



STAYING SAFE AT HOME

RESPIRE AND RECREATION IDEAS

Caregivers often rely on community-based programs for respite. However, with COVID-19, respite programs have had to change their services, leaving caregivers without much needed breaks. This tip sheet is designed to provide online resources for caregivers by using a computer, smart phone or tablet.

I NEED SUPPORTS IN THE HOME

As the pandemic continues, ensure you are staying connected with any supports that previously provided respite on the current state of their services

- **[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, etc. 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 to the Community Support Services 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

I NEED ACTIVITIES FOR MYSELF AND THE PERSON I CARE FOR AT HOME

- Don't forget you can do many things without a computer: bingo, treasure hunts, drawing, watching TV, calling a friend, reading a book
- Some ways to stay active are: Yoga, Tai-Chi, walking upstairs, walking or jogging, doing house work, dancing

A number of organizations have created activities, listed resources and online programming. Don't forget to sign up for their newsletters to stay up to date on new resources.

- **Dementia Advocacy Canada**
 - [Resources](#) (second and third tabs/sheets of excel document)



Tips for Caregivers



- **Dementiability and Behavioural Supports Ontario**
 - [Individualized meaningful engagement through COVID-19 and beyond](#)
- **Health Innovation Network South London**
 - Activities for Older Adults during COVID-19, [A guide to online resources for those providing care for people with dementia](#)
- **McCormick Dementia Services, Caregiver's Corner**
 - [Recreation – Activity Ideas and How-To at Home](#)
- **Ontario Caregiver Organization**
 - [Connecting socially while keeping your distance](#)
- **Regional Geriatric Program of Toronto**
 - [Stretch, Lift, or Tap: How Older Adults can stay active indoors during the COVID-19 pandemic](#)
- **Local Alzheimer Societies**
 - [Grey Bruce](#): 1-800-265-9013, [Active Living Grey-Bruce](#)
 - [Huron](#): 1-800-561-5012, [Huron at Home Resources](#)
 - [Perth County](#): 1-888-797-1882, [Virtual Social Recreation](#)
 - [London and Middlesex](#): 1-888-495-5855, [Online activities](#)
 - [Elgin-St. Thomas](#) : 1-888-565-1111, [Online activities](#)
 - [Oxford](#): 1-877-594-2368, [Activity Page](#)
- **Alzheimer Society Saskatchewan**
 - [Meaningful Activity Booklet](#)

HOW TO STAY CONNECTED

Above all else, the most important thing you can do is to stay connected:

- Regular phone calls and emails can go a long way in supporting someone
- A drive by or window visit (if permitted) might also be helpful
- Consider how you can use technology through use of a computer, smart phone or tablet, such as an iPad. Ontario Caregiver Organization has created a helpful [tip sheet](#) on this topic. Below are some apps/applications (computer software programs) that allow you to have video chats on your device of choice that can help you stay connected with the one you are caring for and a [Virtual Visits Toolkit](#) to help get you started.
 - [Skype](#)
 - [FaceTime](#)
 - [Zoom](#)
 - [WhatsApp](#)

WHO CAN I CONTACT FOR MORE INFORMATION?

- **[Ontario Caregiver Organization](#)**
A provincial caregiver support service. They offer a provincial bilingual helpline that provides 24/7 support to all caregivers looking for resources or have care questions: 1-833-416-2273. Additionally, online, they have support groups and a live chat option.