

Caregiver  
Resources

Community  
Connections at  
ELLICSR

Meet the  
Community  
Connections  
Supportive Care  
Organizations

Community  
Connections



Patient Education

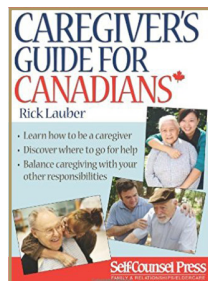
## ELLICSR: Health, Wellness & Cancer Survivorship Centre Newsletter

### Caregiver Resources

By: Michelle Snow, Librarian, Patient and Survivorship Education, Princess Margaret Cancer Centre

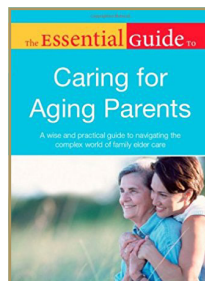
Caring for a person who is ill can be overwhelming. The caregiving role is a big responsibility and it is also very important. Caring for a loved one, family, or friend can be physically and emotionally draining and may be a little overwhelming. Caregiving responsibilities can be challenging and you may need support and preparation for your role. Below are some resources that may help you through your caregiving journey.

Caregiving resources available for a 3 week loan from the Princess Margaret Patient and Family Library.



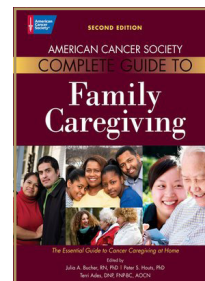
Caregivers Guide for  
Canadians

By: Rick Lauber



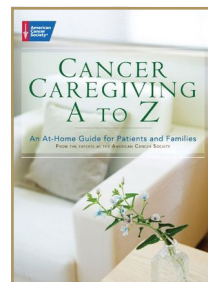
Caring for Aging  
Parents

By: Dr. Lina Rhodes



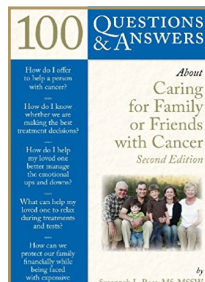
Complete Guide to  
Family Caregiving

By: American Cancer  
Society



Cancer Caregiving  
A To Z

By: American Cancer  
Society



100 Questions &  
Answers About  
Caring for Family or  
Friends with Cancer

By: Susannah Rose  
and Richard Hara

UHN brochures-ask library staff  
for a free copy

- Managing Caregiver Stress
- When a Parent Has Cancer
- Coping with Cancer-  
Psychosocial Oncology and  
Palliative Care: Helping  
Patients and Families
- Activities to Help Children  
Cope When a Family Member  
Has Cancer
- Meals on Wheels
- Homemaking and Nursing  
Services
- Where to Find Home  
Healthcare Equipment and  
Supplies
- How to Register for Wheel  
Trans
- Driving Services to Medical  
Appointments



**Free Caregiver app for your  
mobile device**  
Ask at the library

CareZone is a secure, private place to manage and share information associated with caring for a child, parent, other family members or friends. Save important information, such as emergency contacts and medications, and invite extended family to keep everyone coordinated.

## Join other cancer survivors, caregivers and friends at ELLICSR: Health, Wellness & Cancer Survivorship Center for Community Connections!

Community Connections is a regular event at ELLICSR that is held on the third Thursday of every month.

### Stop by Community Connections to:

- Get to know the supportive care organizations in your community
- Attend workshops and programs
- Meet other people affected by cancer

For more information about this event, call ELLICSR Reception at: 416-581-8620.



## Community Connections at ELLICSR

**Thursday June 21, 2018      9:30 am – 1:30 pm**

### Meet Community Partners

Drop by the community booth to meet a representative from national cancer care organizations to hear about programs and resources available in your community. You can visit anytime from 9:30 am – 12:30 pm.

10:30 am –  
12:00 pm

### Gilda's Club Greater Toronto & ELLICSR present Yoga

Yoga can help improve fitness, relaxation and stress levels. This class includes a gentle flow linking breathing with movement and guided meditation. Registration required. Call 416-581-8620

12:15 pm -  
1:15 pm

### ELLICSR Kitchen: Cooking for Health

Join our wellness chef and registered dietitian to get cooking tips and learn about healthy eating. Cooking samples always provided!

