phone: 613-936-1466

Durham Region Chapter – Phone: 905-579-4293
Toll-free: 1-800-387-4870
Website: www.bfodurham.net

Halton/Peel (Mississauga) Chapter – Phone: 905-813-4337
Toll-free: 1-877-826-3566

Hamilton/Burlington Chapter – Phone: 905-318-0070
Website: bfo-hb@on.aibn.com

Kemptville Chapter – Phone: 613-258-3150

Kingston Chapter – Phone: 613-634-1230
Toll-free: 1-877-823-2601

Ottawa Region Chapter – Phone: 613-567-4278
Website: www.bfo-ottawa.org

Pembroke Chapter – Phone: 613-732-7894

Peterborough Chapter – Phone: 705-743-7233
Toll-free: 1-866-887-2912

Simcoe-Muskoka Chapter – Phone: 705-329-0101

South Western Chapter – Phone: 519-686-1573
Website: www.bfolondon.on.ca

Toronto Chapter – Phone: 416-440-0290
Toll-free: 1-800-236-6364
Website: www.bfotoronto.ca

Waterloo Region Chapter – Phone: 519-745-7280
Website: www.bfowaterloo.on.ca

York Region (Newmarket) Chapter – Phone: 905-898-6265
Toll-free: 1-800-969-6904
Website: www.bfo-yorkregion.com

Health and Disease Related Organizations

Telehealth Ontario

Toll-free: 1-866-797-0000

TTY Toll-free: 1-866-797-0007

AIDS and Sexual Health Hotline

English Toll-free: 1-800-668-AIDS (2437)

French Toll-free: 1-800-267-SIDA (7432)

ALS Society of Ontario

Phone: 416-497-2267

Toll-free: 1-800-267-4257

Website: www.alsont.ca

Alzheimer Society of Ontario

Phone: 416-967-5900

Website: www.alzheimer.ca

The Arthritis Society

Toll-free: 1-800-321-1433

Website: www.arthritis.ca/ontario

Cancer Care Ontario

Phone: 416-971-9800

Website: www.cancercare.on.ca

Canadian Cancer Society – Ontario Division

Toll-free: 1-800-268-8874

Website: www.ontario.cancer.ca

Canadian Diabetes Association

Toll-free: 1-800-226-8464

Website: www.diabetes.ca

Canadian Hearing Society

Toll-free: 1-877-347-3427

TTY Toll-free: 1-877-347-3429

Health and Disease Related Organizations (continued)

Canadian Liver Foundation

Phone: 416-491-3353
Toll-free: 1-800-563-5483
Website: www.liver.ca

Canadian Mental Health Association – Ontario Division

Phone: 416-977-5580
Toll-free: 1-800-875-6213
Website: www.ontario.cmha.ca

Canadian National Institute for the Blind

Phone: 416-486-2500
Toll-free: 1-800-513-7813
Website: www.cnib.ca

Heart and Stroke Foundation of Ontario

Phone: 416-489-7111
Website: www.heartandstroke.ca

Huntington Society of Canada

Toll-free: 1-800-998-7398
Website: www.hsc-ca.org

The Kidney Foundation of Canada

Toll-free: 1-800-387-4474
Website: www.kidneycob.on.ca

Multiple Sclerosis Society of Canada – Ontario Division

Toll-free: 1-800-268-7582
Website: www.mssociety.ca

National Aboriginal Diabetes Association

Phone: 204-927-1220
Toll-free: 1-877-232-NADA (6232)
Website: www.nada.ca

Older Persons' Mental Health and Addictions Network of Ontario

Phone: 416-593-4094
Website: www.opmhan.ca

Health and Disease Related Organizations (continued)

Ontario Gerontology Association

Phone: 416-535-6034

Website: www.gerontario.org

The Ontario Lung Association

Toll-free: 1-800-972-2636

Website: www.on.lung.ca

Ontario Lupus Association

Phone: 905-415-1099

Toll-free: 1-877-240-1099

Website: www.lupusontario.org

Ontario March of Dimes Provincial Office

Toll-free: 1-800-263-3463

Website: www.dimes.on.ca

Ontario Women's Health Council Secretariat

Phone: 416-326-6868

Website: www.womenshealthcouncil.on.ca

Ontario Women's Health Network

Phone: 416-408-4840

Website: www.owhn.on.ca

Osteoporosis Society of Canada

English Toll-free: 1-800-463-6842

French Toll-free: 1-800-977-1778

Website: www.osteoporosis.ca

Parkinson Society Canada – Ontario Division

Toll-free: 1-800-565-3000

Website: www.parkinson.ca

Regional Geriatric Programs of Ontario

Toronto Phone: 416-480-6026 Website: www.rgp.toronto.on.ca

Kingston Phone: 613-548-7222 Website: www.sergp.org/sergp.htm

Ottawa Phone: 613-761-4458 Website: www.rgpeo.com

Hamilton Phone: 905-777-3837 Website: www.rgpc.ca

London Phone: 519-685-4292 Website: www.sjhc.london.on.ca/parkwood/programs/sgs/sgs.htm

Other Helpful Resources

Alzheimer's Caregiver Intervention Manual

Mittelman MS, Epstein C, and Pierzchala A (2003). *Counseling the Alzheimer's caregiver: A resource for health care professionals*. Chicago, AMA Press.

Bendigo Health Care Group – Regional Dementia Management Strategy Library

Website: www.bendigohealth.org.au/Regional-Dementia-Management/library.html

Caring Connections Website

Website: www.caringinfo.org

Doorways to Care (Central LHIN)

Toll-free: 1-866-626-0222

Website: www.doorwaystocare.ca

Kingston Caregiver Stress Scale (Link to Internet Page)

[http://www.providencecare.ca/cms/sitem.cfm/clinical_services/geriatric_psychiatry/kingston_scales/kcss_\(stress\)/](http://www.providencecare.ca/cms/sitem.cfm/clinical_services/geriatric_psychiatry/kingston_scales/kcss_(stress)/)

Lifeline – personal medical alert emergency response services

Toll-free: 1-866-784-1992

Website: www.lifeline.ca

National Center on Caregiving – Family Caregiver Alliance

Website: www.caregiver.org