

SCHC Caregiver Wellness Program Inventory

A. Support and Education.

The following programs are offered on a regular / ongoing basis

1. **Social Work Support and Counselling**

Caring for an aging relative or friend is often exhausting, confusing and very demanding which can ultimately take a toll on the caregiver's physical, emotional, social, spiritual and mental health. Talking with a skilled professional can give caregivers the perspective, insight and hope they need. Navigation and help with accessing community resources can be provided to assist you in your journey of caring for someone.

Social Worker: Annie Smith

Location: 629 Markham Rd., Unit 2, Scarborough

Cost: Free; appointment required

2. **Caregivers Education / Support Group**

Mutual support groups provide safe, supportive and confidential space to share knowledge, feelings and coping strategies. Join other caregivers in this supportive environment and learn important skills.

Location: 629 Markham Rd, Unit 2, Scarborough; Active Living Centre (ALC) Program Space; Offered Virtually during COVID-19 pandemic

Days / Times: 1st and 3rd Wednesdays of each month (ongoing group)

Cost: Free.

3. **Mindfulness Matters**

A thirty-minute guided meditation program for family caregivers and seniors 55 years old and above. Offered virtually during COVID-19 pandemic, this program encourages participants to focus on the present and practice self-care, especially during these stressful times. This is a joint project of SCHC Caregiver Wellness and Seniors Health Promotion teams.

Location: Online via Zoom. Connection details will be sent to registered participants

Days / Times: Wednesdays from 1:00 to 1:30pm

Cost: Free but Registration is Required

4. **MINDful Eating for Caregivers**

This fun and interactive webinar teaches busy caregivers the basics of good health and chronic disease prevention and gives them an opportunity to watch a live food demonstration for making nutritious and delicious meals. This is a collaborative work between SCHC Caregiver Wellness, Diabetes Education and Health Promotion programs

Location: Online via Zoom. Connection details will be sent to registered participants

Days / Times: 2nd Tuesdays from 2:30-4pm

Cost: Free but Registration is Required

5. **Language Specific program: Support Group for Tamil Caregivers**

This healthcare professional-led group provides a safe space for caregivers to meet and learn from others who are going through similar experiences. As a group, we explore common caregiver needs and struggles and find ways to address them through education and support

Location: Frontline Community Services, 3031 Markham Road., Unit 26 and 27, Scarborough, ON, M1X, L19

Days/ Times: 2nd Thursday of every month, 2-3:30 pm

Cost: Free; light refreshments provided

6. **Language Specific program: Peer Support Group for Tamil Families and Friends Caring for those with Memory Loss**

In partnership with the Alzheimer Society of Toronto, SCHC is offering a unique peer-led support group for Tamil-speaking family members and friends caring for those with memory loss. In this monthly support group, staff and trained volunteer facilitators will provide the opportunity to discuss the many challenges of caring for someone with memory loss, with others who understand. Our goal is to provide a safe and open environment for participant to share stories and learn techniques for improving quality of life and to enhance caregiver's knowledge of Alzheimer's Disease and other dementias, including supports and coping strategies

Location: The Hub, Mid-Scarborough, 2660 Eglinton Ave. E., Scarborough, ON; Room M05

Days / Times: 2nd Wednesdays of every month, 10am to 12 noon

Cost: Free but registration and short pre-screening is required

B. Re-occurring Workshop Series

The following programs are offered on a needs-basis. Please call Caregiver Wellness Team for more information about running this program

1. **The Reitman Centre CARERS (Coaching Advocacy Respite Education Relationship Simulation) Program**

This 8-week, skill-based group for family caregivers, is an evidence-based program developed by the Reitman Centre, Sinai Health System in Toronto and is facilitated in partnership with Alzheimer Society of Toronto Social Worker, trained by the Reitman Centre. The focus of this program is on building practical skills and emotional supports needed to care for people living with dementia, through guided simulation

Running time: 2 hours per session, for 8 consecutive weeks

Cost: Free but registration and short pre-screening is required

2. **Living Life to the Full**

Twelve Hours Than Can Change Your Life!

Want to know how to feel happier, more confident, and worry less, right now? Would you like to learn new ways of dealing with what life throws at



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you? Living Life to the Full is a fun and interactive course that will help you understand your feelings, thoughts and behaviors and what to do about them!

Running time: 1.5 hours per session, 8 consecutive weeks

Cost: Free. Registration Required

3. Powerful Tools for Caregivers

Based on the work of a Stanford University School of Medicine professor and her colleagues and run in partnership with Central East LHIN Self-Management Program, this six-week course, will give caregivers a wealth of tools that has shown to bring positive health outcomes to caregiver health including improved self-care behaviours, management of emotions, self-efficacy and use of community resources.

