

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 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: Thursday's afternoons (ongoing group)

Cost: Free.

3. Caregiver Education

The Caregiving Journey comes with many questions, let us connect you to answer. This series features expert speakers covering a range of key topics. All are welcome to join to gain new skills, access valuable resources and learn how to get connected to needed supports.

Location: Virtual

Days/ Times: Alternating Mondays 1 – 2:30 pm, one Thursday evening a month 6-7:30 pm

Cost: Free.

4. 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

5. 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

6. 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

B. Re-occurring Workshop Series

The following programs are offered on a needs-basis. Please contact the Caregiver Wellness Team for more information about running these programs

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 That 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 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:

- a) *Overview: Understanding Mental Health and Well-being in later life.*
- b) *When the Blues Don't Go Away: Understanding Depression in later life.*
- c) *Finding a Balance: Understanding Bipolar Disorder in later life .*
- d) *Breaking the Cycle of Worry: Understanding Anxiety Disorders in later life.*
- e) *Blurred Perceptions and Thoughts: Understanding Psychosis in later life.*
- f) *Sudden Changes in the Brain: Understanding Delirium in later life.*
- g) *More than Forgetting: Understanding Dementia in later life.*
- h) *Beyond the Doctor's Notepad: Understanding the use of Opioids and other medications in later life.*
- i) *When having a good time becomes all the time: Understanding Cannabis and Alcohol in later life.*
- j) *Creating Healthy Habits: Understanding Gambling in later life.*
- k) *Taking Steps toward a Healthy Mind: Positive mental health in later life.*
- l) *Where to Get the Right Mental Health Support: Understanding your care options.*

These topics can be delivered on a needs-basis, based on the interest of a specific community requesting for a workshop. To read the descriptions click [Here](#)

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
CENTRE FOR
HEALTHY
COMMUNITIES

Offered in three (3) locations: Currently virtual but priority offered in the community

- 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 (On Hold)

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**