



BRING SOLUTIONS  
TO LIGHT

METTRE EN LUMIÈRE  
LES SOLUTIONS

CHAired BY/  
PRÉSIDÉ PAR

*The Canadian Academy of  
Geriatric Psychiatry  
Académie canadienne de  
psychiatrie gériatrique*

STEERING COMMITTEE/  
COMITÉ DE DIRECTION

*Alzheimer Society of Canada  
Société Alzheimer du Canada*

*Canadian Association for  
Community Care  
Association canadienne  
de soins et services  
communautaires*

*CARP-Canada's Association  
for the Fifty-Plus  
CARP-l'association  
canadienne des plus  
de 50 ans*

*Canadian Association  
of Social Workers  
Association canadienne des  
ravailleuses et travailleurs  
sociaux*

*Canadian Caregiver Coalition  
La coalition canadienne des  
aidantes et aidants naturels*

*Canadian Geriatrics Society  
Société canadienne  
de gériatrie*

*Canadian Healthcare Association  
Association canadienne  
des soins de santé*

*Canadian Mental Health  
Association  
Association canadienne pour  
la santé mentale*

*Canadian Nurses Association  
Association des infirmières et  
des infirmiers du Canada*

*Canadian Psychological  
Association  
Société canadienne  
de psychologie*

*Canadian Society of  
Consulting Pharmacists  
Association canadienne des  
pharmaciens consultants*

*College of Family  
Physicians of Canada  
Collège des médecins de  
famille du Canada*

*Health Canada - advisory  
Santé Canada - consultatif*

# CANADIAN COALITION FOR SENIORS' MENTAL HEALTH

To promote seniors' mental health  
by connecting people, ideas and resources.

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## Educational Materials for Informal Caregivers of Seniors

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Visit our website at [www.ccsmh.ca](http://www.ccsmh.ca)

## PREFACE

This catalogue is the product of the Canadian Coalition for Seniors' Mental Health (CCSMH). Its purpose is to provide caregivers (family, friends or neighbours) access to information regarding the mental health problems and issues seniors may face, and solutions or resources that can be used for support. This catalogue will be helpful for caregivers to gain a broader understanding of the mental health needs of seniors. Not all the products listed in this catalogue are specific to long term care, but they do address the issues faced by caregivers. This catalogue of current resources compiles relevant educational materials with clear and concise annotations describing the learning objectives, topics covered and how to access the materials. The description of the publications listed in this catalogue is primarily information provided by the publishers and are not based on the views of the committee members.

### **The project was coordinated through a committee of volunteers:**

<b>Alzheimer Society of Canada</b>	Ilona Horgen
<b>Canadian Caregiver Coalition</b>	Esther Roberts
<b>Canadian Psychological Association</b>	Venera Bruto
<b>Caregiver Network</b>	Karen Henderson
<b>Congress of National Seniors Organizations</b>	Gerda Kaegi
<b>Family Caregiver Centre, Calgary Health Region</b>	Audrey Henderson
<b>Health Systems Research, University of Toronto</b>	Katherine Boydell
<b>Canadian Coalition for Seniors Mental Health, Project Manager</b>	Shelly Haber

The committee worked together for over a year to identify products, develop criteria, create the inventory, and develop dissemination and evaluation tools. Notices were sent to members of the CCSMH asking them to identify appropriate educational resources. Members were also asked to pass the request along to their colleagues to cover as wide a territory as possible. Numerous responses were received. Additional research was conducted by each of the members to further identify appropriate resources. The committee used specific criteria to review and select resources for the catalogue.

At points throughout the year, drafts of the inventory were circulated to educators, caregiver and other potential end users to make recommendations for enhancements. It is expected that there are other excellent materials available that were not captured in this process. Access to all materials listed in this catalogue can be obtained through either the noted contact information or your local book stores.

**These products are not available through the CCSMH.**

**For additional information about the CCSMH, electronic copies  
or periodic updates of this inventory please refer to the CCSMH website**

**[www.ccsmh.ca](http://www.ccsmh.ca)**

## SELECTION CRITERIA

### Relevance

- Target user group must be caregivers for seniors ideally related to mental health and long term care.
- The information must be useful to caregivers, to care, advocate and reflect on their relationship.
- It is sufficiently informative. New areas of caregiving may be identified.
- It presents both sides of the issues.
- It may challenge the status quo and makes no assumptions about caregiving.
- It translates well to other cultures, types of caregivers (spousal, adult children, parents), and caregiving situations:
  - rural / urban
  - age of caregiver
  - diagnosis of care receiver
  - gender
  - aboriginal

### Credibility

- It acknowledges diversity in caregiving.
- It takes geography into consideration.
- The Language and presentation must be appropriate (easy to read, print size, layout)
- The authorship and sources are credible (Universities, peer reviewed).
- The information is accurate and current (5 years as a guideline).
- Materials are published by an academic or academic health care setting, professional organizations or provincial or national associations.
- The resource must be applicable to the Canadian health care context.

