

What Do You Need To Know? - Day to Day Resources

There are an estimated 2.5 million Ontarians who are trying to balance paid employment and caregiving and it is challenging. This Tip Sheet offers a place to start to understand the types of resources for yourself and the person you are caring for around practical matters related to caregiving.

PHYSICAL CARE

- In-home support services to help with physical needs of the person you are caring for (i.e. bathing, dressing, wound care) are available both government funded and privately for a fee
- In Ontario, government funded programming is organized through the Local Health Integration Network also known as the LHIN. Their contact information is: (Mississauga) (905)-855-9090 OR (Brampton) (905)-796-0040 or find support in your specific region by visiting <http://www.lhins.on.ca/>

MENTAL HEALTH SUPPORT

- It is common for individuals and their families/friends to have difficulty after a change in health to **experience difficult emotions**. If the person you are caring for, yourself or your family members/friends are experiencing emotional distress, reach out for help
- Your **family doctor** may have suggestions (i.e. support groups or counselors). There are also **24 Hour Crisis Line** - Distress Centre of Peel - 905-278-7208; 24/7 Crisis - 905-278-9036; Kids Help Phone-1-800-668-6868
- In an emergency, go to your nearest emergency room or urgent care centre

SOCIAL

- Social supports can provide day programs activities, support groups, and opportunities for you or the person you are caring for to get out of the home. Call 211 or www.211.ca for resources near you.

CAREGIVER SUPPORT

- There are lots of aspects to it: understanding your new role and medical language, how to advocate, finding support and respite.
- Seeking assistance before you become overwhelmed can help you to maintain your caregiving role. <http://www.ontariocaregivercoalition.ca/caregiver-resources.html> 1-833-416-2273

TRANSPORTATION

- Assistance in getting to appointments can be really valuable
- Some organizations/community centres organize volunteers who are able to help assist with travel to appointments
- Many municipal transit systems have accessible transit for people with mobility issues. Call 211 or www.211.ca for information.

MEAL DELIVERY

- To save time consider, grocery delivery or pick up (Loblaws, superstore offer this) or food delivery programs (like: <https://www.hellofresh.ca>, <https://www.makegoodfood.ca/en/home>, <https://www.chefsplate.com/>)
- Pre-packaged meal delivery to the home of the person you are caring for, for a fee can ease the pressure of needing to cook or shop, if the person you are caring for can't do it for themselves. www.mealsonwheels.ca OR www.hearttohome.ca

Resources - Click on the links & logos below

- www.211.ca - Can provide information on local programs and services via email request form or over phone
- www.ontariocaregivercoalition.ca/caregiver-resources.html - links to resources, networks, videos and tips

What Do You Need To Know? - Financial, Housing, & Legal Resources

There are an estimated 2.5 million Ontarians who are trying to balance paid employment and caregiving. Below are resources for you and the person you are caring for around practical matters related to caregiving.

FINANCIAL

Consider whether the person you are caring for might be eligible for financial benefits if they are no longer able to work.

Ontario Works

- Provides assistance for people who are not working, can include drug cards. 905-793-9200

Canada Pension Plan (CPP)

- The person you are caring for may qualify for this pension/disability fund if they had paid taxable employment in Canada prior to retirement/disability 1-800-206-7218

Ontario Disability Support Program (ODSP)

- Talk to their family doctor as they must meet government definition of person with a disability.

Compassionate Care Benefits

- If you are a full time caregiver for an ill person, you may qualify for the federal benefit for caregivers. www.canada.ca/en/services/benefits/ei/caregiving

HOUSING OPTIONS

Retirement Homes

- Retirement homes offer mild to moderate care needs in private rentals (No waitlist; cost covered by you or person you are caring for) <https://www.orcaretirement.com/find-a-retirement-home>

Supportive Housing

- Supportive housing is usually rental housing with some level of practical support. It can be both private and government funded (Note there is usually a waitlist for admission.)
<https://www.mississaugaahaltonhealthline.ca/listservices.aspx?id=10666>
<https://www.centralwesthealthline.ca/listServicesDetailed.aspx?id=10666®ion=Brampton>

Long Term Care Homes (LTC)

- LTC offers moderate to high needs of care; both government funded & private - www.oltca.com (Note that there is usually a wait list for admission; sometimes crisis placement available.)

LEGAL ASSISTANCE

- Consider encouraging the person you are caring for to **designate a substitute decision maker** in the event that they become incapable of making decisions for themselves (in a legal Power of Attorney document).
- Many **community centres have connections to lawyers** who can help formalize this. There are also good online tools for them to start on their own. Legal Aid may be available for other matters.

Resources - Click on the links & logos below

- www.211.ca - Can provide information on local programs and services via email or over phone including Ontario Works, community centres with legal support, and legal aid offices, and housing help
- www.canada.ca/en/services/benefits/ei/caregiving - Federal Full time Caregiver Benefits
- <http://www.peelseniorlink.com/our-services/how-to-apply-2/supportive-housing/> - supportive housing and social programs for seniors