

COVID-19 HELPS FOR FAMILY/CAREGIVERS

Last updated: May 15, 2020

A. INFORMATION ON COVID-19

<https://jack.org/COVID>

With information on mental health and COVID-19 scattered all over the internet, finding accurate information and appropriate resources can be hard. Jack.org, School Mental Health Ontario and Kids Help Phone have partnered to bring you all the information needed in one easy-to-access hub so that youth mental health remains top of mind, and our communities are able to easily access the education, tools, support and reliable information they need.

“My COVID-19 Story (a social story on how to talk to children about COVID-19)”:

https://static1.squarespace.com/static/5e7000c6dd7d466422af02bc/t/5e9a141fa8a8f578d0734e1b/1587156016233/My_Covid-19_Story_FINAL.pdf

“My Hero is You (How Kids Can Fight COVID-19)”, suitable for ages 6-11:

<https://interagencystandingcommittee.org/system/files/2020-04/My%20Hero%20is%20You,%20Storybook%20for%20Children%20on%20COVID-19.pdf>

It is available in other translations and on audio book on the [Inter-Agency Standing Committee website](https://interagencystandingcommittee.org), sponsored by the WHO.

B. APPS

The Gratitude Garden is a free app intended to help you maintain the gratitude practice of noting down three good things that have happened over the past 24 hours. Most of us find our minds naturally gravitate towards the problems and negative events in our lives, and this practice helps redress the balance, making us happier and more appreciative of what has gone right. Cultivate a beautiful garden by choosing plants, as you accumulate points. There are also mindfulness reminders each day.

ThinkFull is a free app that provides various resources to help manage and understand your stress. Can record stress events, provides personalized tips, recognize patterns, look at past trends and history.

12 Meditation Apps & Tools for Lifting Pandemic Anxiety - Pandemic anxiety is pervasive and seemingly unavoidable. Thankfully, these free and paid apps for meditation, calm, and sleep are equally ubiquitous — and easy to access. So, close the news and open one of these tools recommended by ADDitude readers for adults and children with ADHD: <https://www.additudemag.com/meditation-apps-pandemic-anxiety-adhd/>

New app released from **CAMH to help manage stress and anxiety during COVID-19:**

<https://www.camh.ca/en/health-info/mental-health-and-covid-19/mh-covid-19-app>

C. HOPE - DAILY PHONE TEXTING PROGRAM

Text4Hope is an Alberta-based innovation, and evidence-based tool that helps people identify and adjust the negative thoughts, feelings and behaviours a pandemic might be expected to provoke.

<https://www.albertahealthservices.ca/topics/Page17019.aspx>

D. COUNSELLING IN THE CHATHAM-KENT COMMUNITY

CHATHAM KENT CHILDREN'S SERVICES (CKCS) – Single session therapy via phone/video by appointment only. Please call 519-352-0440 ext 3 between 8:30 am and 4:30 pm, or email their Intake Department at mhdevintake@ckcs.on.ca to request an appointment time.

FAMILY SERVICE KENT (FSK) FREE SINGLE SESSION - for those in our community who may not have benefit coverage, or an Employee Assistance Program with us through their employer. Contact 519-354-6221 ext 233

E. ONLINE COUNSELLING, ONLINE COURSES, DEALING WITH INTENSE FEELINGS

The Canadian Mental Health Association's **BounceBack** program is a key component of these expanded services and is available now, free of charge, to help people experiencing mild to moderate anxiety, stress and other mental health challenges associated with the pandemic:

<https://ontario.cmha.ca/news/cmhas-bounceback-key-part-of-expanded-mental-health-supports-available-to-all-ontarians-during-covid-19-pandemic/>

My Anxiety Canada has online courses for adults and children for free. You will develop an anxiety plan as you complete the course.

Children's course: <https://maps.anxietycanada.com/courses/child-map/>

Adult course: https://maps.anxietycanada.com/courses/my-anxiety-plan-map-for-adults/?_ga=2.34736037.502552815.1586870592-1665337598.1586870592

Wellness Together Canada: Mental Health and Substance Use Support, for those experiencing mental health and addictions issues during COVID-19. The portal offers free online resources, tools, apps and connections to trained volunteers and qualified mental health professionals when needed. Modules will address issues such as low mood, worry, substance use, social isolation and relationship issues. The portal is open to all Canadians and can be accessed at [Canada.ca](https://ca.portal.gs/) or through the Canada COVID-19 mobile app. <https://ca.portal.gs/>

Coping with the COVID -19 Pandemic (moving from fear to coping):

