

# Resources for Caregivers

*Caring for a loved one is a big responsibility.  
This booklet provides resources to help you with your caregiving  
journey – or when you just someone to talk to.*



## **Transitional and Lifelong Care Program**

*Parkwood Institute Main Building, 550 Wellington Road South*

*London, Ontario, N6C 0A7*

*Phone: 519 646-6100*

# Transitional and Lifelong Care Program

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## Resources for Caregivers

### **ACCESS Open Minds – Chatham Kent**

- Family peer support workers available Monday to Thursday for support.
- Phone: 519 437-6329
- Email: [info@accessopenmindsck.ca](mailto:info@accessopenmindsck.ca)
- Website: <https://accessopenminds.ca/>

### **Canadian Caregiver Network – Huddol**

- Online support network for caregivers
- Website: [www.thecaregivernetwork.ca/](http://www.thecaregivernetwork.ca/)

### **Carers Canada**

- Offers resources and information for those caring for a loved one.
- Website: [www.carerscanada.ca/](http://www.carerscanada.ca/)

### **Caregiver Connection Groups**

- Social support groups and resources for those in care-taking roles in Huron and Perth counties.
- Contact Huron Perth Community Support Service Network to learn more.
- Phone: 1-844-482-7800
- Website: [caregivershuronperth.ca/](http://caregivershuronperth.ca/)

## Resources for Caregivers

### Caregivers Exchange

- Website has tips and resources for those in caring roles.
- Offers a list of support services in Ontario.
- Website: [caregiverexchange.ca/](http://caregiverexchange.ca/)

### Caregiving Matters

- Online information and handouts for those who are caring for their loved one.
- Website: [caregivingmatters.ca/](http://caregivingmatters.ca/)

### CMHA Middlesex Family Support Program

- Speak with a mental health counsellor to discuss concerns and learn tips to help your loved one.
- Offers a support group for those in care-taking roles.
- Phone: 519-518-2436
- Email: [familysupport.info@cmhamiddlesex.ca](mailto:familysupport.info@cmhamiddlesex.ca)
- Website: [cmhamiddlesex.ca/types-programs-services/family-caregiver/](http://cmhamiddlesex.ca/types-programs-services/family-caregiver/)

### Extended Family Support Services

- Talk to a support person for support with stress and burnout.
- Phone: 519 913-2123
- Website: [www.extendedfamiliesforhire.com](http://www.extendedfamiliesforhire.com)

## Resources for Caregivers

### Family Caregivers Leave

- Unpaid, job-protected leave of up to eight weeks per year.
- Phone: 416 326-7160
- Toll-free: 1-800-531-5551
- Website: [www.ontario.ca/document/your-guide-employment-standards-act/family-caregiver-leave](http://www.ontario.ca/document/your-guide-employment-standards-act/family-caregiver-leave)

### Family Caregiver Amount Tax Credit

- A person who is caring for someone with a physical or mental disability may access the Family Caregiver Amount tax credit.
- Contact Family Consumer Agency or visit the website.
- For service in English: 1-866-461-FCAC (3222)
- For service in French: 1-866-461-ACFC (2232)
- Website: [www.canada.ca/en/financial-consumer-agency/services/caring-someone-ill/tax-credit-caregiver.html](http://www.canada.ca/en/financial-consumer-agency/services/caring-someone-ill/tax-credit-caregiver.html)

### Family Service Kent

- Offers a safe place to discuss your concerns, clarify what may be helpful, and strengthen your well-being.
- Phone: 519 354-6221
- Toll free: 1-855-4FSKENT (437-5368)
- Email: [feedback@familyservicekent.com](mailto:feedback@familyservicekent.com)
- Website: [www.familyservicekent.com/](http://www.familyservicekent.com/)

## Resources for Caregivers

### Help for your Health

- Free online workshop to learn how to manage your health and the health of those you care for.
- Phone: 1-844-301-6389
- Website: [www.selfmanagementontario.ca/en/helpwithyourhealthonline](http://www.selfmanagementontario.ca/en/helpwithyourhealthonline)

### Meals on Wheels

- Assists those who need short term (caregiver relief) or long-term support.
- Phone: 519 660-1430
- Website: [www.meals-on-wheels.ca](http://www.meals-on-wheels.ca)

### N'Amerind (London) Friendship Centre – Life Long Care Program

- One-on-one counselling and group support for those caring for adults with disabilities.
- Phone: 519 672-0131
- Website: [www.namerind.on.ca](http://www.namerind.on.ca)

### Ontario Caregiver Organization

- 24/7 helpline for all caregivers.
- Caregiver info and resources are available on website.
- Phone: 416 362-2273 (CARE)
- Helpline: 1-833-416-2273
- Live chat available at [ontariocaregiver.ca](http://ontariocaregiver.ca).
- Email: [info@ontariocaregiver.ca](mailto:info@ontariocaregiver.ca)
- Website: [ontariocaregiver.ca/](http://ontariocaregiver.ca/)

## Resources for Caregivers

### Ontario Caregiver Coalition

- Works to enhance the voices of caregivers in the province. Website offers resources for caregivers to access.
- Email: [JBertrand@alzon.ca](mailto:JBertrand@alzon.ca)
- Website: [www.ontariocaregivercoalition.ca/](http://www.ontariocaregivercoalition.ca/)

### Powerful Tools for Caregivers Group

- Free six-week workshop for those in caring roles to give them skills to better take care of themselves.
- Phone: 519 421-5691
- Toll-Free: 1-855-463-5692
- Email: [info@swwselfmanagement.ca](mailto:info@swwselfmanagement.ca).
- Website: [www.swwselfmanagement.ca](http://www.swwselfmanagement.ca)

### Teva Caregivers

- Offers online handbooks to download. The handbooks include self-quizzes to keep track of burnout, skills to cope, checklists to prepare for healthcare visits, and more.
- Website: [tevacaregivers.com/](http://tevacaregivers.com/)

## Resources for Caregivers

### **Victorian Order of Nurses (VON) – Adult Day Program Caregiver Support Program**

- Peer support meetings each month for family and friends caring for their loved one.
- Phone: 519-539-1231
- Central Intake Coordinator: 1-888-866- 7518
- Email: [adminvonoxford@von.ca](mailto:adminvonoxford@von.ca)
- Website: [www.von.ca/en/site/oxford](http://www.von.ca/en/site/oxford)

### **Victorian Order of Nurses (VON) – Caregiver Education and Support**

- Advice and emotional support for those caring for a loved one.
- Phone: 519 659-2273 or 1-866-559-5532
- Website: [www.von.ca/en/service/caregiver-support-and-education](http://www.von.ca/en/service/caregiver-support-and-education)

# Transitional and Lifelong Care Program

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*The Transitional and Lifelong Care Program provides care to adolescents and adults (15 years of age or older) from Southwestern Ontario who have special health and rehabilitative needs related to a condition of childhood onset. This includes people with cerebral palsy, spina bifida, Rett Syndrome, developmental delay and others.*

## Contact

**Hours:** 8 am to 4 pm  
Monday to Friday

**Location:** **Parkwood Institute Main Building**  
550 Wellington Road South  
London, Ontario, N6C 0A7  
Phone: 519 646-6100

**Additional Contacts:**

CARING FOR THE BODY,  
MIND & SPIRIT SINCE 1869



[sjhc.london.on.ca](http://sjhc.london.on.ca)

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