



STAYING SAFE AT HOME

PRACTICAL TIPS ON PROVIDING CARE

During the pandemic, many programs that caregivers rely on for respite and/or assistance with personal care (e.g. moving/transferring, toileting/incontinence care, eating/drinking, hygiene, oral care, dressing, grooming, etc.) have had to change their services. This may leave the caregiver to provide care that they may not normally do on a regular basis. There are information and resources available to support caregivers in taking on these added activities.

GENERAL TIPS

- Before you start a task, make sure you are prepared – have all supplies ready and remove clutter
- Be aware of your body language and tone
- Use a calm, gentle approach
- Don't rush
- Don't take refusals personal and recognize that you may need to try again later
- Give the person you are caring for as much independence and privacy as possible
- Recognize when you need help or support and reach out (see below).
- Everyone is different. You and the person you are caring for are unique.
- Adapted from [McCormick Dementia Services](#)

WHERE CAN I GET UP-TO-DATE AND MORE INFORMATION ONLINE?

- [Caregiver's Corner](#) – McCormick Dementia Services
Helpful information and videos for caregivers who are caring for a person living with dementia.
- [Day-to-day living](#) – Alzheimer Society Ontario
Information and tips for caregivers who are caring for someone living with dementia
- [Caregiving Strategies](#) – Regional Geriatric Programs of Ontario
Collection of educational resources that have been developed and/or curated for family and friend caregivers who provide care and support for seniors experiencing frailty
- [Everyday tasks](#) – Heart & Stroke
Tips and videos on performing every day tasks post-stroke



Tips for Caregivers



- [Caregiving Demonstrations](#) – Canadian Virtual Hospice
This video gallery provides short videos of how to complete a variety of daily caregiving tasks
- [Caregiver Support Portals](#) - Hospice Palliative Care Ontario
This comprehensive set of caregiver modules, including a portal specifically designed for the First Nations community, is designed to further strengthen the capacity of informal caregivers who help their loved ones to remain at home at End of Life.

WHO CAN I CALL?

- [Home and Community Care - South West Local Health Integration Network](#)
Community health care services such as nursing, personal support workers, and various therapies. Anyone can make a referral: a family doctor, friend, family member, even you, yourself. To explore options and eligibility, call: 310-2222 (no area code required)
- **Community Support Services**
A collection of agencies that provide health and wellness services that includes transportation, meals and nutrition, education and supports, safety and reassurance, health and wellness, support in the home, intensive support programs and adult day services. For one-stop access in your community, call:
 - [Elgin](#) 1-888-866-7527
 - [Grey Bruce](#) 1-833-659-5491
 - [Huron Perth](#) 1-844-482-7800
 - [London-Middlesex](#) 519-673-6617
 - [Oxford](#) 1-888-866-7518
- **Local Pharmacist**
If you are taking on the responsibility of managing someone's medication, speak to your local pharmacist about different kinds of medication packaging (e.g. blister packaging, dosette box), delivery options and strategies to keep everyone safe, reduce error and make this task easy for you
- [Ontario Caregiver Organization](#) is a provincial caregiver support service. They offer a provincial bilingual helpline that provides 24/7 support to all caregivers looking for support or have care questions: 1-833-416-2273. Additionally, online, they have support groups and a live chat option.