

Wellness Centre, both locations  
618.97683 MAC Mississauga Library System  
362.19897 MAC Toronto Public Library

*Tips and Tools for Everyday Living: a Guide for Stroke Caregivers* Toronto: Heart and Stroke Foundation, 2002

This guide is designed to provide the practical knowledge and skills needed by the people who provide daily care to thousands of stroke survivors living in Ontario. It is aimed at workers in various settings, but much of the information it provides is applicable to those caring for their own loved ones at home.

**Availability for loan:**

FM 340 G84 2002 Health Information and Wellness Centre, both locations

## COMMUNITY RESOURCES

**The Caregiver Network**

2 Oaklawn Gardens, Unit C  
Toronto, ON M4V 2C6  
Tel:416-323-1090  
E-mail: [karenh@caregiver.on.ca](mailto:karenh@caregiver.on.ca)

**Community Care Access Centre  
(Mississauga/Halton)**

416-626-2222

**Community Care Access Centre (Central West)**

905-796-0040

**Alzheimer Society of Peel**

Tel: 905-278-3667  
E-mail: [alzheimersocietypeel@rogers.com](mailto:alzheimersocietypeel@rogers.com)

**Alzheimer Society of Canada**

Tel: 416-488-8772  
OR Toll Free 1-800-616-8816  
E-mail: [info@alzheimer.ca](mailto:info@alzheimer.ca)

## CONTACT

**Health Information & Wellness Centres**

**Trillium Health Centre - Mississauga**

100 Queensway West  
Mississauga L5B 1B8  
(905) 848-7511

**Trillium Health Centre - West Toronto**

150 Sherway Drive  
Toronto M9C 1A5  
(416) 521-4187

Email: [hiwc@thc.on.ca](mailto:hiwc@thc.on.ca)  
<http://www.trilliumhealthcentre.org/health>

**Mississauga Library System**

(905) 615-3500 (for book locations)  
<http://www.mississauga.ca/portal/residents/library>

**Toronto Public Library**

(416) 393-7131 (for book locations)  
<http://www.torontopubliclibrary.ca>

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This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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*Life. We're in it together.*

# Caregiving



## INTERNET SITES

### Caregiver Network

<http://www.caregiver.on.ca>

Based in Toronto, this is a resource created to make life easier for those who give care to the elderly and ill. It provides a wealth of information on a variety of topics including home safety, daycare programs, assistive devices, dealing with grief, and many other issues. The network offers both full day and two hour seminars on caregiving issues, and membership in a caregiver's club is also available.

### Family Caregiver Centre

<http://www.familycaregivers.ab.ca>

This is an initiative of the Calgary Health Region, and provides a coordinated source of information, education and support to help people in their caregiving role. Although many of the references are to local agencies in Alberta, it is nevertheless a useful site for anyone who is a family caregiver. There is a frequently asked questions section, a good set of links to other resources, and a lengthy recommended reading list. Also featured is an informative quarterly newsletter, *Journeys*, which is available for download at the site.

### Alzheimer Society of Canada

<http://www.alzheimer.ca>

This site provides information on every aspect of Alzheimer's disease, including help for caregivers and ways to avoid stress and burnout. Click on the link 'Alzheimer Care' to access a range of resources from self-help groups to respite care. There are also several brochures and fact sheets which can be downloaded directly from the site.

### Family Caregiver Alliance

<http://www.caregiver.org>

This is a U.S. organization which is a public voice for caregivers. Featured are helpful fact sheets on all aspects of caregiving which can be downloaded directly from the site. There are also online discussion groups, tips from other caregivers, and a very good frequently asked questions section. Much of the information is also available in Spanish and Chinese.

**MedlinePlus** <http://www.medlineplus.gov>

This authoritative site has a long list of links to articles and features on Caregiving. At the MedlinePlus homepage, click on Health Topics, the first link listed. This will take you to a page where you can select your topic from an alphabetical display – click on C and then follow the link for Caregivers.

## BOOKS

*Caring for Loved Ones at Home* by Harry van Bommel. Scarborough, Ont: Resources Supporting Family and Community Legacies, 1999

This practical guide provides step-by-step instructions, with illustrations, on how to provide basic short or long-term home care. Also included is information on drugs, tests, diagnosis, infections and treatment alternatives, as well as a glossary of medical and home care terms.

**Availability for loan:**

EF 230 V35 1999 Health Information and Wellness Centre, Mississauga  
649.8 VAN Toronto Public Library System

*The Complete Canadian Eldercare Guide* by Caroline Tapp-McDougall. Mississauga: John Wiley, 2004.

This book offers advice and support to those caring for their elderly relatives. There are sections on housing, finances, estate planning, medical needs, and independence and mobility. Also provided is advice for the caregiver on work-life balance to help alleviate stress and anxiety.

**Availability for loan:**

GT 22 T27 2004 Health Information and Wellness Centre, both locations  
362.60971 TAP Mississauga Library System  
362.60971 TAP Toronto Public Library System

*Navigating the Journey of Aging Parents: What Care Receivers Want* by Cheryl A. Kuba. New York: Routledge, 2006

This book takes a unique approach by drawing on numerous interviews with aging people to make caregivers aware of what care receivers truly want and need. Topics covered include guilt, role reversal, changing family dynamics, financial stress, and caring for oneself while caring for another.

**Availability for loan:**

GT 100 K82 2006 Health Information and Wellness Centres, both locations

*The 36-hour Day*, 3<sup>rd</sup> ed. by Nancy L. Mace and Peter V. Rabins. Baltimore, MD: John Hopkins University Press, 2000.

This book has long been a support for families who are caring for people with Alzheimer's Disease, and covers all aspects of coping with this progressive and irreversible condition. The third edition has been thoroughly updated to include information on the latest research in areas such as drugs, genetics and diagnostic tests.

**Availability for loan:**

FM421 MAC 2000 Health Information and