### Disclosure

- The source(s) disclose their qualifications.
- Original sources should be stated.
- The purpose of the resources should be clearly stated.

## CONTACTS

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## ACKNOWLEDGEMENTS

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### POPULATION HEALTH FUND, HEALTH CANADA\*



\* The views expressed herein do not necessarily represent the official policies of Health Canada.

## BOOKS, HANDBOOKS AND PROGRAMS

### A Caregiver's Guide for Alzheimer Disease and Other Dementias

2000

The Guide is intended to provide practical information to caregivers so they might adapt their lifestyles and homes, thus ensuring a better quality of life and reduced stress levels. Topics covered include: Diagnosis, Stages, Spirituality, Meaningful Activities, Communication, Behaviours, Personal Care, Mealtimes, Treatments, Sexuality, Legal Concerns, Safety and Late Stages. (69 pages)

Available in French and English

Purchase required, can be loaned within PEI, special rates available.

#### Contact Information:

Alzheimer Society of PEI  
166 Fitzroy St.  
Charlottetown, PE C1A 1S1  
Telephone: (902) 628-2257  
email: society@alzpei.ca

### Caring for Yourself While Caring for Your Aging Parents: How to Help, How to Survive

Claire Berman, 1997

This book would be very helpful to all those who are caring for an elderly or ill parent, especially when you are an only child or have complex family dynamics.

The main theme of the book is, "If we are to successfully manage the care of our parents, we have to learn, first of all, to care for ourselves."

Content includes:

- the challenges an only child must deal with as the sole caregiver of their parent
- keeping the proper perspective while dealing with the emotional turmoil the caregiver often faces
- a Caregiver's Bill of Rights
- how to maintain your own life while caring for your elderly parent

(240 pages)

Purchase required

#### Contact Information:

Book review and ordering information:

[www.ec-online.net/Knowledge/BookReviews/bermancaring.htm](http://www.ec-online.net/Knowledge/BookReviews/bermancaring.htm)

Available at local bookstores

### Elder Care: A Six-Step Guide to Balancing Work and Family

John Paul Marosy

This hands-on book/workbook addresses some very difficult issues that caregivers with conflicting responsibilities at home and in the office regularly face. For example, detailed questionnaires that help to assess how your eldercare situation is impacting work. (82 pages)

#### Contact Information:

Book Review at

<http://www.ec-online.net/Store/media.htm>

Purchase required

### Parenting Your Parents: Support Strategies for Meeting the Challenge of Aging in the Family

By Bart Mindszenty and Michael Gorden, MD, 2002

Parenting Your Parents examines the experiences of fourteen families that are facing the challenge of helping and supporting their aging parents through a range of demanding situations. With reflections and advice from one of Canada's pre-eminent geriatric physicians, as well as a personal planner and a list of organizations and services that can be of assistance. (324 pages)

Purchase required

#### Contact Information:

Federal Publications Inc., 1998 - 2003

Telephone: (416) 860-1611

Toll-free :1-888-433-3782

Email: info@fedpubs.com

[www.fedpubs.com/subject/personal/parent\\_parent.htm](http://www.fedpubs.com/subject/personal/parent_parent.htm)

## The Personal Care Binder

Developed by caregivers for caregivers, the 37-page Personal Care Binder helps caregivers - both professional and family. It helps keep track of critical details needed when coordinating care at home.

The binder helps you stay organized, keeping personal and medical information available for quick access. It helps centralize communication among all the caregivers by providing a place for the care team to leave important messages for each other.

It is useful for...

- physician visits so you can update medication information on the spot
- visits to long term care facilities so you can record your findings while they are still fresh in your mind.