<https://www.youtube.com/watch?v=ZbzW2KnydCk&feature=youtu.be>

Stress and Anxiety Explorer - If you're feeling stressed or anxious you may be wondering if it's more than regular worries. Explore resources and solutions to help you understand and manage your stress or anxiety. You can also find resources to help a friend or loved one.

https://luminohealth.sunlife.ca/s/article/Stress-and-Anxiety-Explorer?language=en_US&WT.mc_id=en-ca:web:slf_campaign:cmhaontario:luminohealthexplorer

10 Ways to Stay Well During the COVID-19 Pandemic - MindWell is sharing wellness tips as well as free mindfulness resources and training. These resources will help you decrease stress, become more mindful in your daily life, build resilience and feel more able to face the uncertain times we currently find ourselves in: <https://www.mindwellu.com/post/mindfulness-during-the-covid-19-pandemic>

Coronavirus Anxiety Workbook: <https://thewellnesssociety.org/wp-content/uploads/2020/04/Coronavirus-Anxiety-Workbook.pdf>

FOR CAREGIVERS (Additional Canadian Caregiver websites in Section I, below)

The Ontario Caregiver <https://ontariocaregiver.ca/>

The information on COVID-19 is evolving day to day. If you're a caregiver, you may want to ensure you have a plan in place should you or your family member, partner, friend or neighbour need to self-quarantine or become ill. This includes speaking with your family doctor and other physicians as well as homecare providers. These are some of the topics available from their website:

Caregiver Tips & Resources

1. [Tips for Caregiver Mental Health During COVID-19](#)
2. [How Technology Can Support Caregivers During COVID-19](#)
3. [Virtual Caregiver Support Group](#)
4. [What Caregivers Want Healthcare Providers and Hospital Staff to Know](#)
5. [Connecting Socially While Keeping Your Distance](#)
6. [Caregiver Contingency Plan](#)
7. [Caregiver Starter Kit](#)
8. [Caring for Seniors in Your Community](#)

Caregiving Video Tips

COVID-19 FACT SHEET FOR CAREGIVERS (MENTAL HEALTH COMMISSION OF CANADA):

<https://www.ccsa.ca/coping-stress-anxiety-and-substance-use-during-covid-19-infographic>

SUPPORT FROM OTHER CAREGIVERS

CAREGIVERS BETWEEN THE AGES OF 15-25

Young Caregiver Online Support Group - Please find a link below that encourages young caregivers between the ages of 15-25 to participate in weekly chats (Wednesdays from 7:30pm-8:30pm) to connect with other young caregivers and share experiences and solutions.

<https://www.eventbrite.com/e/young-caregiver-online-support-group-tickets-101926424680>

Taken from the website: Young caregivers or carers are children, youth and young adults (under age 24) who provide care for a sibling, parent or grandparent. They are often a hidden and at-risk-group of caregivers, helping a family member with a chronic illness, disability (physical or

intellectual), mental health, addiction, or socioeconomic factor (single parent family, language barrier, etc.).

LOCAL FAMILY SUPPORT

ACCESS Open Minds Family Navigators are available Monday through Thursday. To book an appointment contact reception at 519-437-6329.

G. SELF CARE

20 AMAZING PLACES YOU CAN VISIT VIRTUALLY

Travelzoo brings a collection of 20 amazing places you can virtually visit to keep you dreaming and planning for the future. Visit them here: https://www.travelzoo.com/ca/blog/20-amazing-places-you-can-visit-from-home/?utm_source=localdeal_ca&utm_medium=email&utm_campaign=2872262_html_deal%3a2872262&utm_content=2872262&ec=0&dlinkId=2872262

FOR THE BODY

FREE ONLINE FITNESS CLASSES FROM CANADIAN GYMS

One part of people's lives that's taken a major hit from social distancing is working out. Luckily, there are plenty of Canadian gyms offering free online fitness programs while their businesses are closed:

<https://www.narcity.com/news/ca/free-online-fitness-programs-to-check-out-from-6-canadian-gyms>

YMCA

They are offering a program called **YThrive Home**, which offers a series of online fitness classes organized by YMCA fitness instructors. These programs are available to people of all ages and fitness levels. All resources are free and open to anyone, not only YMCA members, with new workouts added regularly. As part of their virtual platform they are also providing resources and information on maintaining areas of a healthy mind, body, and spirit. They are updating information in these areas weekly. <https://www.virtualymcaswo.ca/>

MINDFULNESS

Sign up to the **Body Wise Insights** email list at www.bodywiseinsights.com to receive free guided meditations via *audio and video* from Kristina Kastelanac, ND at Body Wise Insights.

