



# Aging Well Together

## Managing Caregiver Strain

October 7<sup>th</sup>, 2026

# What Does “Aging Well Together” Mean?

- Remaining independent
- Maintaining meaningful relationships
- Staying engaged in the community
- Feeling safe, respected, and connected
- Having access to support



# The Caregiving Relationship: Aging Well Together

**Caregiver** is someone who regularly cares for or coordinates care for a:

- Spouse or partner
- Adult child or grandchild
- Sibling or other family member (in-law)
- Friend or neighbour



**Caregiving** is a shared relationship experience between the caregiver and the person receiving care known as the caregiving dyad.

# The Hidden Toll of Caregiving

**Caregiver strain can develop when caregiving demands exceed available supports and resources.**

Common contributors:

- Balancing caregiving with work, family and personal situations
- Changing health needs of the person cared for
- Emotional strain and uncertainty
- Financial pressures
- Social isolation and limited time to prioritize self care
- Difficulty accessing services and much needed supports



# Building a Shared Understanding

- Understand how social determinants of health influence caregiver strain and senior well-being
- Recognize the impact of caregiver strain on health, relationships, and quality of life
- Explore practical strategies that support healthy aging, build supportive connections, and caregiver well-being to prevent burnout
- Learn about community resources and supports available to seniors and their caregivers

# Social Determinants of Health (SDH's)

- Income or affordability
- Housing
- Transportation
- Access to health care
- Education and literacy
- Social connections and support networks



When barriers exist, risk of caregiver strain and health situations for seniors can increase

# The Impact of Caregiver Strain



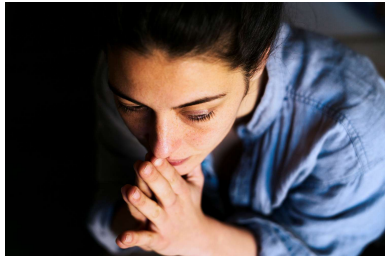
## Physical Health

- Changes in sleep,
- Energy and overall health



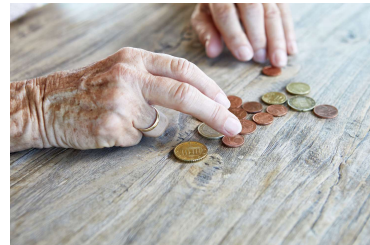
## Financial Wellbeing

- Added costs associated with caregiving



## Mental Health & Emotional Wellbeing

- Stress
- Anxiety
- Feeling overwhelmed



## Personal Growth & Life Goals

- Reduced time for work or pursuing education
- Less time to enjoy hobbies or prioritize self-care



## Relationships & Social Connections

- Less time for family or friends
- Less time to participate in meaningful activities

***The effects of strain can extend beyond the caregiver and impact the caregiving relationship.***

# Small Steps Make a Big Difference

## **Stay Safe:**

- Wear safe footwear
- Maintain good lighting
- Use mobility, hearing and/or visual aides when needed

## **Stay Healthy:**

- Keep routine medical appointments, check-ups, and immunizations; this includes hearing, optometry and dental appointments
- Medication management

## **Stay Connected:**

- Manage stress
- Participate in social or neighbourhood activities
- Maintain meaningful relationships

## **Stay Nourished & Welcome Support:**

- Balanced meals
- Accept support when needed or offered



# Strategies for Seniors and Caregivers

## **Shared strategy approach**

- Speak openly and honestly to help maintain trust – have conversations early
- Share your goals, needs and preferences
- Stay socially connected with friends, neighbours and family or participate in community activities (i.e., cultural, faith based and local events)
- Stay informed about what services or supports are available build your support network in advance
- Don't be afraid to ask for help, accept it when offered versus waiting till you reach burnout or a crisis
- Listen to your body and take breaks, sleep or nap as needed
- Keep up with personal or health related appointments

# Building a Network of Support

## Community Connections

- Seniors Adult Day Services or programs (in-person or virtual)
- Faith or cultural groups
- Neighbourhood programs

## Learning & Resources

- Local public library programs
- Workshops and digital literacy services
- Information and referrals

