



McCormick Dementia Services

Advancing community
outreach and support

Caregiver Resources during COVID-19

Behavioural Supports Ontario and brainXchange have partnered to create a COVID-19 resource webpage. They have listed a number of resources designed to assist dementia clients and their caregivers during the COVID-19 pandemic. Listed below is a sample from their resource list that we thought would be most helpful for caregivers. To see the complete list visit <https://brainxchange.ca/Public/Resource-Centre-Topics-A-to-Z/COVID-19.aspx>

Family Caregiver Resources

[AlzEducate Platform](#) (Free Webinars: Dementia and COVID-19 Strategies for Caregivers), Alzheimer Society of Toronto
[Caregiver Contingency Plan](#), The Ontario Caregiver Organization
[Connecting Socially While Keeping Your Distance](#), The Ontario Caregiver Organization
[Information about COVID-19 and caregiver tips](#), Alzheimer Society
[How Technology Can Support Caregivers During COVID-19](#), The Ontario Caregiver Organization
[Information on social distancing and isolation for caregivers](#), Ontario Neurodegenerative Disease Research Initiative
[Tips for Caregiver Mental Health during COVID-19](#), The Ontario Caregiver Organization
[Coronavirus \(COVID-19\): Tips for Dementia Caregivers](#), Alzheimer's Association, USA
[Dementia UK advice for people with dementia and their families, regarding the coronavirus](#), Dementia UK

Wellness and Wellbeing

[COVID-19 Lockdown Guide: How to Manage Anxiety and Isolation During Quarantine](#), Anxiety and Depression Association of America
[Caregiver Mental Health During COVID-19 Outbreak](#), The Ontario Caregiver Organization
[Strategies to maintain your mental wellness during the COVID-19 pandemic](#), CAMH
[Taking care of your mental health during the COVID-19 pandemic](#), BC Care Providers Association
[You are a Pandemic Hero](#), Anonymous



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Knowledge Exchange Events

[Managing Dementia Care in the Time of COVID-19](#), Webinar, Teepa Snow

[Dementia Care during the COVID-19 Outbreak](#), Webinar, Alzheimer's Disease

International

[Supporting the Elderly and People Living with Dementia](#), Podcast, Sheila McGuire,

Alberta Health Services