

## **RESOURCES FOR FAMILY CAREGIVERS**

### **-CARING FOR PEOPLE 31-60 YEARS OF AGE-**

*Below is a list of resources that have programs to support Family Caregivers and the people they care for. This list was created March 15, 2018 and includes resources in Huron and Perth County. All information was retrieved from [www.swhealthline.ca](http://www.swhealthline.ca). For more information about caregiving, please take one of our Time To Talk brochures.*

1. **211 Ontario**  
1 St Clair Ave W, 10th Fl, Suite 1000, Toronto, ON M5V 1Y6  
<http://211ontario.ca>  
24-hour confidential telephone helpline and website
2. **Adult Day Programs**  
**Victorian Order of Nurses - Perth-Huron**  
40 Long Dr, Suite 111, Stratford, ON N5A 8A3  
519-271-7991 ext 4233  
<http://von.ca/en/service/adult-day-program>  
Adult day program \* social, recreational, and therapeutic activities for older adults in a group setting for part of the day \* helps to support family caregivers who provide day-to-day care
3. **Al-Anon Family Group**  
Answering Service: 1-519-457-9393  
<http://al-anon.alateen.on.ca>  
Support meeting for family and friends of problem drinkers
4. **Alcoholics Anonymous - Stratford and Area**  
Information Line: 519-438-9006  
<http://www.aalondon.org>  
Support group meetings follow the twelve steps to recovery to assist alcoholics to attain and maintain sobriety
5. **Alzheimer Society of Huron County**  
317 Huron St, Box 639, Clinton, ON N0M 1L0  
519-482-1482  
<http://www.alzheimer.ca/huroncounty>  
Supports for people with Alzheimer's disease and other dementias, and their caregivers
6. **Alzheimer Society of Perth County**  
1020 Ontario St, Unit 5, Stratford, ON N5A 6Z3  
519-271-1910  
<http://www.alzheimerperthcounty.com>  
Support education and information for people with Alzheimer's disease and other dementias, and their caregivers
7. **Canadian Cancer Society**  
536 Huron St, Stratford, ON N5A 5T9  
519-271-4270  
National community-based organization that offers information on cancer prevention, detection and treatment \* support services \* funds cancer research
8. **Canadian Mental Health Association - Huron-Perth Branch**

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#### **Seaforth Office**

92 Goderich St W, Box 1139, Seaforth, ON N0K 1W0  
519-527-2442

<http://www.cmha-hp.on.ca>

Advocates and provides programs and services for people with mental disorders \* enhances, maintains and promotes mental health in Huron and Perth Counties \* new office location in Goderich, contact Stratford office to access services

#### **9. Canadian Mental Health Association**

540 Huron St, Stratford, ON N5A 5T9  
519-273-1391

<http://www.cmha-hp.on.ca>

Advocates and provides programs and services for people with mental disorders \* enhances, maintains and promotes mental health in Huron and Perth Counties \* new office location in Goderich, contact Stratford office to access services

#### **10. caregiverexchange.ca**

190 Wortley Rd, Suite 104, London, ON N6C 4Y7  
519-660-5910

<http://www.caregiverexchange.ca>

Website offering a complete listing of support services across Ontario for people who are looking after a relative, friend or neighbour who has a health condition \* also provides tips and advice

#### **11. Community Connections Outreach Services**

##### **West Huron Care Centre**

37792 Zurich-Hensall Rd, Zurich, ON N0M 2T0  
519-236-4373 ext 631

<http://www.bwrh.ca>

Supports for older adults, and adults with disabilities, and many different groups across the community \* helps people remain independent in their own homes for as long as possible \* referral to other available community services

#### **12. Community Living North Perth**

820 Main St E, Box 220, Listowel, ON N4W 3H4  
519-291-1350

<http://www.communitylivingontario.ca>

Community-based support services for people with a developmental disability

#### **13. Community Living South Huron**

146 Main St, Dashwood, ON N0M 1N0  
519-237-3637

<http://www.clsh.ca>

Support to people with developmental challenges to participate in and contribute to all aspects of family and community life \* focus is to assist people to live in their home communities \* work experience and training are provided through a local company \* volunteer work placements are set up throughout Huron County \* social and recreational activity opportunities are made available for residents

#### **14. Community Living St Marys and Area**

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300 Elgin St E, Box 1618, St Marys, ON N4X 1B9  
519-284-1400

<http://www.communitylivingstmarys.ca>

Supports people with developmental disabilities and their families to live full lives in their community \* supports communities to welcome all people as valued and contributing citizens