Available in French and English

Purchase required

### Contact Information:

Telephone: (416) 323-1090  
email: karenh@caregiver.on.ca

## The 36 Hour Day

Nancy L. Mace, M.A., and Peter V. Rabins, M.D., M.P.H., 1999

Updated to incorporate new information on research, several drugs that hold promise, and genetic aspects of Alzheimer's. The guide focuses on helping families cope with this progressive and irreversible disease. Tips on how to care for people with dementia during various stages of the disease. Different kinds of help available and how to seek it. Financial and legal issues are covered. Sections on nursing homes and other alternative living arrangements. (352 pages)

Purchase required

### Contact Information:

John Hopkins University Press  
Telephone: 1-800-537-5487

[www.press.jhu.edu/press/](http://www.press.jhu.edu/press/)

## Care for the Caregiver: A Manual for Implementing Workshops

Prepared for Veterans Affairs Canada by the Nova Scotia Centre on Aging, 2002

The purpose of the program is to provide support to caregivers through a series of workshops. The program addresses the aging process, how to handle stress, identify community resources, issues related to death and dying, communication skills and learning to name and normalize feelings and issues. Used by formal organizations that would like to offer facilitated support/training to informal caregivers. Also includes a caregiver resource library catalogue.

No Purchase required

### Contact Information:

Veterans Affairs Canada  
Health Promotion and Rehabilitation  
PO Box 7700,  
Charlottetown, PE C1A 8M9

[www.vac-acc.gc.ca/providers](http://www.vac-acc.gc.ca/providers)

## Responding Creatively to the Needs of Caregivers: A resource for health care professionals

Pam Orzeck, Nancy Guberman, Lucy Barylak, 2001

Between 12% and 20% of North American adults provide care to a family member or friend, and this number will continue to grow as population ages. This book, available in French and English, aims to increase awareness of caregiving issues for practitioners, researchers and caregivers. It contains testimonies from caregivers, analyses, solution proposals and new perspectives on the social phenomenon of caregiving. (154 pages)

Available in French and English

Purchase required

### Contact Information:

Telephone: (514) 488-9163 x1435  
email: marjorie.silverman@rcass@ssss.gouv.qc

# ORGANIZATIONS AND WEB SITES

## Alzheimer Society Canada

**[www.alzheimer.ca](http://www.alzheimer.ca)**

This site is an excellent resource for caregivers, people with Alzheimer disease and professional providers. It provides a resource library with books, videos, pamphlets, web links, caregiver forums, conferences and as well as contact information for local and regional support groups. It also provides information on long term care and community care settings.

Provincial Alzheimer Societies are listed later in this catalogue under Provincial Resources.

Available in French and English

## Canadian Association for Community Care

**[www.cacc-acssc.com](http://www.cacc-acssc.com)**

This organization provides resources for caregivers related to respite care. It offers "HELPING FAMILIES OF CAREGIVERS OVERCOME BARRIERS TO RESPITE", a resource consisting of a kit containing a CD, Executive Summary and Fact Sheet.

Available in French and English

## Canadian Association of Occupational Therapists

**[www.otworks.ca/](http://www.otworks.ca/)**

A web site from CAOT which offers book reviews and tips for the public on how to manage caregiver stress or answers questions related to Alzheimer's or other dementia's.

### Contact Information:

Telephone: (800) 434-2268, ext. 236  
email: [sdokuchie@caot.ca](mailto:sdokuchie@caot.ca)

## Canadian Caregiver Coalition

**[www.ccc-ccan.ca](http://www.ccc-ccan.ca)**

The Canadian Caregiver Coalition is a bilingual alliance composed of individuals, groups and organizations. The mission is to come together with a unified voice, to influence policy, and to promote awareness and action to address the needs of caregivers of all ages across Canada. The site provides resources, newsletter and provincial resources.

## Caregiver Network

**Caregiver Network Inc./How to Care**

**[www.caregiver.on.ca](http://www.caregiver.on.ca) / [www.howtocare.com](http://www.howtocare.com)**

Caregiver Network Inc. (CNI) is a resource centre created to help caregivers of the elderly and ill. The goal is to make caregivers' lives easier by providing information on the Internet, in the newsletter, and personal assistance and support through a seminar series. It has extensive resources, including books, videos, journals, newsletters, magazines, provincial programs and publications.

## Eldercare - online

**[www.ec-online.net](http://www.ec-online.net)**

ElderCare Online is an American based site for people caring for aging loved ones. Whether you are caring for a spouse, parent, relative or neighbour, the site provides an online community where supportive peers and professionals help you improve quality of life for yourself and your elder.

It includes a newsletter, forums and support networks, discusses health conditions, residential options, home care and much more.

## ElderWeb

[www.elderweb.com](http://www.elderweb.com)

ElderWeb has grown to include thousands of reviewed links to long term care information, a searchable database of organizations, and an expanding library of articles and reports, news, and events.

