

COMPENDIUM OF SENIOR FRIENDLY CARE CAREGIVER RESOURCES

Purpose:

This compendium was designed as a resource for organizations and healthcare providers to support families and caregivers of older adults. It provides tools and resources to support the health and well-being of caregivers, and to assist them in providing care for their loved one(s).

How to use this document:

When a caregiver requires support; either caring for themselves or for their loved one, organizations/healthcare providers may choose appropriate resources from this list to offer support.

In addition to providing direct supportive resources to caregivers, this compendium introduces specific Senior Friendly Care resources that can help organizations to broadly reflect on their approach to providing Senior Friendly Care. The sfCare Self-Assessment, the Getting Started Toolkit, and the sfCare Framework outline practical strategies for implementing real change. Organizations interested in completing a sfCare Self-Assessment, can identify where its practices align with Senior Friendly Care best practices and where there are existing opportunities for capacity building and/or quality improvement.

For More Information:

Contact Melissa Tuinema, the Senior Friendly Care Lead in the Nipissing and Timiskaming District, to learn how she can support implementation of a Senior Friendly approach to care and/or to review any of the resources listed in this document.

Senior Friendly Care Resources	
sfCare Self-Assessment	The sfCare Assessment is designed to identify your organization's strengths and opportunities.
sfCare Getting Started Toolkit	This toolkit offers support for organizations across the continuum of care in implementing the sfCare Framework.
sF7 Toolkit	The SF7 Toolkit supports clinical best practices for healthcare providers and includes self-management tools for older adults and their caregivers.

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Caregiver Essentials - Care for the Caregiver	
Alzheimer Society Canada-Caring for Someone	Caring for someone with dementia takes a tremendous toll on the physical and emotional health of the primary caregiver. Information about Self-care for the caregiver.
Alzheimer Society Resources for the Caregiver	Families living with Alzheimer's disease or other forms of dementia face a unique challenges. The Alzheimer Society provides a number of support services and resources.
Big White Wall Online Peer-to-Peer Support Community for your Mental Health	An anonymous support community. Access 24 hrs/day, 365 days/year. Self-assessments & recommended resources. Wide range of self-guided courses to do at your own pace.
Canadian Caregiver Network-Online Support Community	A community to support the well-being of caregivers. Connect with other caregivers and qualified professionals.
Care for the Caregiver-North East Ontario	Supportive programs to help caregivers cope with their responsibilities, including self-help information, informal counselling, recreation and instruction.
Caregiver Exchange Self-Care Videos	Practical insights for busy caregivers to balance your own needs with the needs of the person(s) you're caring for.
National Institute for Care of the Elderly-Caregiver Self Care	Caregiver self-care pocket card.
Ontario Caregiver Coalition-Resources	A list of different organizations, groups, and websites in Ontario that can provide support and resources for family caregivers.
Ontario Health: Seniors: for family and other caregivers	Ontario Health: information and resources to support those caring for others.
RGPO Caregiving Strategies-Caring for the Caregiver	Caregiver wellness, discovering your strengths as a caregiver, strategies for wellness. Get connected to caregiving support and resources.
Sinai Health System-Healthy Ageing and Geriatrics-Patient Resources-Managing Caregiver Stress	Healthy aging and geriatrics. Managing caregiver stress.
Taking Care of You-Self Care for Family Caregivers	Family Caregiver Alliance. Caregiving tips for family caregivers.
The Ontario Caregiver Organization	Website offers caregiving resources: online support groups-caregivers can connect with others, share experiences, challenges and solutions. Ontario Caregiver Helpline: 1-833-416-2273 or live chat. (24/7)
Ontario Caregivers and Canadian Mental Health Association-BounceBack Support Program	Caregiver support for their own mental and physical health to ensure they can provide meaningful care to others.

