

Managing Caregiver Stress

Resources for people caring for someone with epilepsy

General Information

- [Loving Someone with Epilepsy](#) (Centre for Disease Control and Prevention)
- [Epilepsy: A Guide for Professionals and Caregivers](#) (Edmonton Epilepsy Association)
- [Care for the Caregiver](#) (Regional Geriatric Programs of Ontario)

Tools to help you manage someone's care and your own well-being

- [Healthcare Journey Binder](#) (The Change Foundation, Connecting the Dots for Caregivers)
- [Caregiving Checklist](#) (The Ontario Caregiver Association)
- [Caregiver Wellness Quiz](#) (The Ontario Caregiver Association)

Community Resources

- [Ontario Caregiver Helpline](#) (The Ontario Caregiver Organization)
- [Epilepsy Agencies in Ontario](#) (Epilepsy Ontario)
- [Development Services Ontario](#)
- [LHIN Home and Community Care](#)

Financial and Legal Support

- [Legal Support, Privacy, and Consent](#) (The Ontario Caregiver Organization)
- [Financial Support](#) (The Ontario Caregiver Organization)

Government Resources

- [Taking time off to care for or support a family member](#) (Government of Ontario)
- [Family medical leave](#) (Government of Ontario)
- [Tax benefits for caregivers](#) (Government of Canada)

Respite Support

- [Respite Care](#) (Government of Ontario)
- respiteservices.com

Mental Health Support

- [BounceBack](#) (Canadian Mental Health Association)

Accessible Transportation

- [Mobility-on-Request Paratransit](#) (York Region)
- [Specialized Services](#) (Durham Region)
- [TransHelp](#) (Peel Region)
- [Wheel-Trans](#) (Toronto Region)

Use this material for your information only.

It does not replace advice from your doctor or other health care professional. Do not use this information for diagnosis or treatment. Ask your health care provider for advice about a specific medical condition.

Still can't find what you're looking for?

UHN Patient and Family Libraries' trained health information specialists can help you find resources and the information you need.

To submit your health information requests:

- Call 416 603 6277
- Email tgpen@uhn.ca