Running time: 1.5 hours per session, 6 consecutive weeks

Cost: Free. Registration Required

4. Understanding Mental Health and Wellbeing in Later life: A Workshop Series

Developed by the Centre for Addiction and Mental Health's (CAMH) Provincial System Support Program (PSSP). This evidence-based, structured curriculum aims to raise awareness of mental health and addiction issues among seniors in the community and to promote help-seeking behaviours. It includes a set of 12 workshops on the following topics:

Note: Course Descriptions below are from CAMH

- a) *Overview: Understanding Mental Health and Well-being in later life.* This introductory workshop will introduce participants to the series. Participants will learn the difference between mental health and mental illness and be able to define addictions. They will understand what can affect the mental health of older adults and learn ways to keep themselves well.
- b) *When the Blues Don't Go Away: Understanding Depression in later life.* This workshop focuses on depression. It will help participants understand what depression is, how to recognize the signs and symptoms, as well as explain ways to prevent and manage depression
- c) *Finding a Balance: Understanding Bipolar Disorder in later life.* This workshop will help participants understand the highs and lows of bipolar disorder. It will explain what bipolar disorder is and cover the signs and symptoms for older adults. Participants will also learn how to prevent episodes and manage bipolar disorder
- d) *Breaking the Cycle of Worry: Understanding Anxiety Disorders in later life.* This workshop will help participants understand anxiety disorders. It will explain the difference between normal worrying and anxiety disorders. The workshop will cover the signs and symptoms of anxiety for older adults. It will also teach participants ways to prevent and manage anxiety.
- e) *Blurred Perceptions and Thoughts: Understanding Psychosis in later life.* This workshop will begin by defining psychosis and its causes. It will also cover the signs and symptoms of psychosis in older adults and will explain ways to manage psychosis



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- f) *Sudden Changes in the Brain: Understanding Delirium in later life.* This workshop will help participants to understand delirium as a symptom of other mental illnesses. It will define delirium, outline the signs and symptoms and explain ways to treat delirium
- g) *More than Forgetting: Understanding Dementia in later life.* This workshop will help participants understand dementia. The workshop will explain between normal memory loss and dementia. It will explain the difference between normal memory loss and dementia. It will outline what dementia looks like in older adults. The workshop will also explain ways to reduce the risk of developing dementia and how to manage the illness.
- h) *Beyond the Doctor's Notepad: Understanding the use of Opioids and other medications in later life.* From this workshop, participants will learn the difference between two common prescription drugs: opioids and benzodiazepines. Participants will be able to identify what problematic use looks like and how they can minimize their risk
- i) *When having a good time becomes all the time: Understanding Cannabis and Alcohol in later life.* This workshop will help participants learn about two common legal recreational drugs: cannabis and alcohol. After the workshop, participants will be able to identify what problematic use looks like and minimize the harms for using these drugs
- j) *Creating Healthy Habits: Understanding Gambling in later life.* This workshop will help participants understand problem gambling. After taking the workshop, participants will be able to recognize what problem gambling looks like in older adults and will be able to explain how to prevent manage or find help for a gambling problem.
- k) *Taking Steps toward a Healthy Mind: Positive mental health in later life.* This workshop will support positive mental health in later life. Participants will have the opportunity to develop a plan to improve their mental health and well-being They will also learn easy ways to promote their mental health
- l) *Where to Get the Right Mental Health Support: Understanding your care options.* This workshop will help participants understand where to get the right support for mental health and well-being. It covers the challenges of navigating the care system, points of access and types of treatment. Participants will also learn about their rights when seeking care.

These topics can be delivered on a needs-basis, based on the interest of a specific community requesting for a workshop.

Running time: 1.5 hours each module / topic

Cost: Free. Registration Required

C. Health and Wellness Programs

1. Language Specific Program: Health and Wellness Workshops for Tamil Caregivers

Health and Wellness Workshops support the holistic health of Tamil caregivers by providing health education and illness prevention, physical and mental activities and social and recreation; examples of programs you can expect to get are cardiovascular exercises, mindfulness and yoga, chronic pain management, chronic disease prevention and management, social get-togethers, therapeutic art, intergenerational programs, etc.



SCARBOROUGH *Offered in three (3) locations:*
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- a. **Address:** 50 Tuxedo Court, Scarborough, ON, M1G 3S8. **Recreation room on the 16th floor;**
Days / Times: Last 2 Tuesdays of every month; 2-4 pm
Cost: Free; light refreshments provided

- b. **Address:** 65 Greencrest Circuit, Scarborough, ON M1G 3T9. **Recreation room on the 1st flr**
Days / Times: Every Wednesday; 2-4 pm
Cost: Free; light refreshments provided

- c. **Address:** East Scarborough Storefront, 4040 Lawrence Ave E., Scarborough ON, M1E 2R6;
Days / Times: Every Thursday, 10 am to 12 pm
Cost: Free; light refreshments provided

2. Tai Chi for Caregivers

Tai Chi is an ancient Chinese martial art, which, in recent times, has been practiced more as a non-competitive, graceful form of exercise and which has shown benefits that include improved circulation, better balance and posture, reduced stress and increased strength. Offered in partnership with the Tai Chi Society, this 9 week course (one hour per week) is offered four times a year. It is a wonderful opportunity for caregivers to learn a stress management practice that they can continue with at home

Location: 629 Markham Road, Unit 2, Active Living Centre

Days/Times: Thursdays, 1:30-2:30pm

Cost: \$20 for entire 9 week course

3. Mood Walks

Mood Walks is a 9-week hiking program which promotes both physical and mental wellness for caregivers 55+. Hiking combines physical activity with exposure to nature and has proven benefits in promoting mental and physical wellness. Join a group of 15 to 20 caregivers and experience the healing effects of nature while engaging in the community. This is run in partnership with Canadian Mental Health Association Ontario, Hike Ontario and Conservation Ontario

Location: Hiking Trails in Scarborough, currently Birkdale Ravine

Cost: Free. Registration required

For inquiries and registration about these Caregiver Wellness Programs, please call or email

Community Supports Services Centralized Intake
(416) 847 4134 or cssintake@schcontario.ca