This is designed to be a research site for both professionals and family members looking for information on eldercare and long term care, and includes links to information on legal, financial, medical, and housing issues, as well as policy, research, and statistics. Some of the information is specific to the U.S.

## Family Caregiver Alliance

[www.caregiver.org](http://www.caregiver.org)

This is an American caregiver resource for specialized information on Alzheimer's Disease, stroke, traumatic brain injury, Parkinson's disease, ALS and other disorders and long-term care concerns. This site has features for families, caregivers, professionals, policy makers and the media. The Resource Center includes an online support group and online caregiver consultation. The Clearinghouse is expanding, with more than 30 Fact Sheets and 11 Reading Lists.

## Medline

[www.nlm.nih.gov/medlineplus/caregivers.html](http://www.nlm.nih.gov/medlineplus/caregivers.html)

This is a wealth of good U.S. health information from the world's largest medical library, the National Library of Medicine. Health professionals and consumers alike can depend on it for information that is authoritative and up to date. MEDLINEplus has extensive information from the National Institutes of Health and other trusted sources on over 590 diseases and conditions. There is also a medical encyclopaedia, dictionaries, extensive information on prescription and non-prescription drugs, health information, and links to thousands of clinical trials. MEDLINEplus is updated daily.

## National Advisory Council on Aging

[www.hc-sc.gc.ca/seniors-aines/pubs/writings/writ18/writ18\\_intro\\_e.htm](http://www.hc-sc.gc.ca/seniors-aines/pubs/writings/writ18/writ18_intro_e.htm)

Writings in Gerontology; Mental Health and Aging, September 2002. The Writings in Gerontology Series is intended as a vehicle for sharing ideas on topical issues related to the quality of life of seniors and the implications of an aging population.

The Council endeavours to ensure that the articles in the series provide useful and reliable information. The texts in this collection of writings are original manuscripts written by experts in their fields. It is addressed to seniors, practitioners, caregivers and others who are concerned with seniors' well-being.

Available in French and English

# BROCHURES, PAMPHLETS, NEWSLETTERS & ARTICLES

## Alzheimer Society Canada

The society offers brochures on:

- What is Alzheimer's Disease?
- Is it Alzheimer's Disease?
- Getting a diagnosis
- Are you caring for someone with Alzheimer Disease
- Ways to help
- First steps -for those recently diagnosed
- First steps for families
- Programs and services
- Alzheimer wandering registry
- Guidelines for care
- Ethical guidelines

### Contact Information:

20 Eglinton Ave. W., Ste. 1200  
Toronto, ON CA M4R 1K8  
Telephone: (416) 488-8772  
Toll-free: 1-800-616-8816 (only in Canada)

[www.alzheimer.ca](http://www.alzheimer.ca)

Available from your local Alzheimer Society in French and English at no cost

## Baycrest Centre for Geriatric Care

**"Caring for your Loved One" An education package for caregivers of persons with dementia.**

This information package covers a wide range of topics including: Activities of Daily Living, Communication, Driving, Safety, Behaviours, Medication, Levels of Care, Legal issues, Caring for yourself.

Purchase required

### Contact Information:

3560 Bathurst Street  
Toronto, ON CA M6A 2E1  
Telephone: (416) 785-2500

[www.baycrest.org](http://www.baycrest.org)

## Canadian Association of Occupational Therapists

Fact Sheets are available on:

- reducing caregiver stress
- encouraging social skills in someone with AD
- using the senses to connect with someone who has AD
- emotional awareness and emotional memory
- safe at home with AD and related disorders

Available at no cost in French and English

### Contact Information:

CTTC Building, Suite 3400  
1125 Colonel By Drive  
Ottawa, ON CA K1S 5R1  
Telephone: (800) 434-2268, ext. 242

[www.otworks.ca/otworks\\_page.asp?pageid=604](http://www.otworks.ca/otworks_page.asp?pageid=604)

## The Caregiver Newsletter

This is published quarterly by Caregiver Network, and provides solutions, resources and inspiration for family caregivers of the elderly.

Purchase required

### Contact Information:

[www.caregiver.on.ca](http://www.caregiver.on.ca)



## VIDEOS

### The Alzheimer Society of Canada

"The Alzheimer Journey" is a resource for family caregivers. It consists of four videos and accompanying workbooks that follow the stages of Alzheimer Disease. Note: Module 4 is useful for both the person with Alzheimer Disease and the family caregiver.

Format: VHS

Length: 16-18 mins.