15. **Community Outreach Services**

**Knollcrest Lodge**

PO Box 453, Milverton, ON N0K 1M0  
519-595-8755

<http://www.knollcrestlodge.com>

Supports for older adults, and adults with disabilities \* helps people remain active and independent within their own community \* referral to other community services

16. **Community Stroke Rehabilitation Team**

**Seaforth Community Hospital**

801 Commissioners Rd E, London, ON N6C 5J1  
Information Centre - Parkwood Hospital London, Ontario

<http://www.communitystrokerehab.ca>

Specialized health care team that provides coordinated personalized support to stroke survivors in their home in communities

17. **Diabetes Canada - South West Ontario Regional Leadership Centre**

442 Adelaide St N, London, ON N6B 3H8  
519-673-1630

1-800-226-8464 (1-800-BANTING)

<http://www.diabetes.ca>

Supports diabetes research, service, education and advocacy \* fundraises for research and education \* awareness activities held in November for Diabetes Awareness Month \* Future Professionals Conference held annually in November

18. **Eating Disorders Outreach Service**

**Huron Perth Healthcare Alliance**

**Mental Health Services**

519-272-8210 ext 2554

1-866-527-8421 <http://www.hpha.ca/default.aspx?cid=114>

Assessment and nutrition counselling, information/resources to youth with eating disorders

19. **First Link**

**Alzheimer Society of Huron County**

317 Huron St, Box 639, Clinton, ON N0M 1L0  
519-482-1482 or 1-800-561-5012

<http://www.alzheimer.ca/huroncounty>

One-on-one counseling and group supports for caregivers, including family and friends

20. **Heart and Stroke - Stratford Area Office - Huron/Perth/Oxford**

556 Huron St, Stratford, ON N5A 5T9  
519-273-5212 or 1-888-287-7775

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National: 1-888-473-4636 (1-888-HSF-INFO)

<http://www.heartandstroke.ca>

Volunteer-based health charity working to eliminate heart disease and stroke \* provides educational material (literature, videos) that includes risk factors, signs and symptoms, prevention and post-event information \* advocacy, research funding, and healthy living promotion \* fundraising activities include: Jump Rope for Heart, Heart Burn Day, Person to Person, Big Bike for Stroke and Hoops for Heart

21. **Huron Hospice Volunteer Service**

98 Shipley St, Clinton, ON N0M 1L0

519-482-3440 ext 6301

<http://www.huronhospice.ca>

Companionship, respite care, and emotional support to people and their family/caregivers dealing with a life-threatening illness \* bereavement support for anyone who has experienced the death of someone close \* services can be provided at home, or in hospitals and long-term care homes

22. **Huron Perth Community Support Services Network**

317 Huron St, PO Box 222, Clinton, ON N0M 1L0

1-844-482-7800

Central Intake service offered by Community Support Providers in Huron and Perth \* service includes, information about existing services, accessing new service, changing or cancelling current service

23. **Huron Perth Helpline and Crisis Response Team**

Huron Perth Healthcare Alliance

Mental Health Services

28 Centennial Dr, Seaforth, ON N0K 1W0

1-888-829-7484 or 1-888-829-7484

<http://www.hpha.ca/default.aspx?cid=114>

Service for people facing a mental health or addictions challenge \* crisis intervention \* telephone support \* referral to other appropriate agencies if necessary \* short term counselling available \* program supported by Stratford General Hospital and Alexander Marine and General Hospital

**Huron Perth Seniors Mental Health and Addictions Response Team**

24. **Huron Perth Healthcare Alliance**

Mental Health Services

28 Centennial Dr, Seaforth, ON N0K 1W0

Stratford: 519-272-8210 ext 2570

Seaforth: 1-866-527-8421 ext 4821

<http://www.hpha.ca/default.aspx?cid=114>

Assessment and treatment provided for older adults experiencing depression, anxiety, confusion, cognitive impairment and changes in behaviour \* services are time limited and include community treatment, assessment, consultation, counselling, advocacy and education \* in-service training provided to Long Term Care Homes, community groups and residential care homes \* psychogeriatric clinics \* psycho-educational group for caregivers \* psychiatrist resource consultation

