THE ONTARIO caregiver ORGANIZATION

North Simcoe Muskoka Specialized Geriatric Services

Ontario Caregiver Organization Helpline - 1-833-416-2273



Please note this is not a crisis line.

Answered by information and referral specialists ready to support caregivers with their needs. Available 24/7 by phone in English and French, with interpretation available by request in 150+ languages.

Online chat service available at **ontariocaregiver.ca**

When you call, you can ask about:

- ❒ Caregiver wellbeing and managing stress
- ❒ Respite care and caregiver breaks
- ❒ Transportation services and assistance
- ❒ Social and community programs
- ❒ Mobility, safety and fall prevention resources
- ❒ Government subsidies and low cost services
- ❒ Coping with grief, loss, and life changes
- ❒ _____

A referral has been made to:

_____

Looking for a family doctor or nurse practitioner? Call 8-1-1

At **North Simcoe Muskoka Specialized Geriatric Services**, we recognize that caregivers are an essential part of the care team.

Visit nsmsgs.ca:

- learn about services and resources
- access helpful learning opportunities including videos
- link to local caregiver respite programs