

The Ontario Caregiver Organization is offering a range of online resources and supports to help caregivers cope during the COVID-19 pandemic. We have also launched a new initiative – Caregiving Communities - to connect and support community caregiving efforts across the province.

## Tips and Resources for Caregivers During COVID-19:

Our dedicated [web page](#) for Caregiver Support During COVID-19 includes:

- [Tips for Caregiver Mental Health During COVID-19](#)
- [Caregiver Contingency Plan](#)
- [Caregiver Starter Kit](#)
- [How Technology Can Support Caregivers During COVID-19](#)
- [What Caregivers Want Healthcare Providers and Hospital Staff to Know](#)
- [Connecting Socially While Keeping Your Distance](#)
- [Caring for Seniors in Your Community](#)

## Caregiver Programs and Supports:

- [Virtual Caregiver Support Groups](#) : Offered four times each week. Facilitated by an OCO staff member, discussion will be driven by caregivers to focus on issues of highest importance to them.
- [Young Caregiver Online Support Group](#) : Every Wednesday evening at 7:30pm for caregivers between the ages of 15-25.
- [Ontario Caregiver Helpline](#)

## Caregiving Communities:

[CaregivingCommunities](#) is a new online portal that provides an easy way for people and organizations in your community to find the support they need.

- Individuals who need help can search for local organizations that are assisting with delivery of groceries and other essentials or social support.
- Long-term care homes, retirement residences, and assisted living residences can search for local organizations that are collecting Personal Protective Equipment (PPE) and providing other supports.
- Local organizations that are offering help can register on the portal