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25. **Huron Respite Network**  
15 Rattenbury St E, Box 1581, Clinton, ON N0M 1L0  
519-482-3115  
<http://www.respiteservices.com>  
Emergency and planned respite for children, youth and adults through cooperation of community partnerships \* gives periods of relief or rest for caregivers, supports family life, relieves stress, and fulfills emergency needs \* respite can be done in the dependent client's own home or in the home of the respite provider
26. **Huron Women's Shelter, Second Stage Housing and Counselling Services - Emergency Shelter**  
PO Box 334, Goderich, ON N7A 4C6  
519-524-5333 or 1-800-265-5506  
<http://www.huronwomensshelter.com>  
10 bed emergency shelter for women and children experienced abuse or homelessness \* emergency transportation available \* all basic needs supplied such as clothing, food, bedding and laundry
27. **Information and Support Programs**  
**Alzheimer Society of Perth County**  
1020 Ontario St, Unit 5, Stratford, ON N5A 6Z3  
519-271-1910 or 1-888-797-1882  
<http://www.alzheimerperthcounty.com>  
Information, support and assistance to persons living with Alzheimer's disease or related dementia
28. **Listowel Mental Health Outpatient Counselling**  
**Huron Perth Healthcare Alliance**  
**Mental Health Services**  
285 Sarah Ave N, Listowel, ON N4W 2Y8  
519-291-3120 or 1-866-527-8421  
<http://www.hpha.ca/default.aspx?cid=114>  
Treatment to people in acute mental health distress or with chronic mental illness \* in-home or office dependent upon needs \* promotes community awareness and understanding of mental health issues
29. **Local Community Food Centre (The)**  
612 Erie St, Stratford, On N5A 2P1  
519-508-3663  
<http://www.thelocalcfc.org>  
Shared space centre with a focus on healthy food programs
30. **Ontario Lung Association - Huron-Perth**  
356 Ontario St Suite 105, Stratford, ON N5A 7X6  
519-271-7500  
Lung Health Information Line: 1-888-344-5864 (1-888-344-LUNG)  
<http://www.on.lung.ca>  
Education and community health programs about respiratory health \* provides information on the effects of smoking, second-hand smoke, air quality and the

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environment \* speakers on request \* fundraising activities in support of medical research

31. **Meals on Wheels**  
ONE CARE Home and Community Support Services  
Perth County Office  
25 Wright Blvd, Stratford, ON N4Z 1H3  
1-877-502-8277  
<http://www.onecaresupport.ca/Services/MealsonWheels/>  
Hot meals delivered Mon-Fri between 11:30am-1pm \* special diet types available
32. **Mental Health Helpline**  
ConnexOntario Health Services Information  
London, ON  
Administration: 519-439-0174 or Information Line: 1-866-531-2600  
<http://www.mentalhealthhelpline.ca>  
Confidential telephone, chat, and email information and referral and listening service providing detailed descriptions of mental health services and supports in Ontario, including how to access them
33. **North Perth Community Hospice**  
135 Main St W, Listowel, ON N4W 1A2  
519-291-5141  
<http://www.northperthcommunityhospice.org>  
Supports for older adults, and adults with disabilities \* helps people remain independent in their own homes for as long as possible
34. **North Perth Community Support Services**  
Victorian Order of Nurses - Perth-Huron  
975 Wallace Ave N, Suite D1, Listowel, ON N4W 1M6  
519-291-5898 or Administration: 1-800-265-5176  
<http://www.von.ca/en/site/perth>  
Supports for older adults and adults with disabilities \* helps people remain independent in their own homes and community for as long as possible
35. **ONE CARE Home and Community Support Services**  
131 John St E, PO Box 969, Wingham, ON N0G 2W0  
1-877-502-8277  
<http://www.onecaresupport.ca>  
Supports for older adults, and adults with disabilities \* helps people remain independent in their own homes for as long as possible
36. **Ontario Works**  
Stratford (City of)  
82 Erie St, Stratford, ON N5A 2M4  
519-271-3773 or 1-800-669-2948  
<http://www.stratford.ca>  
Social assistance program that provides employment assistance and financial support for basic needs
37. **Ontario Works**  
Huron (County of)

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RR 5, Clinton, ON N0M 1L0  
519-482-8505 or 1-888-371-5718  
<http://www.huroncounty.ca/ontarioworks/>  
Social assistance program that provides employment assistance and financial support for basic needs

38. **Optimism Place Women's Shelter and Support Services**

270 Freeland Dr, Stratford, ON N4Z 1G8  
Crisis Line and Sexual Assault Hotline: 519-271-5550  
North Perth Direct Contact: 519-301-5310  
Administration: 519-271-5310  
1-800-265-8598  
<http://www.optimismplace.com>  
Emergency shelter, housing, counselling and support to abused women and their children \* weekly support groups, legal advocacy and community outreach

