

Caregiver Needs

Disease / condition specific information

- Information about different diseases, disabilities, and age-related concerns.
- Includes mental health and addictions.

Financial concerns

- money management and financial aid

Indigenous resources

- Resources for indigenous caregivers

Legal concerns

- guardianship, personal directives, trusteeship, other legal matters

Respite & home care

- finding in home help
- opportunities to take time away from caregiving

Children with complex needs

- services and support for caregivers with young/school-aged children with illness or disability

Advocacy & communication

- Healthcare advocacy, managing relationships are care needs and responsibilities, changing family dynamics

Basic needs and safety

- nutrition and food access
- housing, home modification
- transportation and service accessibility

Social engagement & personal wellbeing

- stress management, resilience, self-care
- isolation and connection
- cultural supports, neighbourhood groups, lgbtqia2s+ supports, newcomer services

Grief, loss & palliative care

- help with loss, including living loss, the loss of a loved one, and planning for life transitions.

Medical assistance & transition services

- medical care, hospitals, transition and rehabilitation services

Employed caregivers

- information and tools for caregivers who balance paid work and caregiving
- information for employers to create caregiver friendly workplaces

Young Caregivers

- Supports for children and young adults who are caring for family or friends