Materials: Accompanied by workbook

**Module 1: The Road Ahead** -- topics include: The Nature of Alzheimer Disease; Dealing With the Diagnosis; Planning for the Future; Changes; Day-to-Day Issues; Caring for Yourself; and a Resource List.

**Module 2: On the Road** -- topics include: The Middle Stage of Alzheimer Disease; Communication; Personal Care Strategies; Maintaining an Alzheimer-Friendly Environment; Challenging Behaviours; Caring for Yourself; and a Resource List.

**Module 3: At the Crossroads** -- topics include: The Later Stage of the Alzheimer Disease; Is It Time to Stop Caregiving?; Caregiving Options; Changes; Communication; When the End is Near; and a Resource List.

**Module 4: Understanding Alzheimer Disease: The Link Between Brain and Behaviour** -- explains how the brain functions and what happens when the different regions of the brain are affected by Alzheimer Disease

Can be borrowed from a local Alzheimer Society

Available in French and English

#### Contact Information:

Alzheimer Society of Canada  
20 Eglinton Ave. W., Ste. 1200  
Toronto, ON CA M4R 1K8  
Telephone: 1-800-616-8816

[www.alzheimer.ca/english/resources/library-av.htm](http://www.alzheimer.ca/english/resources/library-av.htm)

### The Caregivers' Journey

By: Dr. Geila Bar David

There are five episodes. The first episode features caregivers speaking about many common experiences in becoming a caregiver.

**The Toll:** acknowledges the tough costs of being a caregiver, including anger, guilt, loneliness, frustration, financial difficulties and burnout.

**Surviving:** Here, each of the featured caregivers shares a piece of advice on how they cope or coped with the emotional, mental and physical costs.

**Healing:** The caregivers reveal their sense of loss and healing process.

**Quiet Triumphs:** Deals exclusively with the good that can come out of the caregiving journey.

Can be purchased or rented

#### Contact Information:

Terra Nova Films, Inc.  
9848 South Winchester Avenue  
Chicago, Illinois USA 60643  
Telephone: 800-779-8491

[www.terranoval.org](http://www.terranoval.org)

### Caregiver Network

**Caregiving with June Callwood** targets the millions of individuals who are providing care for a parent, spouse or themselves. The video series provides practical, comprehensive, expert information, solutions to the challenges of caregiving and a glimpse into the lives of real-life caregivers. The programs are hosted by June Callwood, a well-known author and broadcaster, and Dr. Irvin Wolkoff, a psychiatrist respected for his dedication to establishing a better understanding of mental health issues.

Purchase required

#### Contact Information:

Telephone: (905) 602-1160  
Toll Free: 1-800-757-4868

[www.caregiver.on.ca](http://www.caregiver.on.ca)

## Medical AudioVisual Communications Inc.

### Family Caregiver Guide to Alzheimer's /Dementia

Producer: Orcas Inc

This easy-to-use, training tool is intended for family caregivers with elders who have Alzheimer's dementia. The CD ROM includes video dramas of caregivers, the Alzheimer's/dementia patient, and the proven methods to deal with challenging behaviours. Communication tools, definitions of dementia stages, coping with your own emotions, and support alternatives are just some of the lessons you will learn. All products are available for free previewing.

**Cost \$99.00 CDN**

#### Contact Information:

Medical Audio Visual Communications Inc.  
P.O. Box 84548, 2336 Bloor Street West,  
Toronto, ON, M6S 1T0  
Telephone: (905) 602-1160 or 1-800-757-4868  
email: dwc@mavc.com

**www.mavc.com**

## National Film Board - Caregiver Series (1997)

This five-part series delivers a wealth of advice to the growing number of Canadians who find themselves in situations similar to those portrayed. Focusing on the experience of five people in different caregiving situations, the series examines a range of issues--home support services, caring for people with dementia and strokes, caregiver stress and nursing home placement. A Caregivers Handbook has been produced to accompany the series. The guide is available free of charge from the NFB with any order for Caregivers.

Items can be purchased separately

Available in French and English

#### Contact Information:

National Film Board of Canada  
Sales and Customer Service, D-10  
PO Box 6100, Station Centre-Ville  
Montreal, Quebec H3C 3H5  
Telephone: 1-800-267-7710

**www.nfb.ca**

## Show Them That We Care: A Nine-Step Guide to Visiting Residents in Nursing Homes

Ron and Susan Stauffer

Video and handbook

The purpose of the video and handbook is to show and explain how to make visits to any nursing home more enjoyable for both you and the one you are visiting.

