

## **Caregiver Support Services**

### **1. Mount Sinai Hospital-Reitman Centre CARERS Program**

**Location:** 60 Murray Street. L1-012

**Phone:** 416-586-4800, ext. 5882

**Website:**

<https://www.mountsinai.on.ca/care/psych/patient-programs/geriatric-psychiatry/dementia-support/caregivers-and-family-members-caring-for-someone-dementia/carers/reitman-centre-carers-program>

- Offer 8-week, skills-building group for family care-givers
- Self-referrals are welcome. Call number above to book intake appointment.
- **Catchment:** Open to anyone in the GTA
- **Wait time:** Minimal
- **Cost:** OHIP-covered

### **2. Family Service Toronto**

**Location:** 355 Church Street (South of Carlton St. and Church St.)

**Phone:** 416-595-9618

**Website:** <https://familyservicetoronto.org/our-services/programs-and-services/seniors-and-caregivers/>

- Offers individual counselling support for caregivers and seniors, as well as many support groups and workshops
- They have several locations across the city, but they primarily offer the seniors/caregiver counselling service at their 355 Church Street location.
- Individuals can self-refer by calling the number above.
- **Catchment:** The service is open to anyone living in Toronto.
- **Wait time:** Dependent on needs, but roughly 3-5 months
- **Cost:** No cost for seniors/caregiver support services.

### **3. Second Mile Club of Toronto**

**Location:** 45 Brunswick Ave (Main Office)

**Phone:** 416-597-0841

**Website:** <https://secondmileclub.kensingtonhealth.org/Programs/Caregiver-Support-and-Transportation>

- One-on-one and group support for caregivers, including a monthly support group
- Individuals can self-refer by calling the number above.
- **Catchment:** Open to anyone in the GTA
- **Wait time:** Minimal.
- **Cost:** No cost

#### 4. West Neighbourhood House – Caregiver Support Services

**Location:** Dundas & Ossington

**Phone:** Seniors Intake - 416-532-4828 ext. 146

**Website:** <http://www.westnh.org/programs-and-resources/seniors/caregiver-support-services/>

- They offer:
  - Individual and family counseling offered in English, Chinese (Cantonese and Mandarin), Italian, Portuguese and Vietnamese
  - Caregiver training and information sessions
  - Caregiver support groups
  - Respite care and [Adult Day Services Program](#)
  - Case management
  - Crisis intervention and support
- Individuals can self-refer by calling the number above.
- **Catchment:** The Older Adult Centre (OAC) program provides service to individuals living within the boundaries of Bloor Street to Lake Ontario, Roncesvalles Avenue to Yonge Street.
- **Wait time:** Minimal, you can call and get connected to a case manager in typically 1-2 weeks
- **No cost for service.** There are fees for respite care and adult day services program.

#### 5. Sprint Senior Care

**Location:** 140 Merton Street (Yonge/Davisville)

**Phone:** 416-481-6411 or **Email:** [info@sprintseniorcare.org](mailto:info@sprintseniorcare.org)

**Website:** <https://sprintseniorcare.org/caregivers>

- Sprint offers individual and group caregiver support services.
- **Peer Support Group for Seniors**
  - Offers seniors opportunities to share information and experiences with other seniors in a warm, relaxing environment. Its two-hour sessions include guest speakers and discussion on topics of interest to seniors living independently in the community, such as nutrition, foot care, falls prevention, and memory improvement.
  - Takes place every other Friday afternoon at SPRINT Senior Care's main office
- **Caregiver Support Group**
  - For caregivers of people with dementia.
  - Takes place on the last Monday of every month in the afternoon at SPRINT Senior Care's Adult Day Program - 1 William Morgan Drive.
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- Individuals can self-refer by calling the number above.
- **Catchment:** Open to individuals living within the boundaries of Bathurst to Bayview and the 401 to Bloor. However, each service operates within different boundaries inside SPRINT Senior Care's general service area, so call to confirm.
- **No cost** for caregiver support service.

**For more resources, visit:** <https://www.torontocentralhealthline.ca/listservices.aspx?id=10164>