



You care for them. We care for you.

# Caregiver Resources

in the

# Niagara Region

Compilation of Caregiver, Hospice, Palliative and  
Community Services in the Niagara Region

November 2019



## Alzheimer Society of the Niagara Region ~ [www.alzheimer.ca](http://www.alzheimer.ca)

The Alzheimer Society of Niagara Region is committed to helping people with Alzheimer's disease and other dementias. Assisting families and loved ones living with dementia through information, education, support and advocacy. The Alzheimer Society is also a facilitator of the Self Care for the Caregiver Program through the Caregiver Network of Niagara.

Contact: 905-687-3914 or email [niagara@alzheimerniagara.ca](mailto:niagara@alzheimerniagara.ca)

## (ATTCH) Attachment and Trauma Treatment Centre for Healing ~ [www.attch.org](http://www.attch.org)

The Attachment and Trauma Treatment Centre for Healing (ATTCH) provides quality trauma and attachment assessment and treatment, clinical supervision, and evidence-based trauma-informed training. ATTCH staff includes cross-disciplinary services to allow for comprehensive assessment and treatment. Services are available for all ages, including early intervention/ prevention supports for young mothers or individuals who may be at an increased risk for future difficulty.

Cost: Fee for service.

Contact: Lori Gill, Certified Trauma Specialist, Trainer, Consultant & Supervisor, The National Institute for Trauma and Loss in Children, 905-684-9333(main) 905-684-6217(fax), [lori@attch.org](mailto:lori@attch.org)

## Brain Injury Community Re-Entry Niagara ~ [www.bicr.org](http://www.bicr.org)

Providing rehabilitation and support services to individuals, families and caregivers across the Niagara region who are living with the effects of an acquired brain injury.

Contact: 905-687-6788 or email ~ [staff@bicr.org](mailto:staff@bicr.org)

## Bridges Community Health Centre ~ [www.bridgeshc.ca](http://www.bridgeshc.ca)

Bridges Community Health Centre serves the communities of Fort Erie, Port Colborne and Wainfleet with a focus on the needs of seniors, children and youth, newcomers to Canada, and families or individuals with low incomes. For those without a family doctor, the Primary

Care team is able to support. While other programs offered with a focus on improving overall health and wellbeing, Bridges CHC is also a facilitator of the Basic Care for the Caregiver Program through the Caregiver Network of Niagara.

Contact: In Port Colborne 289-479-5017; Fort Erie: 905-871-7621 or email: [info@bridgeschc.ca](mailto:info@bridgeschc.ca)

#### Canadian Cancer Society ~ [www.cancer.ca](http://www.cancer.ca)

Providing information and services to individuals living with cancer and their families, among which Wheels of Hope transportation services are available for assistance with scheduled appointments and treatment sessions.

Contact: 1-800-263-6750 or 1 888 939 3333; or email: [cis@ontario.cancer.ca](mailto:cis@ontario.cancer.ca)

#### Centre de Santé Communautaire Hamilton/Niagara ~ [www.cschn.ca](http://www.cschn.ca)

Serving the French-speaking community across the Niagara region; providing a variety of primary care services, health promotion services and services for newcomers. Welland. CSCHN is also a facilitator of the Basic Care for the Caregiver Program through the Caregiver Network of Niagara.

Contact: 905-734-1141; or email: [cschn@cschn.ca](mailto:cschn@cschn.ca)

#### CNIB ~ [www.cnib.ca](http://www.cnib.ca)

With five remote locations throughout the Niagara Region, CNIB provides support, innovative programs and advocacy to empower people impacted by blindness in order to promote inclusion and enhance their daily living.

Contact: 1-800 563-2641; or by email: [info@cnib.ca](mailto:info@cnib.ca)

#### Community Addiction Services of Niagara ~ [www.cason.ca](http://www.cason.ca)

Provides comprehensive alcohol, gambling and drug addiction treatment for individuals and their families.

Contact: Sheila Connolly 905-684-1183; or by email: [sconnolly@cason.ca](mailto:sconnolly@cason.ca)

## Community Support Services of Niagara ~ [www.cssn.ca](http://www.cssn.ca)

Assisting seniors and adults with disabilities to live independently in their own home. Services may include but not limited to transportation, volunteer visits/phone chats, home safety assessments, homemaking,

Contact: Beamsville ~ 905-563-9501; St. Catharines ~ 905-682-3800; Welland ~ 905-788-3181; or by email: [cssn@cssn.ca](mailto:cssn@cssn.ca)

## COAST Crisis Outreach and Support Team ~ [www.cmhaniagara.ca](http://www.cmhaniagara.ca) > [coast-niagara](http://coast-niagara)

COAST provides services to people in the Niagara Region who are in crisis and have a mental health concern. Mental Health Professionals work as a team in a unique partnership with police officers who are specially trained in mental health. Information is collected over the phone by a qualified health professional. If needed, the mobile team will assess the person in crisis in their community. Ongoing telephone support and/or referral to appropriate follow-up services may be recommended to prevent further crisis. COAST is not a rapid-response service. For life-threatening emergencies CALL 9-1-1.