26-minute video and 40-page handbook

Purchase required

#### Contact Information:

Prism Innovations Inc.  
Telephone: 888-774-7655  
email: customercare@ec-online.net

#### Review at

**<http://www.ec-online.net/Store/media.htm>**

# PROVINCIAL RESOURCES

## ALBERTA

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### Alberta Council on Aging

The ACA has more than 4000 individual members and 400 seniors' groups and agencies as organizational members. The ACA supports seniors in both rural and urban areas through its province-wide network.

#### Contact Information:

#104, 10010 - 107A Avenue  
Edmonton, Alberta T5H 4H8  
Telephone: (780) 423-7781  
Toll Free: 1-888-423-9666  
email: [acaging@interbaun.com](mailto:acaging@interbaun.com)

### Alzheimer Society of Alberta

The Alzheimer Society of Alberta exists to alleviate the personal and social consequences of Alzheimer Disease through the development, support and coordination of local societies and chapters and to promote the search for a cure through the development support and coordination of education and research.

#### Contact Information:

#220, 2323 - 32 Avenue NE  
Calgary, Alberta T2E 6Z3  
Telephone: 888-233-0332

[www.alzheimer.ab.ca](http://www.alzheimer.ab.ca)

### Family Caregiver Centre, Calgary, Health Region

The Centre provides information, education and supportive counselling to family caregivers providing care and assistance to an adult in need of support due to chronic health conditions.

#### Contact Information:

1509 Centre Street S., Calgary AB T2G 2G6  
Telephone: (403) 303-6027

[www.familycaregivers.ab.ca](http://www.familycaregivers.ab.ca)

### Mental Health Information and Options Line

The line provides information on over 1500 mental health services in the Calgary area. Speak with mental health clinicians. 7:30 am to 6:00 pm Monday to Friday.

#### Contact Information:

Phone: (403) 943-1500  
email: [mental.health@calgaryhealthregion.ab.ca](mailto:mental.health@calgaryhealthregion.ab.ca)

## BRITISH COLUMBIA

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### Alzheimer Society of British Columbia

The Alzheimer Society of B.C. was established to provide assistance to people with Alzheimer Disease or a related dementia, as well as family members and friends who are caring for someone with a dementia. It consists of a provincial office, 14 resource centres and over 100 support groups and contacts across the province. It offers support and education to people with the disease, family carers and professional carers.

#### Contact Information:

300 - 828 West 8th Avenue, Vancouver, BC V5Z 1E2  
Telephone: (604) 681-6530  
email: [info@alzheimerbc.org](mailto:info@alzheimerbc.org)

[www.alzheimerbc.org](http://www.alzheimerbc.org)

### Caregivers Association Of BC (C.A.B.C.)

Caregivers Association of BC was formed in 1993 to support, educate, inform and advocate for family caregivers.

#### Contact Information:

306-1212 Broadway  
Vancouver BC V6H 3V1  
Telephone: (604) 734-4812

[www.vcn.bc.ca/cabc2000](http://www.vcn.bc.ca/cabc2000)

## Family Caregivers Network Society

This Society's purpose is to inform, support and represent family caregivers in the Capital Regional District of British Columbia. The FCN promotes the significance of the family caregiver's role and contribution in the health care system, and advocates on the issues of concern.

### Contact Information:

526 Michigan Street, Victoria, BC, V8V 1S2  
Telephone: (250) 384-0408  
email: fcns@telus.net

[www.fcns-caregiving.org](http://www.fcns-caregiving.org)

## MANITOBA

### Alzheimer Society of Manitoba

The Alzheimer Society of Manitoba is part of a national, community-based volunteer organization, whose mission is to alleviate the individual, family and social consequences of Alzheimer Disease and related disorders while supporting the search for a cure.

### Contact Information:

10 - 120 Donald Street  
Winnipeg, MB R3C 4G2  
Telephone: (204) 943-6622  
Fax: (204) 942-5408  
email: alzmb@alzheimer.mb.ca

[www.alzheimer.mb.ca](http://www.alzheimer.mb.ca)

### The J.W. Crane Memorial Library Online Catalogue

The J.W. Crane Memorial Library of Gerontology and Geriatrics is Canada's largest and best known special library on aging. The collection covers the clinical, social, and psychological aspects of aging, the administration, organization and operation of long-term care systems, as well as health promotion and outreach programs for seniors. A particular emphasis is placed on collecting Canadian resources.

