

Caregiver ReCharge



In-home care for the person you support while you get some caregiving relief

When you are the primary caregiver for someone with high needs, it can be stressful and take a toll on your wellbeing. Getting some temporary relief (respite) can give you the time you need to focus on your own wellness, and help you continue in your role as a caregiver.

What is In-Home Respite?

In-Home Respite occurs when a trained staff person provides care to the person you support at home, allowing you to temporarily step away from your caregiving role.

Flexibility to customize services that suit your needs

Caregiver ReCharge provides in-home respite for caregivers who are experiencing high levels of stress while caring for someone with high needs. Our flexible services mean that you are given the ability to decide when you will use your allotted respite hours and for what purpose. The In-Home support will be carried out by trained staff, which will allow you the opportunity to get some caregiver relief.

Caregiver Recharge's In-Home Services

Caregiver ReCharge provides help with activities of daily living, companionship support, and safety or risk monitoring, including non-medical assistance with:

- Walking and transfers
- Dressing/undressing
- Personal hygiene/toileting/bathing

- Preparing meals/help with eating
- Homemaking (e.g., light housekeeping, laundry)
- Basic range of motion exercises
- Some recreational activities (e.g., playing cards, reading, games)
- Redirection/prompting/cueing
- Preventing wandering/safety checks

What does the Caregiver ReCharge service cost?

Caregiver ReCharge is funded by the Mississauga Halton LHIN for caregivers who provide support to loved ones living in the South Etobicoke, Mississauga, Oakville, Georgetown, Milton and Halton Hills areas.

Who qualifies for Caregiver ReCharge services?

- A primary informal caregiver and care recipient who demonstrate a need and meet assessment eligibility criteria for services
- One caregiving location that is within the Mississauga Halton Local Health Integration Network (MH LHIN) boundaries
- Caregiver and care recipient must both be insured by the Ontario Health Insurance Plan (OHIP)
- Caregiving support required must be able to be performed by a PSW

For more information or to apply, call Central Registry:

905-281-4443

info@centralregistry.ca

The Caregiver Respite Program in the Mississauga Halton LHIN was designed for and around caregivers who need to have support within a network of care.