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Clinical Resources for Caregivers of Older Adults	
Managing Care	
Canadian Red Cross-Senior Support Services in your Community	Red Cross: Senior Support Services in your Community (Adult Day Programs, Assisted Living, Friendly Visiting, Home Maintenance, etc.)
Caregiving Matters	Caregiver news, videos, and resources to support caregiving.
Daily Caring for Caregivers	Caregiver tips, tricks, and resources for daily care, caregiver stress, senior health, housing, and finances/legal.
Government of Canada-Care Options, Choosing the best plan for you and the person you are caring for	Resources for care options and planning for care (support their health, quality of life, and maintain your own health and well-being)
Hospice Palliative Care Ontario-Caregiver Support	Caregiver Education and Resource Modules.
March of Dimes Canada-Online Caregiver Programs	March of Dimes: online discussions, webinars to support caregivers.
Ontario Health-Home and Community Care	Information on how to get help for seniors who need support living at home.
Ontario Health-Respite for Caregivers	Information about temporary respite care for caregivers.
RGPO-Caregiving Strategies Handbook	Strategies for Providing Care and Support to a Senior Living with Frailty and Care for the Caregiver.
The Ontario Caregiver Organization-Managing Care	Overview of what you need to know to assist in managing the care of another person, with several resources to support it (resource available to create a Care Binder.)
The Ontario Caregiver Organization-Navigating the Healthcare System	Support in navigating the healthcare system, types of care partners, and communication with care team.
Bladder Health	
RGP Toronto-Senior Friendly Care-Urinary Incontinence Toolkit	Information on incontinence and support for older adults and their caregivers.
RGPO Caregiving Strategies-Bladder Health	Information about incontinence, effects, management, improvement tips and support.
Sinai Health System-Healthy Ageing and Geriatrics-Patient Resources-Improving Urinary Incontinence	Resources for improving urinary incontinence.
The Canadian Continence Foundation	Information on bladder health, urinary and fecal incontinence, treatment, and caregiver resources.

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Cognitive Impairment, Dementia, Delirium	
Alzheimer Society Ontario-Ready, Set, Plan-for Care Partner Absence	A tool to assist in planning ahead for a time that someone else may need to help care for the person living with dementia (if the caregiver is ill or away).
Alzheimer Society-Caregiver Support	Information about and links to supports for caregivers-First Link Program, Cognitive assessments, support groups, supportive counselling, and behaviour support.
Alzheimer Society-Day-to-Day Living-Safety	Maintaining a safe, dementia-friendly environment: home safety, location devices, disaster preparation, etc.
Alzheimer Society-First Link Program	A referral program designed to help newly diagnosed people with dementia get the help they need as soon as possible.
Baycrest Quick-Response Caregiver Tool for Managing Responsive Behaviours	A tool to be used by formal or informal caregivers (including family members) when trying to manage responsive behaviors in persons with dementia. It involves a reflective exercise that can be used by caregivers in real time as behaviours occur.
Caregiver's Guide to Understanding Dementia Behaviors	Caregiver's Guide to Understanding Dementia Behaviors.
Delirium Prevention and Care with Older Adults	Canadian Coalition For Seniors' Mental Health: Delirium Prevention and Care.
Enhancing Care for Ontario Enhancing Care for Ontario Dementia Care Partners-Learning Resources for Dementia Care Partners	Learning Resources for Dementia Care Partners, specifically: Caregiver Tip Sheets and Videos , Dementia Advisor App (learn effective coping skills), and Dementia Talk App (helps track and respond to challenging behaviours at home).
Hospital Elder Life Program-About Delirium	Information for caregivers about delirium: what is it, what does it look like, what you can do, and supporting resources.
RGP Toronto-Senior Friendly Care-Delirium Toolkit	Information about delirium, significance, risk factors, signs and symptoms, detection, strategies for prevention, for older adults and their caregivers.
RGPO Caregiving Strategies-Changes in Thinking & Behaviour (Delirium)	Information about delirium, dementia, and how to recognize changes in thinking in the person you are caring for. Common causes, risk factor, and strategies for prevention and management of delirium.
Sinai Health System-Healthy Ageing and Geriatrics Patient Resources-General Tips for Memory Problems	Memory tips for family, friends, and caregivers.
Sinai Health System-Managing Mild Cognitive Impairment-Alzheimer's Disease-other Dementias	Resources to support management of mild cognitive impairment, Alzheimer's Disease, and other dementias.
Sinai Health System-Healthy Ageing and Geriatrics-Patient Resources-How to Recognize and Manage Delirium	Information about delirium: definition, identification, prevention, and management.
Teepa Snow-Resources about Dementia	Positive Approach to Care videos: Dementia 101, Brain changes, challenging behaviours, and meaningful activities.