Contact: 1-866-550-5205, and press 1.

## The Hope Centre ~ [www.thehopecentre.net](http://www.thehopecentre.net)

The Hope Centre provides a wide range of services to assist individuals and families in Welland and the surrounding community by providing food and housing stability, to empower change increasing future resilience to poverty, and increasing their capacity to be self-sustaining through counseling and training. Residents of The Hope Centre will have access to such programs as the Community Lunch Program, Food Bank, Housing Stability programs and many other services.

Contact: 905-788-0744 or general inquiries to [info@thehopecentre.net](mailto:info@thehopecentre.net)

## Hospice Niagara ~ [www.hospiceniagara.ca](http://www.hospiceniagara.ca)

Helping to improve the quality of life of individuals and their families living with a life-limiting, progressive illness within our community. Team members work in partnership with primary care providers, including family physicians and community visiting nurses to provide

consistent and comprehensive care in the client's home. The teams consist of a Palliative Care Physician, a Palliative Nurse Clinician, a Psycho-Spiritual Clinician, a Bereavement Advisor, a Clinical Navigator, a LHIN Case Coordinator, and community palliative care service providers. Please note that referrals to Hospice Niagara Community Palliative Care Teams require a referral from your family physician/specialist or LHIN Care Coordinator. Hospice Niagara is also a facilitator of both the Basic Care for the Caregiver and Self Care Programs offered through the Caregiver Network of Niagara.

Contacts: 905-984-8766; or by email: [info@hospiceniagara.ca](mailto:info@hospiceniagara.ca)

InCommunities 211~ [www.incommunities.ca/en/community-services/community-information/](http://www.incommunities.ca/en/community-services/community-information/)

Dial 3 digits-211, 24 hours a day, to speak with someone about your specific circumstances and receive information on, and referrals to programs and services that are available to support you. For self-directed searching, you can also search our on-line database of community services.

Contact: 211 or 1-800-263-3695; or by email: [info@incommunities.ca](mailto:info@incommunities.ca)

LHIN~Niagara Region Branch (Hamilton Niagara Haldiman Brant Local Health Integration Network) ~ [www.hnhblhin.on.ca](http://www.hnhblhin.on.ca)

LHINs are community-based, non-profit organizations funded by the Ministry of Health and Long-Term Care to plan, fund and coordinate services delivered by: Hospitals. Long-Term Care Homes. Home and Community Care (Formally Community Care Access Centres (CCAC)).

Contact: 905-684-9441

March of Dimes Canada ~ [www.marchofdimes.ca](http://www.marchofdimes.ca)

March of Dimes is a community-based rehabilitation and advocacy charity for people with physical disabilities. The goal is to enhance the independence and community participation of people with physical disabilities every day through a wide range of programs and services across the country.

Contact: 1-800-263-4742



Multiple Sclerosis Society of Canada - Niagara Peninsula Chapter of Hope ~  
[www.mssociety.ca](http://www.mssociety.ca)

In communities across Canada, the MS Society provides information, support, educational events and other resources for people living with MS and their families.

Contact: 905-937-7772; or by email: [info.niagara@mssociety.ca](mailto:info.niagara@mssociety.ca)

Niagara Chapter Native Women Inc. (Ska-Be Program) ~ [www.ncnw.net](http://www.ncnw.net)

Providing support and assistances through holistic wellness for urban indigenous seniors, individuals with a disability and their families.

Contact: 905-871-8770; or by email: [skabe.ncnw@gmail.com](mailto:skabe.ncnw@gmail.com)

Niagara Falls Community Health Centre ~ [www.nfchc.ca](http://www.nfchc.ca)

A multi-service health centre that provides primary health care, health promotion, and community development services at no cost. It responds to the health needs of individual patients and their families, as well as to the health concerns of the community.

Contact: 905-356-4222; or by email: [info@nfchc.ca](mailto:info@nfchc.ca)

Niagara Medical Group Family Health Team ~ [www.niagaramedicalgroup.com](http://www.niagaramedicalgroup.com)

Niagara Medical Group is a partnership of family physicians, Nurse Practitioners, Nurses, Mental Health counselors, a Psychiatrist, Registered Dietitians, and office staff which all work in an integrated and collaborative manner, known as a Family Health Team. The Team offers supports to individuals through The Community Health Prosperity Program- with such supports as housing, income security, transportation, food security, medication costs, family supports, social isolation, and employment/education. NMGFHT is also a facilitator of the Basic Care for the Caregiver Program offered through the Caregiver Network of Niagara.

