



**NEW
RESOURCES**
designed by
caregivers and
health care
experts.

Caregiving Strategies: Providing Care and Support for a Senior Living with Frailty

Improve your skills, knowledge, and confidence
as a family member or friend caregiver.

Support resilience,
independence, and
quality of life with

- Information
- Tools
- Strategies

Caregiving Strategies Topics

- Caring for the Caregiver
- Pain
- Staying Active
- Nutrition
- Bladder Health
- Medication Management
- Changes in thinking (Delirium)
- Social Engagement

RESOURCES AVAILABLE

- FREE online course
- Handbook
- Tools, tips and links to great resources

Get resources at
www.rgps.on.ca/caregiving-strategies

