

Enhancing Care Program

Support for Care Partners



Caring for a
person living
with dementia
can be
overwhelming

We Can Help.

Enhancing Care for Ontario Care Partners

The Enhancing Care program is a free program that helps care partners strengthen their caregiving knowledge and skills to:

- Manage the day-to-day of caring for a person living with dementia
- Reduce emotional stress and burden
- Improve ability to cope with the demands of caregiving

Skills training and emotional support interventions are developed by the Reitman Centre from evidence-based research.

CARERS: A skills based group program for care partners of a person living with dementia.

TEACH: An interactive group program for care partners of a person living with dementia.

CARERS (Coaching, Advocacy, Respite, Education, Relationship, Simulation)

- A skills based group program for care partners of a person living with dementia.
- Focuses on practical skills and emotional supports needed to care for people living with dementia
- Teaches problem solving techniques, a structured approach to address problems
- Coaches care partners in communication skills through the use of simulation
- Provides strategies for keeping a meaningful relationship with the person living with dementia
- Conducted in eight (8) weekly group sessions

TEACH (Training, Education and Assistance for Caregiving at Home)

- An interactive group program for care partners of a person living with dementia.
- Focuses on common caregiving themes including:
 - Self-care
 - Healthcare System Navigation
 - Relationship Changes
 - Future Planning
- Coaches care partners in practical communication and coping skills
- Provides opportunity to share and learn from other care partners
- Conducted in four (4) weekly group sessions

For more information contact:

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Specialized Geriatric Services
St. Joseph's Care Group