

Section 7

Support Services for Caregivers and Care-Recipients

What to watch for:

- A senior may have a drinking problem if this person:
- Drinks to calm nerves or reduce depression
- Lies to hide drinking habits
- Loses interest in food
- Feels irritable, resentful or unreasonable when not drinking
- Has medical, social or financial problems caused by drinking
- Check for signs of financial insecurity
- signs of depression
- disappearance of valuable possessions
- concern expressed about the ability to pay for health care and other essentials for daily living

Depression is a condition that exists in the senior population. Despair, loneliness, frustration, the inability to perform certain tasks and a feeling of being unwanted and unneeded are the basis of mental health problems with seniors.

What to watch for:

- A sad mood
- Ongoing pessimism about the past, present & future
- Loss of interest in other activities
- Lack of energy
- Irritability
- Difficulty in making decisions
- Loss of weight
- Decreased appetite
- Disturbed sleep patterns
- Depressive dreams
- Thoughts of suicide

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Community Resources

Federal/Provincial governments can provide information on their specific programs and resources for seniors. Check the Blue Pages in your phone book or call Reference Canada - referral and basic information service on federal government program and services at 1-800-667-3355.

Homemakers and nurses will visit elderly, physically disabled or convalescent persons so they can remain in their homes. Live-in or live-out homemakers are available on a commercial basis at a set fee. This is an expensive service but it may be the most appropriate arrangement.

Local police and fire departments can provide information on fire safety and in some communities will arrange for home safety checks.

Pharmacies can provide information on medications, their side effects, and the way they should be taken.

Public Health offices and Community Health Centres can provide information on fall and injury prevention, nutrition, medication use and issues about living independently.

Ethno-cultural organizations may provide services to seniors in their own language.

Senior citizens' organizations can provide information on recreational and exercise programs as well as other services in the community.

Local libraries may help you access documents and information that you may require.

POINT Community Information Service (CIS) provides information and referrals to assist individuals to find the appropriate service or program that addresses their needs.

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Community Support Services

Adult Day Programs
Dining Clubs
Escort Service
Friendly Visiting and Security Checks
Home Help
Homemaking
Meals-on-Wheels
Caregivers Support
Respite Care and Vacation Care

Support Services

- Advocacy Centre for the Elderly (ACE) 416-598-2656
- ARCH - Legal Resource Centre for Persons with Disabilities 416-482-8255
- Assistive Device and Home Oxygen Program
Ministry of Health and Long-Term Care 1-800-268-6021
- Find Help Toronto 416-397-4636
- 7641
- Family Interpreters call:
211 for accessing information on services in specific languages
YMCA of Greater Toronto 416-928-9622
c) City of Toronto 416-338-0338
- Family Service Association of Toronto 416-977-0559
- Guaranteed Annual Income System (GAINS) 1-800-263-7965
Ontario Ministry of Finance
- Guaranteed Income Supplement (GIS) 1-800-277-9914
Government of Canada Income Security Program

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- Health Care Programs (Ministry of) Health and Long-Term Care 416-327-8952
- Canadian Medic Alert Foundation 1-800-668-1507
- Old Age Security (OAS) 1-800-277-9914
- Ontario Disability Support Plan 416-325-5666
- Ontario Drug Benefit Program 416-327-8109
- Ontario Seniors' Secretariat 1-888-910-1999
- Ontario Works - General Welfare Assistance 416-392-8623
- Canadian Institute for Health Information 416-481-2002
- POINT Community Information Service 416-487-2427
(Trained volunteers and staff can provide information and referrals on organizations, programs and services)
- Senior Caregiver Information 416-392-0983
- Services for Seniors - Community Hellene 416-397-4636
- Spouse's Allowance (SPA) 1-800-277-9914
- Telehealth Ontario 1-866-797-0000
TTY 1-866-797-0007
Telehealth Ontario is a free, confidential telephone service you can call to obtain health advice or general health information from a Registered Nurse.
- Toronto Home Library Service 416-395-5557
- Toronto Public Health Department 416-392-7641
- WheelTrans (TTC) 416-393-4111

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- Widowed Spouse's Allowance 1-800-277-9914
- Veterans Affairs Canada-Sunnybrook & Womens' College Health Sciences Centre 416-973-1966
- Veteran Affairs Canada 1-800-387-0930

Support Groups and Workshops Available

- Caregivers' Support Group 416-785-2500
Baycrest Centre for Geriatric Care
- Central Eglinton Community Centre 416-392-0511
- Circle of Care 416-635-2860
- Fairlawn Neighbourhood Centre 416-488-3446
- Family Support Group 416-480-4215
Sunnybrook and Womens' Health Science Centre
- North Toronto Memorial Community Centre 416-392-6591
- SPRINT 416-481-6411
- Sunnybrook Cancer Clinic 416-488-5801
- The Anne Johnston Health Station 416-486-8666
- The Temmy Latner Centre for Palliative Care 416-586-8594

Internet Service/Links

- Computers available for internet use at POINT
& free training sessions 416-487-2427
- P.O.I.N.T - www.pointinc.org
- The Caregiver Network Inc. - www.caregiver.on.ca
- www.howtocare.com

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Pastoral Care - Churches -

- Offers:
- support for family & caregivers
 - access to special programs
 - referral to community institutional programs

Caregiver Support and Counselling Services for Caregiver

Alzheimer Society of Toronto

Address: 2323 Yonge St. Ste. 500
Toronto ON M4P 2C9

Phone: 416 322-6560

Fax: 416 322-6656

Email: write@alzheimerontario.org

Website: www.alzheimerontario.org

Baycrest Centre for Geriatric Care

Address: 3560 Bathurst St.
Toronto ON M6A 2E1

Phone: 416 785-2500 ext 2730

Fax: 416 785-2378

Website: www.baycrest.org

Bernard Betel Centre for Creative Living
(Emphasis on Alzheimer's Disease)

Address: 1003 Steeles Ave. W
Toronto ON M2R 3T7

Phone: 416 225-2112

Email: reception@betelcentre.org

Website: www.betelcentre.org

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Canadian Hearing Society

Address: 271 Spadina Road
Toronto ON M

Phone: 416 964-9595

Email: info@chs.ca

- Hearing care counselling – communication and hearing care support services (priority to seniors 55 & over)
- Home visits for clients, their families and caregivers
- Hearing help classes – supportive group environment for hard of hearing individuals
- Technical devices 1-800-537-6030
- Serves Italian, Chinese, Portuguese, Russian for seniors

Catholic Family Services of Toronto – North Branch

Address: 5799 Yonge St. Ste. 300
North York ON M2M 3V3

Phone: 416 222-0048

Fax: 416 222-3321

Website: www.cfsofto.org

Family Services Association of Toronto

Address: 355 Church Street
Toronto ON M5B 1Z9

Phone: 416 595-9230

Fax: 416 595-0242

Website: www.fsatoronto.com

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Your Notes - Section 7

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