

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 care 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

Community Care Access Centre (Mississauga/Halton)
905-855-9090

Community Care Access (Central West)
905-796-0040

Alzheimer Society of Peel
Tel: 905-278-3667
E-mail: n.bhamra@alzheimerpeel.com

Stroke Recovery Canada
Tel: 416-425-3463 OR 1-800-263-3463
E-mail: src@marchofdimes.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
<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>

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

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.

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.

Alzheimer's Foundation for Caregiving in Canada

<http://www.alzfdn.ca>

The AFCC is a national non-profit organization which focuses on the needs of individuals with dementia and their caregivers. Click on Education and Care in the left hand column to access excellent caregiving information. There is also a section of legal and financial planning, as well as general information about the various forms of dementia.

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

The Emotional Survival Guide for Caregivers by Barry J. Jacobs. New York: Guildford Press, 2006

This book offers a wealth of advice and support for those caring for a parent whose health is in decline. Apart from many practical suggestions, it emphasizes the need for clear communication and respect among family members dealing with this often difficult experience.

Availability for loan:

EF 625 J22 2006 Health Information & Wellness Centre, both locations
649.80846 JAC Mississauga Library System
649.80846 JAC 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, 4th ed. by Nancy L. Mace and Peter V. Rabins. Baltimore, MD: John Hopkins University Press, 2006.

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. This updated fourth edition includes much new material about the care of people with dementia.

Availability for loan:

FM 421 M22 2006 Health Information and Wellness Centre, both locations
618.97683 MAC Mississauga Library System
362.19897 MAC Toronto Public Library