



Hours of Operation:

Open 9:00 a.m. until 5:00 p.m.
Monday to Friday.

Address:

Baycrest
Senior's Counselling and Referral Service
3560 Bathurst Street - Room 1S12
Toronto, Ontario M6A 2E1

Web:

www.baycrest.org

- Under "Family Information"
- Click on "Social Work"
- Click on "Where Do Social Workers Work"

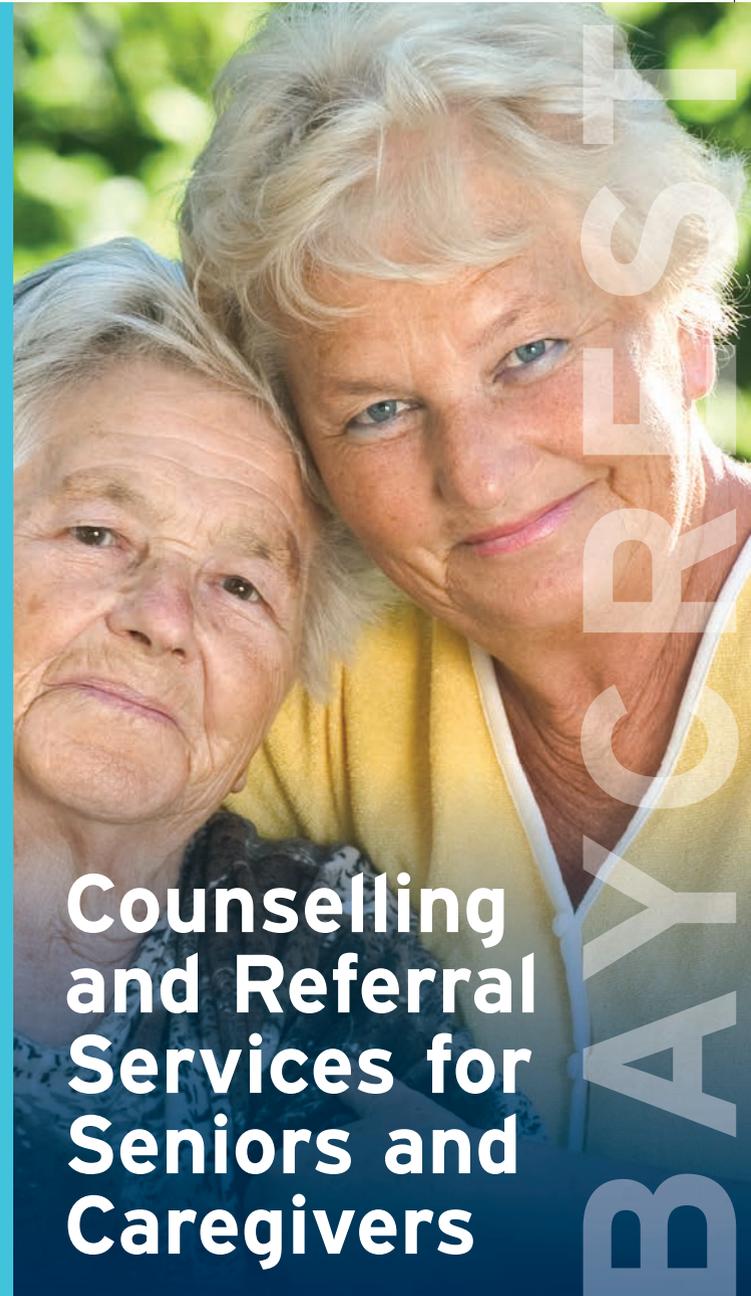
Phone:

416.785.2500 Ext. 2223

Baycrest: Bringing care and quality of life for the aging population to a new level of excellence through the power of research and education.



Baycrest is an academic health sciences centre fully affiliated with the University of Toronto



Counselling and Referral Services for Seniors and Caregivers

Helping families through transitions

Baycrest

Enriching Care
Enhancing Knowledge
Enlightening Minds



Baycrest

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How we can help:

Baycrest's Counselling and Referral Service for Seniors and Caregivers is made up of experienced, knowledgeable social workers who respond to your inquiries. Our staff is here to counsel, educate and help seniors, their families and caregivers understand their options and make informed decisions, particularly during periods of transition or change. We provide information about community resources and assist individuals to access the Baycrest and/or community services they require.



Our services include:

- Problem solving
- Individual and family counselling
- Caregiver counselling
- Caregiver education
- Consultation for future planning
- Connecting individuals to the appropriate resource at Baycrest and other agencies and services
- Transition assistance for new residents of the Jewish Home for the Aged (Apotex)
- Navigating "the system"

This service is free. It is generously funded by the Ministry of Health and Long-term Care and the United Way of Greater Toronto.

Information and Referral Services

Our skilled social workers provide helpful information, consultation and referrals to a wide range of services provided by Baycrest as well as the surrounding community. In a supportive manner our specialized staff work with individuals to identify their specific needs and difficulties and connect them with the correct resources as efficiently as possible.

Counselling and Support Services

Aging can be stressful. Our staff provide short-term counselling and assistance for older adults, their families and caregivers during times of transition including the challenge of relocating to a nursing home or coping with changes in health and/or family situations. We work with people to address their immediate issues and then provide on-going follow-up.

Caregiver Services

Caregivers often wrestle with feelings of guilt, anger and stress. Our specialized counselors provide consultation, information, referral, education, counselling and practical assistance to caregivers individually or in a group setting. We provide referrals for health care, community support, help explain how to apply for a long-term care facility, offer coping strategies and recommend support groups that may help alleviate caregiver burnout.



Baycrest Support Groups

Spousal Caregivers: Meet other spousal caregivers. Discuss the emotional impact of caregiving and share information and knowledge.

Adult Child Caregivers: This support and education group teaches caregivers about dementia and provides an opportunity to share the emotional impact of caregiving with other caregivers.

Bereaved Spouses: A support and discussion group for people who have recently lost a spouse.

Specialized Services for Holocaust Survivors:

- Baycrest Café Europa is a bi-weekly drop-in place for Holocaust survivors to enjoy a social morning, hear lectures, lively discussion and music.
- Support and discussion groups for Holocaust survivors:
 - > For survivors who were 17 years old or younger when the war ended;
 - > For survivors who were 18 years old or older when the war ended.
 - > For adult children of survivors to share experiences and identify your needs and what can be done for you and your aging parent.