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Medication Management	
Northeasthealthline.ca-Drug Benefits for Seniors	Links to drug benefits for seniors in Ontario.
RGP Toronto-Senior Friendly Care-Medications Toolkit	Medication management for older adults and their caregivers. Managing multiple medications, adverse drug reactions, questions to ask your health care provider about medications, etc.
RGPO Caregiving Strategies-Medication Management	Information about medications-safety, management, supporting independence and compliance, medication alternatives, and additional support.
Safe Medication Use	Resources to support caregivers with safe medication use.
Nutrition	
A Guide to Healthy Eating for the Older Adult	Unlock Food: Eat Right Ontario. A Guide to Healthy Eating for the Older Adult
Canadian Dental Association-Oral Health-Tips for Caregivers	Tips for caregivers in providing oral care: natural teeth, complete or partial dentures, and mouth tissues.
Meals on Wheels	Meals on Wheels delivers nutritious, affordable meals to seniors.
RGP Toronto-Senior Friendly Care-Nutrition Toolkit	Information on nutrition, risk factors, and interventions to improve nutrition in older adults. Links to: nutrition assessment and programs, meal delivery services in your area.
RGPO Caregiving Strategies-Nutrition	Information about nutrition, eating habits, risk factors of poor nutrition and dehydration, and strategies to support healthy eating.
Pain	
Meditation-Alternative Pain Management	Meditation can be thought of as a form of Cognitive Behavioural Therapy (CBT) that can help to redirect and reduce feelings of pain.
Mindfulness-Relaxation Methods	Relaxation methods such as breathing exercises and repeating the same word over and over, can reduce stress and muscle tension and alleviate the feeling of pain.
One-Minute Pain Assessment for Caregivers	One-Minute Pain Assessment to help identify the presence of pain and communicate your findings to your family member's care provider.
RGP Toronto-Senior Friendly Care-Pain Toolkit	Information about pain, impact, and pain relief strategies. Links to Daily Pain Diary and non-pharmacological approaches to help with pain.
RGPO Caregiving Strategies-Pain	Information about pain: recognizing pain, determining severity and type of pain the person you care for is experiencing, techniques and strategies for managing the pain.

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Social Engagement	
Functions of Reminiscence	Tips on social engagement-the form of conversation about someone's past/life history.
RGP Toronto-Senior Friendly Care-Social Isolation Toolkit	Information on loneliness and social engagement, impact, prevention, and suggestions to increase social engagement. Links to find activities for Seniors in your community.
RGPO Caregiving Strategies-Social Engagement	Information on social isolation, how to support healthy social engagement, manage social outings and appointments, and where to find additional support.
Seniors Connect With Your Community	Information on senior's active living centres, community recreation centres, and other opportunities for older adults to remain socially engaged.
Ways of Preventing Social Isolation Among Seniors	Practical tips on reducing social isolation among older adults presented in an infographic.
Staying Active	
Activity Toolkit for Seniors: Staying Engaged, Staying Safe During COVID-19	Toolkit to address the need for older adults to remain active and engaged during COVID-19, developed by North Simcoe Muskoka Specialized Geriatric Services.
Alzheimer Society Canada-Living with Dementia-Staying Active	Ideas to help the person with living dementia to maintain an active and meaningful lifestyle during all stages of disease.
From Soup to Tomatoes Online Exercise Program	An armchair-based exercise program that can be accessed on You Tube. Participate from home in basic, gentle and yoga classes that are offered in English and French.
Minds in Motion-Alzheimer Society Algoma	A community-based social program that incorporates physical activity and mental stimulation for people with early to mid-stage signs of Alzheimer's disease or other dementias and their care partners.
Northeasthealthline.ca-Exercise and Falls Prevention Programs	Group exercises and falls prevention classes help seniors living in the community stay healthy and active. Classes are publicly-funded and held at various community locations.
Ontario Health-Exercise and Fall Prevention Programs	Exercise and Falls Prevention Programs help seniors stay healthy, active, and mobile.
RGP SLoT-Stretch-Lift-or Tap Staying Active Indoors	Stretch, Lift, or Tap (SLoT) Activity instructions to help older adults stay active indoors.
RGP Toronto-Senior Friendly Care-Mobility Toolkit	Information on benefits of staying active, complications of inactivity, mobility plan, and links to resources. (Canadian Physical Activity Toolkit, and activities in your community)
RGPO Caregiving Strategies-Staying Active	Information on mobility, fall prevention, and plan for what to do if the person you care for has fallen.
Sinai Health System-Healthy Ageing and Geriatrics Patient Resources-Preventing Falls at Home	Information about fall prevention and safety in the home.



