

Caregivers take on many different tasks, emotional support and transportation being the most common. Caregivers may also be involved in activities inside and outside the home, including providing personal care, physical support, basic medical procedures, scheduling appointments, translating information, and managing financial and legal responsibilities.

Following is a list of resources available online and by phone to support community members with their caregiving.

Over-the-phone and virtual support

Ontario Caregiver Organization

Free online resources and helpline available in English and French. The Live Chat is also available 7am – 9pm (Mon – Fri). To access call 1-833-416-2273 (CARE)

More info: <https://ontariocaregiver.ca/find-support/helpline/>

Distress Centres Helpline

A free crisis and emotional distress phone, online chat and text service that provides 24-hour support, 7 days a week, 365 days a year to individuals in the community. For access to this service call 416-408-4357

More info: torontodistresscentre.com

Toronto Seniors Helpline

Information and referrals for senior support services, as well as supportive counseling over the phone for seniors and caregivers in Toronto. For access to these services call 416-217-2077

211 Local Resources

A free helpline that connects you to community and social services in your area 24 hours a day, 365 days a year, in over 150 languages. To access call: 2-1-1

More info: www.211ontario.ca

Alzheimer Society of Toronto

Support, information, programs and education available online and by phone, to people with dementia, their families and their caregivers. Generalized caregiver resources and supports available online. To access any of these services call 416-322-6560

More info: <https://alz.to/>

Family Service Toronto

Counseling, support groups, and education for seniors and caregivers in Toronto. To access these services call 416-595-9618

More info: familyservicetoronto.org/our-services/programs-and-services/seniors-and-caregivers/

Tropicana Community Services

Toronto-based multi-service organization, provides all youth, newcomers, people of Black and Caribbean heritage and others in need with opportunities that lead to success. Our mission is achieved through culturally appropriate programs such as counselling, child care, educational and employment services and youth development.

More info: <http://tropicanacommunity.org/> or Call: 416-439-9009

Information Services and Community Care Support

Ontario Caregiver Organization

The Ontario Caregiver Organization exists to support people who provide physical and emotional support to a family member, partner, friend or neighbour.

More info: <https://ontariocaregiver.ca/>

Caregiving and COVID-19

More info: <https://ontariocaregiver.ca/covid-19/>

Toronto Central Healthline

List of Toronto-specific resources for caregivers including compassionate care benefits, respite, and in-home hospice care.

More info: <https://www.torontocentralhealthline.ca/listservices.aspx?id=10164>

CareChannel

Free online resources for family and community caregivers. CareChannel features over 80 'how-to videos', as well as careguides. CareChannel is available in five languages: English, French, Punjabi, Spanish, and Mandarin.

More info: <https://carechannel.elizz.com/>

Local Health Integration Network (LHIN)

Access to government funded home and community care services, including: care coordination, personal support workers, nurses, physiotherapy, social work, medical supplies and equipment, etc. across Ontario. For access to these services call 310-2222 (no area code)

More info: lhins.on.ca

TTC Wheel Trans

Transit option for persons with disabilities to travel in Toronto if their disability prevents them from using TTC conventional transit.

Phone: 416-393-4111

Website: WheelTrans/How_to_apply/index.jsp

Caregiver Exchange

A website resource with information on services and tips for caregivers created through a partnership with thehealthline.ca Information Network (a non-profit organization) and the Local Health Integration Networks – Home and Community Care – of Ontario.

More info: caregiverexchange.ca/

Pods and Pod Mapping Worksheet

Tool for thinking through and mapping out who you can call on to support you in times of need.

For more info: <https://batjc.wordpress.com/pods-and-pod-mapping-worksheet/>

Women's Health in Women's Hands

Women's Health In Women's Hands is a Community Health Centre for racialized women living in Toronto and surrounding municipalities. Our primary health care team of highly skilled health care professionals specialize in the health and wellness needs of racialized women and prioritizes those from African, Caribbean, Latin American and South Asian communities. Our services are fully accessible and designed to address the barriers that prevent women from being in excellent health.

More information: <https://www.whiwh.com/> or Call: 416-593-7655

Les Studio

Les Studio offers pay-what-you-can haircuts once a month, every last Sunday. By supporting different LGBTQ+ charities, we believe in giving back to our community. Email lesstudio.to@gmail.com or call +1 (647)-948-7735. More information: <http://lesstudio.ca/>