Listen to the following 48-min YouTube webinar entitled, "**Mini Mental Break Mastermind**", and learn 9 simple ways to encourage a restful and healing state in your body and mind:

<https://youtu.be/Q-VqMvvkxJQ>

ZOSIA JARVAIS FROM O'WELLNESS, CHATHAM, ON

Zosia is a certified fitness coach, yoga instructor & meditation teacher in Chatham-Kent. She teaches at various locations including the St. Clair College HealthPlex, Shakti Yoga, O Wellness, The Life By Design Center & Floating Therapy. Zosia holds various certifications including a B.A. in Women & Gender Studies from Windsor University, Fitness & Health Promotions Certification from St. Clair College, 200hr Yoga Teacher Certification and is currently pursuing a certification in Yoga Nidra.

<https://drive.google.com/open?id=17mkzj-uwuKV-olYeGQhqdFv9ahbn2ct8>

H. ACTIVITIES FOR KIDS TO DO

CBC PARENTS NEWLETTER - <https://www.cbc.ca/parents/>

I. CANADA - BASED ONLINE CAREGIVER HELPS

The Ontario Caregiver Association

<https://ontariocaregiver.ca/>

Working collectively with caregivers, healthcare providers and other organizations, OCO draws on the variety of work that is currently being done to ease caregiver burn-out and improve the caregiving experience. We find ways to make existing services more broadly available so all caregivers, regardless of age, disease, diagnosis or location can access support. Where there are gaps, we work with caregivers and like-minded partners to find new and creative ways to fill them.

The Ontario Caregiver Organization is inspired by caregivers, their stories and their unique experiences, and uses the caregiver voice to inform our work. The site a variety of resources for every type of caregiver.

The Family Caregiver

<https://www.caregiver.org/>

The Family Caregiver website provides articles, resources, tips, and online forums for caregivers across Canada.

Caregiving Matters

<https://caregivingmatters.ca/>

Caregiving Matters is an internet-based registered charity offering education and support to family caregivers.

Canadian Virtual Hospice

https://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home.aspx

The Canadian Virtual Hospice provides support and personalized information about palliative and end-of-life care to patients, family members, health care providers, researchers, and educators.

The Powerhouse Project

www.youngcaregivers.ca

The Powerhouse Project offers online resources and articles for Ontario's young carers – youth and young adults, who are in a caregiving role for a family member needing assistance with their daily-lived experience.

Well Spouse Association

<https://wellspouse.org/>

The Well Spouse® Association, a nonprofit membership organization, advocates for and addresses the needs of individuals caring for a chronically ill and/or disabled spouse/partner. We offer peer to peer support and educate health care professionals and the general public about the special challenges and unique issues "well" spouses face every day. To achieve this mission the Well Spouse® Association:

Coordinates a national network of Support Groups, facilitates a Mentor program

Publishes a newsletter (Mainstay)

Hosts a website (www.wellspouse.org) with resources for coping and survival skills, which includes an on-line chat forum for spousal caregivers.

Organizes regional respite weekends and a national conference for caregivers and provides continuing support for members whose spouses have died, advocates on behalf of spousal caregiver, seeks out new initiatives to help caregiver spouses and their families cope with the emotional and financial stresses associated with chronic illness and/or disability

Teva Caregivers

<https://tevacaregivers.com/>

They provide a "My Caregiver Handbook."

One can download a self-assessment form to keep track of any possible signs of burnout or fatigue—because you have to take care of yourself, too!

There are downloads for the following:

-checklist form that will help you prepare a list of the health conditions and treatments of the person in your care—which you can then share with your pharmacist.

-Are you a caregiver for someone who has multiple sclerosis? Download this handbook to get practical advice on being a healthy care partner.

-Are you a caregiver for someone who has dementia? Download this handbook to discover practical ways you can live life to the fullest while caring for your loved one.

-Are you a caregiver for someone who has cancer? Download this handbook to get advice, information and support.

CAREGIVER ADVOCACY

Ontario Caregiver Coalition

<http://www.ontariocaregivercoalition.ca/>

The Ontario Caregiver Coalition is dedicated to recognizing the importance of unpaid caregivers in Ontario by raising awareness of the value they add to the health care system, and by advocating for improved, fair access to needed supports. OCC strives to be the 'voice' of caregivers in the province.

Carers Canada

<https://www.carerscanada.ca/>

Established in 2000, Carers Canada is a virtual alliance of diverse partner organizations that work collectively, and autonomously, to identify and respond to the needs of caregivers in Canada