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Additional Resources	
Resources to Support Decision Making and Advance Care Planning	
Alzheimer Society Canada-Making Decisions	Information on: Planning for the future, substitute decision makers, levels of care and approach to treatment, finances, etc.
Enhancing Care for Ontario Dementia Care Partners: A Caregiver Legal Guide-Powers of Attorney and Substitute Decision Making Videos	A Caregiver Legal Guide: Powers of Attorney and Substitute Decision Making Videos.
Register to find a Primary Health Care Provider	Register with Health Care Connect and a nurse will search for a doctor or nurse practitioner is accepting new patients in your community.
Health care Consent and Advance Care Planning	BrainXchange: Health Care Consent and Advance care Planning.
McMaster University-Consent, Capacity, and Care planning	Video on Consent, Capacity, and Care Planning.
National Institute on Aging-Advance Care Planning	Information on Advance Care Planning, Legal and Financial planning.
The Ontario Caregiver Organization-Legal Support-Privacy-Consent	Financial Support, Legal Support, Privacy & Consent.
Speak Up Ontario-Advance Care Planning	Information about Advanced Care Planning, Substitute Decision Maker, starting the conversation, Advance Care Planning workbooks and quick guides.
Speak Up Ontario-Advance Care Planning Resource Library	Advance care planning workbook, Conversation Starters, FAQ's, Wallet card.
Speak Up Ontario-Resources for Individuals and Families	Information for Substitute Decision Makers for COVID-19.
Ministry of the Attorney General-Power of Attorney information	Information about Power of Attorney including POA kit.
Ministry of the Attorney General-Incapacity	Information for caregivers re: capacity/incapacity and power of attorney.
Ministry of the Attorney General-Power of Attorney booklet	A booklet containing Power of Attorney forms: Continuing Power of Attorney for Property and Power of Attorney for Personal Care.
Capacity Assessments	Information about capacity assessments.
Resources for Financial Support	
211 Ontario-Community Supports for Senior-Financial Assistance	211 Ontario Help Seniors Find Community Supports and Financial Assistance.
Government of Canada-Caregiving Benefits	Employment Insurance (EI) Caregiving benefits and leave.
Ontario Caregiver Organization-Caring for Senior-Financial Support	Links to helpful resources to assist the caregiver.



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Resources to Support Caregivers during COVID-19 Pandemic	
Activity Toolkit for Seniors: Staying Engaged, Staying Safe During COVID-19	North Simcoe Muskoka Specialized Geriatric Services developed toolkit to address the need for older adults to remain active and engaged during COVID-19.
Alzheimer Society Canada-Managing Through COVID-19-Tips for Caregivers	Information on COVID-19, how to maintain hygiene, care for yourself, stay active and connected. Alzheimer Society Canada-COVID-19 Tip sheet.
COVID-19 and dementia	Information, advice, and support for COVID-19 and dementia.
COVID19 Prevention Tips for Personal Support Workers and Caregivers	COVID-19 Prevention Tips for Caregivers.
COVID-19 Self-Isolation: Guide for Caregivers	Public Health Ontario Self-Isolation: Guide for caregivers and close contacts.
Dementiability & Behaviour Supports Ontario: Individualized Meaningful Engagement through COVID-19 and beyond	Resource to support a family care partner or healthcare team member and those in your care during times of physical distancing and physical isolation.
Guidance for supporting clients who wander and require physical isolation	RGP, PRCP and Baycrest developed resource to support residents who wander and require physical isolation.
Health Innovation Network-Maintaining Activities for Older Adults during COVID-19	A resource to support activities in older adults, many of the resources included are dementia friendly.
How Technology Can Support Caregivers During COVID-19	Technology and COVID-19.
Information about COVID-19 for older adults, caregivers and healthcare providers	Information about COVID-19 for older adults and their caregivers.
Social Distancing Yes, Social Isolation No	Maintaining social distancing while ensuring social interaction for older adults.
The Ontario Caregiver Organization-Connecting Socially While Keeping Your Distance	Information, tips, and resources for caregivers to maintain social connections.
The Ottawa Hospital Research Institute: Decision Aid for Moving Family from LTC during COVID-19	Moving out of Retirement Homes/ Long-Term Care 6-step decision aid for older adults/families. Includes rating exercise of harms/benefits.
The Person Behind the Mask: Communicating with Clients Living with Dementia in Long Term Care While Protecting Ourselves	Strategies and suggestions to improve the communication with clients living with dementia while wearing PPE and protecting ourselves.
Thinking About Removing Your Older Loved One from Long Term Care During COVID19?	Considerations for removing your loved one from LTC during COVID-19 pandemic.

