



COMMUNITY RESOURCES FOR CAREGIVERS

Purpose of this document

This document outlines national and regional organizations and resources where you can find additional caregiver support. Connecting with your community broadens your support network, reduces isolation and loneliness, and builds the community's capacity to support you. If you do not see your region listed, connect with 211, Carers Canada, or Canadian Virtual Hospice to inquire about resources in your area.

NATIONAL CAREGIVER RESOURCES

CAREGIVING ASSOCIATION



- Carers Canada: www.carerscanada.ca
- Carers Canada is a national coalition of diverse federal and provincial organizations that join with carers, providers, policymakers and other stakeholders to affect positive change for carers. It also provides awareness resources on supporting caregivers and links on finding financial help as a **caregiver***.



COMMUNITY RESOURCES

- 211: www.211.ca
- 211 connects people with resources and information on services that are in their community. Call or search their database online. Information is available in more than 150 languages.

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HOSPICE

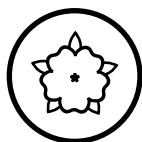
- **Canadian Hospice Palliative Care Association (CHPCA):** www.chpca.ca/listings/
 - CHPCA can provide you with a list of hospices, hospice services, and information related to hospice and palliative care across Canada.
- **Canadian Virtual Hospice (CVH):** www.virtualhospice.ca
 - CVH is an online hospice providing palliative and end-of-life care services to support patients, family, friends, and more.



MENTAL HEALTH

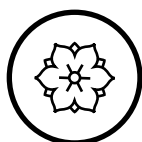
- **Canadian Mental Health Association (CMHA):** www.cmha.ca
 - CMHA has an office in all provinces and one territory, providing advocacy, programs, and resources for mental health.
- **Government of Canada Mental Health resources:** www.canada.ca/en/public-health/topics/mental-health-wellness.html
 - The Government of Canada gives online access to information, resources, and lists of services available to all Canadians.
- **Mental Health Commission of Canada (MHCC):** www.mentalhealthcommission.ca/English
 - MHCC uses its online platform to develop programs and tools to support mental health and wellness of Canadians.

REGIONAL CAREGIVER RESOURCES



ALBERTA

- **Caregivers Alberta:** www.caregiversalberta.ca
 - Caregivers Alberta is the province's only dedicated caregiver organization focused on providing support, increasing communities' capacity, and advocating for policy changes.



BRITISH COLUMBIA

- **Family Caregivers of British Columbia (FCBC):** www.familycaregiversbc.ca
 - FCBC is focused on providing access to information, education, and supports to caregivers.



NOVA SCOTIA

- **Caregivers Nova Scotia:** www.caregiversns.org
 - Caregivers Nova Scotia provides programs, services and strong advocacy for caregivers.



ONTARIO

- **Ontario Caregiver Organization (OCO):** www.ontariocaregiver.ca
 - The OCO provides 24/7 support and resources for caregivers working to make existing services more broadly available.



QUEBEC

- **L'Appui:** www.lappui.org/en
 - L'Appui provides support, advice, and resources to improve the lives of caregivers.

If there is no caregiving association for your region listed, search online as new associations develop quickly, or check in with 211.

* DEFINITIONS

Caregiver: A caregiver (also referred to as a carer) is a person who takes on an unpaid caregiving role for someone who needs help because of a physical or cognitive condition, an injury or a chronic life-limiting illness.