39. **ParaMed Home Health Care - Perth**

55 Lorne Ave E, Stratford, ON N5A 6S4  
1-800-265-5768  
<http://www.paramed.com>  
Community health services

40. **Peer Support Services**

[Choices For Change: Alcohol, Drug and Gambling Counselling Centre](#)  
10 Downie St, Suite 300, Stratford, ON N5A 7K4  
519-271-6730 ext 260 or 1-877-218-0077  
<http://www.choicesforchange.ca>  
Peer support for people coping with mental illness and addiction issues and their families

41. **Respite**

[ONE CARE Home and Community Support Services](#)  
Central Huron Office  
131 John St E, PO Box 969, Wingham, ON N0G 2W0  
1-877-502-8277  
<http://www.onecaresupport.ca/Services/AdultDayProgramOvernightRespite/>  
Overnight relief for caregivers of older adults, frail elderly and those with Alzheimer's disease and related dementias \* accommodations are offered for either one or two nights at the Wingham and Goderich Adult Day Centres from 10am Thu-3pm Sat \* trained staff provide assistance with activities of daily living, personal care and structured activities in a safe environment

42. **Smokers' Helpline**

[Canadian Cancer Society - Ontario Division](#)  
55 St Clair Ave W, Suite 500, Toronto, ON M4V 2Y7  
416-488-5400 or 1-877-513-5333  
<http://www.smokershelpline.ca>  
Free confidential information, advice, and support about quitting smoking through telephone, online and text services

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43. **South West Local Health Integration Network**  
356 Oxford S W, London, ON N6H 1T3  
1-800-811-5146  
<http://www.southwestlhin.on.ca>  
Plans, coordinates, integrates, funds and provides health care services at the local level \*  
one of 14 LHINs across Ontario
44. **Southwest Self Management Program**  
**South West Local Health Integration Network**  
**- Home and Community Care**  
1147 Dundas St, Woodstock, ON N4S 8W3  
519-421-5691 or 1-855-463-5692  
<http://www.swselfmanagement.ca>  
Help for people living with chronic conditions who want to make healthy changes and  
manage their illness \* support for caregivers \* professional development opportunities for  
service providers
45. **St Marys and Area Home Support Services**  
Box 998, St Marys, ON N4X 1B6  
519-284-3272  
<http://www.townofstmarys.com>  
Supports for older adults, adults with disabilities, and people recovering from illnesses or  
injury \* helps people remain independent in the community for as long as possible
46. **Stroke and You Survivors (SAYS) - Huron**  
317 Huron St, Box 1000, Clinton, ON N0M 1L0  
519-482-7943  
Support group that provides stroke survivors and their families an environment to meet for  
social and educational programs, information and peer support
47. **Telehealth Ontario**  
**Ontario. Ministry of Health and Long-Term Care**  
80 Grosvenor St, 10th Fl, Toronto, ON M7A 2C4  
ServiceOntario: 416-314-5518  
1-866-797-0000  
<http://www.ontario.ca/page/get-medical-advice-telehealth-ontario>  
Free, confidential access to registered nurses trained to help people decide about  
appropriate options for care \* provides health advice or general health information on  
topics including:
- breastfeeding
  - medications and drug interactions
  - depression, suicide and other mental health concerns
  - teen health and issues
  - food and healthy living
- illnesses and injuries that need medical care or are consistent
48. **Trillium Drug Program**  
**Ontario. Ministry of Health and Long-Term Care**



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PO Box 337, Stn D, Etobicoke, ON M9A 4X3  
416-642-3038  
1-800-575-5386

<http://www.ontario.ca/page/get-help-high-prescription-drug-costs>

Provides funding to cover the costs of prescription drugs listed in the Ontario Drug Benefit Formulary/Exceptional Access Program to Ontario residents who have high prescription drugs costs in relation to their income

49. **Visiting Hospice Services**

**Family Services Perth-Huron**

142 Waterloo St S, Stratford, ON N5A 4B4  
519-273-1020  
1-800-268-0903

<http://www.familyservicesperth-huron.ca>

Companionship, respite care, and emotional support to people and their family/caregivers dealing with a life-threatening illness \* bereavement support for anyone who has experienced the death of someone close \* services can be provided at home, or in hospitals and long-term care homes

50. **Wellspring Stratford Cancer Support Centre**

48 Well St, Stratford, ON N5A 4L7  
519-271-2232

<http://www.wellspringstratford.ca>

Non-medical programs and services to support cancer patients and their loved ones through diagnosis, treatment and beyond \* services are professionally delivered and volunteer supported \* call for more information about meeting times for programs

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