The next Community Connections is: **Thursday July 19, 2018, 9:30 am to 3:30 pm**

## ELLICSR: Health, Wellness & Cancer Survivorship Centre

Located in the Toronto General Hospital. From the University Avenue entrance of Toronto General Hospital (near Starbucks), take the Munk elevators down to basement level (B). Follow the signs to ELLICSR.

# Meet the Community Connections Supportive Care Organizations

## Art for Cancer Foundation

416-763-8752

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



## Bikur Cholim

416-783-7983

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



## Bladder Cancer Canada

1-866-674-8889

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



## Canadian Breast Cancer Foundation

1-888-778-3100

[support.cbcbf.org](http://support.cbcbf.org)



## The Canadian Cancer Society

1-888-939-3333

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



## The Colorectal Cancer Association of Canada (CCAC)

416-920-4333

[www.colorectal-cancer.ca](http://www.colorectal-cancer.ca)



## The Canadian Amyloidosis Support Network

905-787-999 or 1-877-303-4999

[info@thecasn.org](mailto:info@thecasn.org)



## Dr. Jay Children's Grief Centre

416-360-1111

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



## Gilda's Club Greater Toronto

416-214-9898

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



## Kidney Cancer Canada

1-866-598-7166

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



## Leukemia & Lymphoma Society of Canada (LLSC)

647-253-5503 or 1-877-668-8326 x5503

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



## Lung Cancer Canada

416-785-3439 or 1-888-445-4403

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



## Lymphoma Foundation Canada

1-866-659-5556

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



## Melanoma Network of Canada (MNC)

289-242-2010

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



## Nanny Angel Network

416-730-0025

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



## The Olive Branch of Hope

416-256-3155 or 1-877-251-0770

[olivebranch@theolivebranch.ca](mailto:olivebranch@theolivebranch.ca)

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



## Ovarian Cancer Canada

1-877-413-7970 x231

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



## Ovarian Cancer Peer Support Network

Greater Toronto Area

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



## Pancreatic Cancer Canada

1-888-726-2269

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



## POGO

416-592-1232

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



## Prostate Cancer Canada

416-441-2131 or 1-888-255-0333

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



## Rebounders

905-338-1530

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



## Rethink Breast Cancer

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



## Testicular Cancer

519-894-0134

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



## Thyroid Cancer Canada

416-487-8267

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



## Waldenstrom's Macroglobulinemia Foundation of Canada (WMFC)

905-337-2450



## Wellspring Cancer Support Network

416-961-1928

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



## WORKING TOGETHER TO ADVANCE HEALTH CARE



As Ontario's leading provider of client centred health care solutions, we are committed to providing clients with integrated services that seamlessly adapt to their current and future health care needs.

Our diverse health care solutions include:

### Home Health Care Services



Our home health care division, **Spectrum Health Care**, can provide you or your loved one with:

- Nursing
- Personal and Home Support
- Palliative and Advanced Illness Care
- Wound and Ostomy Care
- Physiotherapy
- Foot Care
- Family Caregiver Support
- Immunization Clinics

[spectrumhealthcare.com](http://spectrumhealthcare.com) • TORONTO 416.964.0322 • PEEL 905.272.2271 • YORK 905.771.2766

### Patient Transfer Services



Our non-urgent patient transfer division, **Spectrum Patient Services**, can provide you or your loved one with:

- Stretcher Transfer Services
- Pediatric Transfer Services
- Wheelchair Transfer Services
- Dialysis Transfer Services
- Bariatric Transfer Services
- Hospital and Patient Shuttle Services

[spectrumpatientservices.com](http://spectrumpatientservices.com) • 1.866.527.9191

### Companion Services



Our non-medical seniors home care division, **Seniors for Seniors**, can provide you or your loved one with:

- Driver Companions
- Live-In/Drop-In Companions
- Overnight Companions
- Hospital Bedside Companions
- Handypersons
- House Cleaners

[seniorsforseniors.ca](http://seniorsforseniors.ca) • 1.844.422.7399

