

Community Resources for Caregivers

Recreation & Companionship. Seniors clubs such as Confederation Park Seniors, Kerby Centre, Downtown Friendship Centre, Greater Forest Lawn Seniors etc. all have wonderful opportunities to socialize, become involved and explore a variety of programs.

It may still be possible for the individual living with dementia to participate in these types of groups – with support. It is very dependant on the individual. Is she still physically active? Does he enjoy being around others? Can simple directions or instructions be followed? Would the group activity be overwhelming? Many of these groups offer weekly entertainment, luncheons or wellness programs – all opportunities for fellowship. Check them out and have some fun together.

Caregiving at Home. Providing care at home for an individual with dementia can be enormously stressful. Long term stress may make you more vulnerable to illnesses such as anxiety disorders, stroke and heart attack. There are resources in your community that can provide assistance with caregiving responsibilities and help you find some time for yourself.

Based on the assessed needs of the household, Home Care (943-1920) will provide an appropriate number of hours per week for administration of medications and assistance with dressing or bathing. You may also be eligible for help with light housekeeping duties.

Private nurses or companion care can be hired to provide as much help as you require. “Nurses” or “Home Health Services” agencies can be found in the yellow pages.

Through a referral from Home Care, Adult Day Support Programs can provide the person with dementia an opportunity to socialize and allow you some valuable respite time.

For longer respite from caregiving, rooms are available at various care centres for persons with dementia . These can be accessed through Home Care for a minimum one week stay up to a maximum of four weeks per year.

