

Ontario Caregiver Organization – Programs & Services for Caregivers:

The **Ontario Caregiver Organization** offers a variety of programs and supports for caregivers, so that they can be supported in their role.

ONTARIO CAREGIVER HELPLINE: 1-833-416-2273

Single point of access to information, support and service in English and French 24/7. Live chat is available 7am-9pm (Mon – Fri) at ontariocaregiver.ca. Caregivers can speak to a Community Resource Specialist to connect to community-based services and supports across Ontario based on their individual needs.

SCALE PROGRAM: CAREGIVER NEEDS AND WELL-BEING

Eight weekly webinars, online group coaching and one-on-one telephone counselling. [SCALE \(Supporting Caregiver Awareness, Learning and Empowerment\)](#) focused on topics relevant to new or experienced caregivers, including caregiver stress, managing feelings of anxiety or guilt, self-care for the caregiver. Registration is required. [For more information about SCALE](#)

VIRTUAL PEER SUPPORT GROUPS

An opportunity for caregivers to connect with other caregivers to discuss the challenges they are facing. Support groups are offered several times a week including a group for young caregivers. Option to join online or by phone. [For caregivers seeking an online support group](#)

1:1 PEER MENTORING PROGRAM

Peer support program that connects caregivers with trained peer mentors for 1:1 phone or virtual support. Caregivers with lived experience and knowledge to share are trained to become peer mentors to provide support to another caregiver seeking support with the challenges they are facing.

- [For caregivers seeking to become a peer mentor](#)
- [For caregivers who need the support of a peer mentor](#)

EDUCATIONAL WEBINARS

One-hour webinars offered two times per month on a wide range of topics for caregivers. Recordings of past webinars are also available online [here](#).

TOOLKITS AND RESOURCES FOR CAREGIVERS ON OUR WEBSITE

Our website offers a wide range of tools and resources for caregivers at ontariocaregiver.ca, including:

- [I am a Caregiver Starter Toolkit](#) - Created by caregivers for caregivers the toolkit focuses on how the caregiver can be empowered to take care of themselves.
- [Work & Caregiving – A Balancing Act: Toolkit for Working Caregivers](#)
- [COVID-19 Caregiver Tip Sheets](#), including a COVID-19 Contingency Plan tool for caregivers