

Caregiver Burnout Resources

(CANADIANS & ONLINE)

It is no secret that caregiving is exhausting and incredibly hard on everyone's mental, emotional, and physical health. But, does it need to be? What support is currently out there?

Below, I have outlined a few resources locally, provincially and nationally to support and empower caregivers, like you.

- **Canadian Centre for Caregiving Excellence (CCCE)**
 - The CCCE's mission is to not only support, but empower caregivers. It houses an incredible resource page organized by province with an endless amount of information. It also has mental wellness programs offered in partnership with CAMH (The Centre for Addiction and Mental Health).
 - Resources mentioned (but not limited to): Gilda's Club of Greater Toronto, Toronto Senior's Helpline, Sinai Health Tele-Mindfulness program and WoodGreen Caregiver Support & Wellness Program
- **The Ontario Caregiver Organization (OCO)**
 - Whether you're new to caregiving or have been doing it for years, the OCO has numerous videos, blogs, and support groups for everything ranging from newly diagnosed-advanced stage cancers and grief, to Alzheimer's, mental health, 2SLGBTQIA+ support and much more!
 - Also listed on the OCO website is information for advanced care planning, end-of-life and palliative care, online & peer support groups, employer guidance, long-term care homes, E-learning courses and many more incredibly helpful topics.
- **Bereaved Families of Ontario (BFO)**
 - Whether you're a current or past caregiver, BFO is a really great resource for support groups, book recommendations, websites, articles, and podcasts. Grief isn't linear, and it also isn't something that only happens after the death of a loved one. Anticipatory grief is hard on the body and the mind, don't be afraid to get the support you need.

References:

1. Canadian Centre for Caregiving Excellence: <https://canadiancaregiving.org/resources/caregiver-resources/>
2. The Ontario Caregiver Organization: <https://ontariocaregiver.ca/>
3. Bereaved Families of Ontario: <https://bereavedfamilies.net/resources/>

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