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References

The following websites were accessed to collate the information consolidated in this resource:

1. 211 Ontario: <https://211ontario.ca/>
2. Alzheimer's Society Canada: <https://www.alzheimer.ca>
3. Baycrest: <https://www.baycrest.org/>
4. Big White Wall-Centre for Social Innovation: <https://www.bigwhitewall.com/?lang=en-ca>
5. brainXchange: <https://brainxchange.ca/>
6. Canadian Caregiver Network: <https://www.thecaregivernetwork.ca/>
7. Canadian Coalition for Seniors' Mental Health: <https://ccsmh.ca/>
8. Canadian Dental Association: http://www.cda-adc.ca/en/oral_health/cfyf/dental_care_seniors/tips.asp
9. Canadian Red Cross: <https://www.redcross.ca/in-your-community/ontario/senior-support-services>
10. Caregiver Exchange: <https://caregiverexchange.ca/>
11. Caregiving Matters: <https://caregivingmatters.ca/>
12. Caring People Inc.: <https://caringpeopleinc.com/>
13. Daily Caring: <https://dailyaring.com/>
14. Dementiability Enterprises Inc.: <https://www.dementiability.com/>
15. Enhancing Care for Ontario Dementia Care Partners: <https://www.dementiacarers.ca/>
16. Family Caregiver Alliance: <https://www.caregiver.org/>
17. Geriatric Pain.org: <https://geriatricpain.org/caregivers-and-patients>
18. Government of Canada: <https://www.canada.ca/home.html>
19. Health Innovation Network: <https://healthinnovationnetwork.com/>
20. Hospice Palliative Care Ontario: <https://www.hpcoc.ca/>
21. Hospital Elder Life Program (HELP): <https://www.hospitalelderlifeprogram.org>
22. March of Dimes Canada: <https://www.marchofdimes.ca/en-ca/programs/Pages/Online-virtual-programs.aspx#Caregivers>
23. McMaster Optimal Aging Portal: <https://www.mcmasteroptimalaging.org/>
24. McMaster University-iGeriCare: <https://igericare.healthhq.ca/resources>
25. Meals on Wheels: <https://www.mealsonwheels.ca/>
26. Meditainment: <https://www.meditainment.com/>
27. Ministry of the Attorney General-Public Guardian & Trustee: <https://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/index.php>
28. National Institute for the Care of the Elderly: www.nicenet.ca
29. National Institute on Aging-Health: <https://www.nia.nih.gov/health>
30. Neuronova Centre: <https://neuronovacentre.com/>
31. North Simcoe Muskoka Specialized Geriatric Services: <https://nsmsgs.ca/>



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32. NorthEasthealthline.ca Seniors: <https://www.northeasthealthline.ca/listCategories.aspx?id=10019>
33. Ontario Caregiver Coalition: <https://www.ontariocaregivercoalition.ca/resources>
34. Ontario Caregiver Organization: <https://ontariocaregiver.ca/>
35. Ontario Health-Senior Care: <https://www.ontario.ca/page/health-care-ontario>
36. Provincial Geriatrics Leadership Office: <https://rgps.on.ca/pglo>
37. Public Health Ontario: <https://www.publichealthontario.ca/>
38. Regional Geriatric Program of Toronto: <https://www.rgptoronto.ca/>
39. Regional Geriatric Programs of Ontario: <https://rgps.on.ca/>
40. SafeMedicationUse.ca-Supported by Health Canada: https://safemedicationuse.ca/tools_resources/tips.html
41. Sinai Health System-Healthy Ageing and Geriatrics: <https://sinaigeriatrics.ca/>
42. Speak Up Ontario: <https://www.speakupontario.ca/>
43. Teepa Snow PAC-Positive Approach to Care: <https://teepasnow.com/resources/about-dementia/>
44. The Canadian Continence Foundation: <https://www.canadiancontinence.ca/EN/>
45. The Ottawa Hospital Research Institute: <https://decisionaid.ohri.ca/>
46. UnlockFood.ca: <https://www.unlockfood.ca/en/Seniors>

Contact Us

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