### Contact Information:

[www.deerlodge.mb.ca/crane\\_library/search\\_catalogue.asp](http://www.deerlodge.mb.ca/crane_library/search_catalogue.asp)

## Manitoba Caregiver Network

The Manitoba Caregiver Network is an association of community groups, individuals and agencies. Its purpose is to identify common concerns, share information, effectively use available research and advocate on major issues affecting informal caregiving in order to improve support for informal caregivers in Manitoba.

### Contact Information:

Telephone: (204) 789-1256;  
email: fennl@vonmanitoba.ca

## NEW BRUNSWICK

### Alzheimer Society of New Brunswick

The mission is to alleviate the personal and social consequences of Alzheimer and related diseases, through information, education, and support, and to promote public awareness and to search for the causes and cures.

### Contact Information:

33 Main Street, Fredericton, NB E3A 1B7  
Telephone: (506) 459-4280  
Toll Free: 1-800-664-8411

[www.alzheimernb.ca](http://www.alzheimernb.ca)

### Ministry of Family & Community Services

This website offers a pamphlet to provide some information and hints for individuals who are or anticipate becoming caregivers. If you need further assistance, please contact the Office for Seniors and they will try to help you to obtain the information that you need.

### Contact Information:

P. O. Box 6000  
Fredericton, NB E3B 5H1

[www.gnb.ca/0017/seniors/hints-e.asp](http://www.gnb.ca/0017/seniors/hints-e.asp)

## NEWFOUNDLAND AND LABRADOR

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### Alzheimer Society of Newfoundland and Labrador

The Alzheimer Society of Newfoundland and Labrador, Inc. exists to support the search for the cause and cure of Alzheimer Disease, its diagnosis, treatment and care, to raise public awareness of the personal and social impact of the disease, and to promote the provision of support to families and caregivers in the province.

#### Contact Information:

687 Water St.  
P.O. Box 37013  
St. John's, NL A1E 1C2  
email: [sharing@avalon.nf.ca](mailto:sharing@avalon.nf.ca)  
Telephone: (709) 576-0608  
Toll Free: 1-877-776-0608

[www.alzheimer.ca/english/offices/provinces/nf.htm](http://www.alzheimer.ca/english/offices/provinces/nf.htm)

### Seniors Resource Centre Caregiver Support Program

Connects people to information, resources and newsletters.

#### Contact Information:

Telephone: 888-571-2273  
email: [seniorsresource@nf.aibn.com](mailto:seniorsresource@nf.aibn.com)

## NOVA SCOTIA

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### Alzheimer Society of Nova Scotia

The Alzheimer Society is committed to alleviating the personal and social consequences of Alzheimer Disease and other dementias and to promoting the search for the causes, treatments and cures.

#### Contact Information:

5954 Spring Garden Road  
Halifax, Nova Scotia B3H 1Y7  
Telephone: (902) 422-7961  
Toll Free: 1-800-611-6345  
email: [info@alzheimer.ns.ca](mailto:info@alzheimer.ns.ca)

[www.alzheimer.ca/english/offices/provinces/ns.htm](http://www.alzheimer.ca/english/offices/provinces/ns.htm)

### Family Caregivers' Association of Nova Scotia

The Family Caregivers' Association of Nova Scotia is a province-wide, non-profit organization dedicated to providing information and practical supports to more than 85,000 caregivers across the province. It provides information on: respite, legal issues, resources, day programs, associations, research and support groups.

#### Contact Information:

5355 Russell Street  
Halifax, Nova Scotia B3K 1W8

[www.caregiversns.org](http://www.caregiversns.org)

### Nova Scotia Centre on Aging

The NSCA operates a Caregiver Resource Library which houses a specialized collection of more than 1000 books, videos and reports related to family caregiving, aging with lifelong disabilities, healthy aging and continuing care. These items are available on loan to anyone in Nova Scotia.

#### Contact Information:

Mount Saint Vincent University  
Halifax, Nova Scotia, Canada B3M 2J6  
Telephone: (902) 457-6546  
email: [Caging@msvu.ca](mailto:Caging@msvu.ca)

[www.msvu.ca/campus-information/caging](http://www.msvu.ca/campus-information/caging)

## NORTHWEST TERRITORIES

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### NWT Seniors Society

Offers a resource library for caregivers.

#### Contact Information:

867 920-7444  
#3, 5710 50th Avenue,  
Yellowknife, NT X1A 1G1  
email: [seniors@tamarack.nt.ca](mailto:seniors@tamarack.nt.ca)

## ONTARIO

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### Advocacy Centre for the Elderly

Education, Prevention, Intervention, Research, Policy for Seniors, Health Care/Social Service to assist people across Ontario is provided by phone or via other legal clinics.