***Intentionally connecting people to timely programs and services enhances healthy aging***

## Informal Social Supports

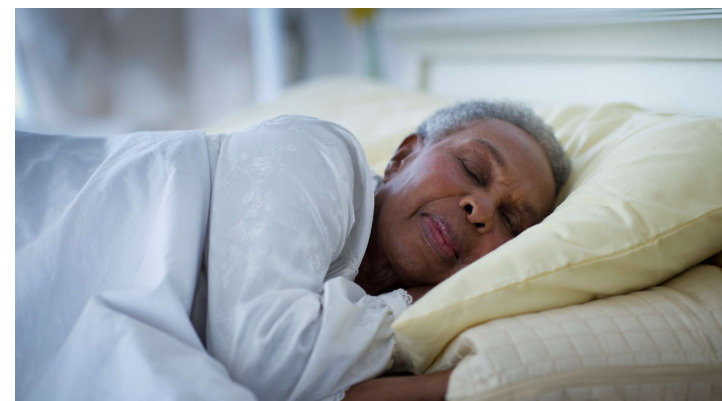
- Family and friends
- Peer support groups
- Volunteer opportunities
- Financial, food or housing assistance programs
- Transportation options

## Formal Caregiver Supports

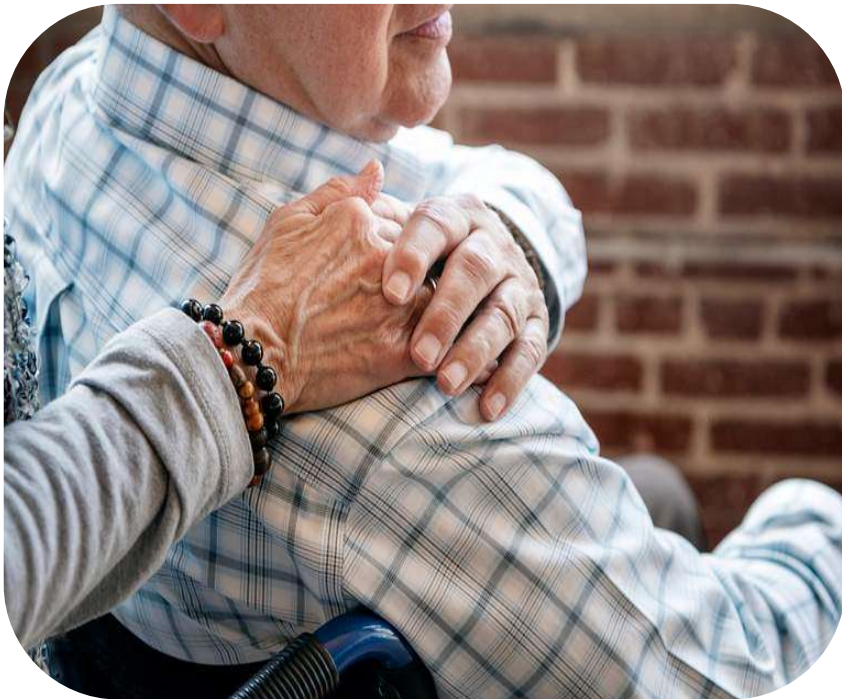
- Caregiver education and therapeutic counselling services
- Adult Day Services (in-person /virtual)
- Respite service opportunities

# Self-Care and Respite Options

- Walk in the park or walk the dog
- Work on a puzzle in your backyard
- Meet for coffee with friends
- Join a support group or programs at the library, a local community seniors centre
- Access free virtual programs
- Consider Adult Day Seniors Services for your loved one (in-person or virtual programming)
- Consider overnight respite for your loved one



# Respite is a Strategy, Not a Last Resort



- Family or friends
- Volunteer Friendly Visiting
- Community Paramedicine
- In-home services
- Adult Day programs
- Overnight or Short-term stay programs

***Taking a break helps reduce stress and prevent burnout seniors and their caregivers***

# Adult Day Programs in Peel Region

- Daily social and recreation-based programs (respite)
- Access to specialized community supports
- Caregiver support services and counselling
- Access to Dementia related education for caregivers
- Overnight respite centre



# Key Take-aways

- Speaking with a health care professional
- Joining a community program
- Exploring local resources
- Connecting with others with shared experiences

# Resources

[Seniors - peelregion.ca](#)

[TransHelp - peelregion.ca](#)

[Walk-up waste collection - peelregion.ca](#)

[Homepage - Ontario Caregiver](#)

[Ontario Health atHome](#)

[Alzheimer Society of Canada](#)

[Meals on Wheels Ontario](#)

[Home - Seva Food Bank](#)

[Polycultural Immigrant & Community Services](#)

# Resources

[Services and programs - City of Mississauga](#)

[City of Brampton - Seniors Supports and Resources](#)

[A to Z directory - Town of Caledon](#)

# Thank you & Questions

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