



Caregiver Distress Respite Program

Information for patients and families

What is the Caregiver Distress Respite Program?

Your Care Coordinator has determined that you are eligible for this program that offers support to caregivers. To give caregivers temporary respite, the program provides the patient with additional support from personal support workers (PSWs). The aim is to reduce caregiver burden and/or avoid burnout.

What activities can the PSWs perform?

In this program, PSW's can support the patient with activities such as personal care, light housekeeping, stimulating activities (such as playing cards, or taking a walk) and meal preparation, etc.

Please note that PSWs are unable to transport patients in a vehicle, perform heavy housekeeping, home maintenance, attend medical appointments in place of the caregiver and other activities that involve elevated risk, or those that PSW are not trained and/or insured to do.

What can I expect from the program?

You work directly with the service provider agency to coordinate the service and organize a schedule that meets caregiver and patient needs

- while allowing for PSW staff availability. If you need changes to the schedule, you will communicate directly with the service provider agency, providing them with advance notice (preferably 10-14 days).

How long can I have these additional caregiver respite hours?

The caregiver distress hours are provided temporarily; for six months. At the end of six months, if you need additional hours, please contact your Care Coordinator. They will assess your situation and determine next steps.

Does this impact any of the other services I am currently receiving from you?

No, this program does not affect other services you are receive from Ontario Health atHome.

Contact Information

If you have other questions, please call your Care Coordinator at 613.745.5525 • ontariohealthathome.ca