



COVID-19 has made us all caregivers. We are all in this together as we look after those in isolation, including the elderly and people with underlying health conditions, from a distance.

Now there's a way to connect those who need help with those who can provide the help.

The Ontario Caregiver Organization has created **CaregivingCommunities**; a new portal that provides an easy way for people to search for organizations in their community that can help with:

- Grocery pick up and delivery
- Delivery of prepared meals
- Medication pick-up
- Social support - friendly phone calls
- Accessing communication devices i.e. tablet
- Mental health support
- Spiritual support
- Providing things to do like books, games and crosswords

Using the website is easy.

- 1. Visit: ontariocaregiver.ca/caregivingcommunities**
- 2. Choose Find Support**
- 3. Identify the type(s) of support you need**
- 4. Click on search**

If you are a charity, non-profit, service club or faith-based organization that is supporting its community and would like to be added to the website, please go to caregivingcommunities.ca to register.