#### Contact Information:

2 Carlton Street, Suite 701  
Toronto, ON M5B 1J3  
Telephone: (416) 598-2656

### Alzheimer Society of Ontario

The Alzheimer Society of Ontario is an association of Chapters whose mission is to improve the quality of life of people with Alzheimer Disease or related dementias and their caregivers.

#### Contact Information:

#202 - 1200 Bay St. Toronto, ON M5R 2A5  
Telephone: (416) 967-5900  
Fax: (416) 967-3826  
email: [staff@alzheimeront.org](mailto:staff@alzheimeront.org)

<http://aso.klickit.com/english/home>

## PRINCE EDWARD ISLAND

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### Alzheimer Society of PEI

The Alzheimer Society of P.E.I. exists to support and assist Islanders affected by Alzheimer Disease and other dementias. It is responsible for raising the level of awareness, providing support and services, and educating the public and all those affected by progressive dementias.

Offers a resource centre, support groups and other services.

#### Contact Information:

Telephone: (902) 368-2715

[www.alzheimer.ca/english/offices/provinces/pe.htm](http://www.alzheimer.ca/english/offices/provinces/pe.htm)

### Caregiver Information

Information for caregivers is provided on this site.

#### Contact Information:

Telephone: (902) 368-6519

[www.gov.pe.ca/infopei/seniors/cargivers\\_information](http://www.gov.pe.ca/infopei/seniors/cargivers_information)

## QUEBEC

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### La Federation quebecoise des societies alzheimer

Their mission is to provide information, education and training, adapted support services and advocacy for families afflicted by Alzheimer Disease in Quebec.

#### Contact Information:

5165 Sherbrooke Street West, Suite 211,  
Montreal, Quebec, H4A 1T6  
Telephone: (514) 369-7891  
Toll free: 1-888-MEMOIRE

### The Caregiver Support Centre, CLSC René-Cassin/Institute of Social Gerontology of Québec

The Caregiver Support Centre is an innovative service focused on maintaining and enhancing the well-being of caregivers through outreach, prevention, support, education, information, advocacy, and empowerment. The Centre offers a variety of services to caregivers, such as respite services, in-home stimulation, short-term counseling, support groups, psycho-social assessments, conferences and education. The Centre also provides training to professionals, maintains links with universities and community partners, and promotes and conducts research.

#### Contact Information:

CLSC René-Cassin/Institute  
of Social Gerontology of Québec  
5800 Cavendish, Suite 500  
Côte St-Luc, Quebec, H4W 2T5  
Telephone: (514) 485-7374

[www.geronto.org/firstpage.htm](http://www.geronto.org/firstpage.htm)

## SASKATCHEWAN

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### Alzheimer Society Of Saskatchewan

Incorporated in 1982, the Alzheimer Society Of Saskatchewan is a charitable organization that provides family support, education, information, advocates for the best care possible for people with Alzheimer Disease and their carers, and supports research efforts into finding the cause and cure of Alzheimer Disease.

**Contact Information:**

2550 - 12th Ave., Ste. 301  
Regina, SK S4P 3X1  
Telephone: (306) 949-4141  
Toll-free: 1-800-263-3367  
email: [info@alzheimer.sk.ca](mailto:info@alzheimer.sk.ca)

[www.alzheimer.sk.ca](http://www.alzheimer.sk.ca)

### The Saskatoon Council on Aging Resource Walk-in Centre

The Saskatoon Council on Aging Resource Walk-in Centre has been operating since 1991 to enhance the quality of life for older adults by providing programs and services. The centre houses library information and free pamphlet materials for older adults and caregivers in many areas.

**Contact Information:**

301-506 25th Street East  
Saskatoon, SK S7K 4A7  
Telephone: (306) 652-2255

[www.scoa.ca](http://www.scoa.ca)

## YUKON

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### Seniors' Information Centre

The Yukon Council on Aging supports the Seniors Information Centre. The Seniors' Information Centre offers a range of services, information, referrals, support and recreation.

- Seniors Helping Seniors
- Health
- Recreation and Education
- Referrals to various agencies and organizations
- Housing
- Meals for those in need
- Social Assistance referrals

**Contact Information:**

4061B - 4th Avenue, Whitehorse, YT Y1A 1H1  
Telephone: (867) 668-3383  
Fax: (867) 668-6745  
email: Yukon Council on Aging