

Caregiver Support Program

Helping you care, one step at a time.



THE
SECOND
MILE

A division of Kensington Health



THE ROLE OF A CAREGIVER

The role of a caregiver comes in many shapes and forms. At the Second Mile Club, we recognize caregivers are unpaid individuals who provide care and support to their family and friends who are living with life-limiting or life-threatening illnesses. This support mainly consists of assistance with activities of daily living.

Caregivers play a vital role in the lives of the people that they support and make a tremendous impact on the health care system. Caregivers support individuals in being able to remain at home, which overall increases their quality of life. Although caregiving for many is self-fulfilling, this role can also be demanding and stressful. Maintaining good self-care is imperative in being able to maintain resilience while taking on the role of caregiving.

CARE FOR THE CAREGIVER

Taking care of yourself ensures that you are able to take better care of the person(s) that you are caring for. Poor self-care practices can result in compassion fatigue and burnout. The Second Mile Club works hard to ensure that our caregivers are well taken care of in a supportive and holistic environment.

All caregivers need support
and we are here to help.





CAREGIVER SUPPORT PROGRAM AT SECOND MILE CLUB

The Second Mile Club of Toronto has been providing community support services for over 80 years. We offer safe, recreational spaces with accessible, welcoming services for older adults and adults living with physical disabilities in Toronto.

Our Caregiver Support Program provides comprehensive holistic support to individuals who take on the role of caring for their friends or family.

We recognize that caregivers need support that is accessible and individualistic to their needs. We offer the following services:

One-on-one support

- Support is provided in-person and over the telephone in a private and safe environment.
- All in-person visits are offered at a time and location that is most convenient to the caregiver.

Group support

- Offered multiple times a month at different locations.
- Group support brings together groups of individuals who are facing similar situations in a safe and supportive environment.

Education and awareness

- Supports individuals in learning about the role of a caregiver at a practical and personal level.

In addition to the Caregiver Support Program, the Second Mile Club also has drop-in recreation centres for seniors, adult day programs, transportation, case management and home help for clients living in the community.

We want to support you.

There is no cost for our Caregiver Support Program.
If you live in the Toronto area, please contact the Second Mile Club
at contactsmc@kensingtonhealth.org

The main office of the Second Mile Club is located at:

**45 Brunswick Avenue
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416-597-0841 / F 416-597-1925**



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