
Caregiver Resource Websites

1) **Elizz** – <https://elizz.com/>

A website designed for caregivers that contains resources on a number of topics including finance, legal, caregiving, and self-care.

Another resource from Elizz is the ElizzBot – An on-demand Smart Chatbot for Family Caregivers developed by SE Home Care that uses artificial intelligence to provide support to caregivers whenever needed.

2) **Mississauga Halton Healthline** – <https://www.mississaugahaltonhealthline.ca/>

This website contains accurate and up-to-date information about local health services in Mississauga, Oakville, Halton and Etobicoke so you can find care close to home. This site contains useful information about over 3,000 local community support service agencies.

3) **Government of Ontario** – <https://www.ontario.ca/page/information-seniors>

The Government of Ontario website offers information for seniors on a number of topics including health and wellness, transportation and driving, programs and services, housing, activities in community, financial assistance, planning for the future, and information for caregivers.

4) **Sinai Geriatrics** - <https://sinaigeriatrics.ca/healtheducation/>

Sinai Health System's Healthy Ageing and Geriatrics Program's Older People's Education and Navigation Strategy to Support Healthy Ageing (OPENS) initiative seeks to provide reliable information to older adults, caregivers, families, and health care professionals on topics essential to healthy ageing. Health education resources developed through OPENS are organized in four series:

1. Promoting Health and Wellness
2. Community Support and Services
3. Diversity and Ageing
4. Planning Your Care

5) **iGericare** – <https://igericare.healthhq.ca/>

iGericare was developed by McMaster Health Sciences to support caregivers who are caring for people with dementia. It provides access to easy-to-understand lessons, helpful resources, and an online community that can help reduce stress and increase caregivers' quality of life.

These resources are provided for information purposes only and are not intended as a substitute for medical care. If you have any questions about your health care, please consult with your health care provider. Inclusion of a resource does not imply endorsement by Trillium Health Partners.