Contact: (905) 356-2236 or [www.niagaramedicalgroup.com](http://www.niagaramedicalgroup.com)

## The Niagara Region Seniors Community Programs~ [www.niagararegion.ca/seniors](http://www.niagararegion.ca/seniors)

The Region operates a range of services for older adults, families and care partners by providing information and access to specialized programs and services to support their independence. They include but are not limited to: Adult Day Program, Respite Companion Program, Supporting Independent Living, Assisted Living.

Contact: 905-984-2621

## Niagara-on-the-Lake Community Palliative Care Service ~ [www.notlpc.com](http://www.notlpc.com)

During a serious illness, we offer support to individuals and their caregivers by way of equipment needed to aid their journey, and volunteers to provide companionship and care giver relief. Services are free of charge.

Contact: Bonnie Bagnulo, 905-468-4433; or by email: [notlpc@bellnet.ca](mailto:notlpc@bellnet.ca)

## Ontario Caregiver Helpline ~ [www.ontariocaregiver.ca](http://www.ontariocaregiver.ca)

A 24/7, live chat line which can offer support, advice, and answer questions of caregivers. Services are available in English and French

Contact: 1-833-416-2273; [www.ontariocaregiver.ca](http://www.ontariocaregiver.ca)

## Regional Stroke Prevention Centre of Niagara

The Stroke Centre works with a number of provincial partners to ensure the care in Niagara meets best practice standards. Stroke protocols have been put in place, so that all 911 calls resulting in suspected stroke patients come by ambulance to Greater Niagara General if they meet the criteria for tPA - a clot busting drug for stroke. If you suspect someone is suffering a stroke, immediately call 911.

## Robert's Press ~ [www.robertspress.ca](http://www.robertspress.ca)

Offering training, coaching workshops and educational programs to assist and empower people through life challenges (specifically grief and trauma).

Contact: Christine Dernederlanden, CTSS 905-688-8009; or by email: [Christine@robertspress.ca](mailto:Christine@robertspress.ca)



Survivors of Stroke Niagara ~ [www.survivorsofstrokeniagara.com](http://www.survivorsofstrokeniagara.com)

A support network for stroke survivors and their caregivers.

Contact: 1-800-263-3463; or by email; [sosniagara@marchofdimes.ca](mailto:sosniagara@marchofdimes.ca)

### Telehealth Ontario

A free, confidential service you can call to get health advice or information. A Registered Nurse will take your call 24/7. Telehealth Ontario nurses will not diagnose your illness or give you medicine. They will direct you to the most appropriate level of care or may put you in contact with a health professional who can advise you on your next steps.

Contact: 1-866-797-0000

Victim Services Niagara ~ [www.victimservicesniagara.on.ca](http://www.victimservicesniagara.on.ca)

Provides 24/7, on scene: emotional and practical assistance and referrals to victims of crime and tragic circumstance.

Contact : Pearl Robinson 905-688-9040 Ext. 5084; or by email:  
[info@victimservicesniagara.on.ca](mailto:info@victimservicesniagara.on.ca)

Welland McMaster Family Health Team ~ [www.wellandmcmasterfht.com](http://www.wellandmcmasterfht.com)

Mindfulness for Daily Living Series is a 6 week series to assist individuals in learning to cope with the pressures of daily living and responses to stressors. This program is co-facilitated by an Occupational Therapist and Registered Social Worker. To register please contact the office to have your name added to the waitlist for the upcoming session. WMFHT is also a facilitator of the Basic Care Program offered through the Caregiver Network of Niagara.

Contact: 905-734-9699 Ext. 3 or [www.wellandmcmasterfht.com](http://www.wellandmcmasterfht.com)



Wellspring Niagara ~ [www.wellspring.ca/niagara](http://www.wellspring.ca/niagara)

Offering a variety of programs and services to meet the social, emotional, restorative and informational needs of people living with cancer and to support their caregivers and family members.

Contact: 905-684-7619; or by email: [info@wellspringniagara.ca](mailto:info@wellspringniagara.ca)

Young Caregivers Association ~ [www.youngcaregivers.ca](http://www.youngcaregivers.ca)

*Program: Powerhouse Project*

Serving children, youth and young adults in Niagara and Haldimand Norfolk who are caregivers in their home due to a family member experiencing chronic illness, disability, mental health issues, addiction issues and socioeconomic factors. Offering a variety of programs that act as respite from their caregiving responsibilities while focusing on stress management, reducing isolation and increasing resilience.

Contact: 905-932-4201; or by email: [info@youngcaregivers.ca](mailto:info@youngcaregivers.ca)